



# Mechanicville Area Senior Citizens Organization Inc.

Instituted May 12, 1969

January 2008

178 North Main Street, Mechanicville, NY 12118 Telephone: 664-7877

The Center and Meal Site will be CLOSED for the New Year holiday and will reopen on Wednesday, January 2 and will be CLOSED Monday, January 21, for Martin Luther King's Birthday.

The Board Meeting will be on Tuesday, January 8<sup>th</sup> at 9:30 AM.

The next scheduled Monthly Meeting will be Tuesday, January 8, 2008, at 1:00 PM. Sherry Butler from Home Instead, a non-medical home care program, will give a brief presentation.

The Bellevue Mammography Van has been rescheduled for Tuesday, January 8, 2008 from 10:00 AM to 2:00 PM. The December 17 visit was cancelled due to the weather. Please call 1-888-423-3366 to schedule an appointment. The test is open to the public.

The January Monthly Dinner will be at The Big Apple (formerly Morrissey's) on Thursday, January 10. Order off the menu with separate checks. Bus leaves Center at 4:30 PM. Signup Sheet will be posted on Bulletin Board Wednesday, January 2. Bus limited to 20 people.

#### Activities:

Weight Watchers classes are being held at the Center on Monday evening at 5:30 PM.

Exercise Class - every Monday, Wednesday and Friday from 10:30 - 11:00 AM.

Pinochle - every Tuesday at 1:00

Canasta every Tuesday at 1:00.

"Creative Writing" Class: please note that we will now resume on Tuesday, January 15<sup>th</sup>, due to the monthly meeting being held on the 8<sup>th</sup>.

Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 - 3:30 PM.

**Pokeno** - Held after lunch on Fridays.

Shuffleboard - Wednesdays at 1:00.

Osteoporosis Exercise Program - Tuesdays & Fridays 9:00 - 10:30 AM, starting again on January 8.

This is offered by the Saratoga County Office of the Aging. Any seniors interested in joining the class can still sign up. Please call 664-7877 or come in on Tuesday/Friday. A form has to be signed by your doctor to enroll in the class. It's free and they supply the exercise equipment.

"To all of my fellow knitters and crocheters: Regretfully, I have to inform you of the dissolution of our "Friends of Yarn and Needles" group. I'd like to take this opportunity to thank all of you ladies who participated and, in particular, Doreen Sponable, who hung in there till the very end! Thanks again to all!"

*Joanna*

AARP TAX preparation will begin on Wednesday, February 6, 2008. An appointment is necessary; call 664-7877. Please do not make an appointment until you have received all your necessary papers.

**WANTED!!!** Volunteer Drivers to deliver Home Delivered Meals for the Saratoga County Elderly Nutrition Program for the Mechanicville and Stillwater areas. For more information, please call the Office for the Aging at 363-4020 or 884-4100.

The Saratoga County Nurses will be here on Wednesday, March 26, from 10:00 AM to 12:00 noon. Sign up sheet for an appointment will be posted in late January. Tests to be given are: Blood Pressure, Glucose and Cholesterol, Type II Diabetes, possibly eye exams and hearing evaluations. This is a free service. Please take advantage of it.

Nutrition Program & Senior Center closings during the Winter months: If inclement weather necessitates the closing of the Saratoga County Elderly Nutrition Program, there will be no meals delivered to the Senior Center meal sites or homebound recipients for that day. Please note that closing of the meal site may necessitate a change on the menu for the following day. Watch for Nutrition Program closing information on Channel 6 (WRGB), Channel 10 (WTEN) and Channel 13 (WNYT) during the School Closings broadcast. It will be displayed as Saratoga County Senior Meals. The Senior Center may also be closed when the meal site is closed. Please call the Center at 664-7877 to find out if the Center is open that day.

WELCOME NEW MEMBER:

Theresa Kappel

Dues (\$7) are now being accepted for the year 2008. The Office is open Monday thru Friday, 9:00 AM to 4:00 PM.

We are still looking for a trip chairperson to coordinate the Mystery Trip and Foliage Trip for 2008. Please call the office at 664-7877 if interested.

**JANUARY BIRTHDAYS**

Dawn Baker, Frank Brownell, Helen Brown, Barbara Budney, Gloria Callea, Marie Coco, Charles Cox, Mary Sue Curtis, Mary Cuilla, Angelo D'Aloia, Philomena DiBello, Carolyn Discenza, Sue Dunbar, Sylvester Frydel, Dione Fox, James Fox, Nancy Gandron, Bill Garland, Shirley Guido, Mary Hrib, Carol Johnson, Sue Larkin, Elizabeth Monty, Norine Murphy, Theresa Micklas, Filomena Maciariello, Marion McGowan, Bernard Ramnes, Gail Reilly, Jo Ann Rielly, Mary Ann Russo, Mary Kay Sgambati, Doreen Sponable, Eileen Sullivan, Teresa Timpanaro, Gloria Verdicchio, Nett Verdile, Laura Welch, Mary Zayachek.

"As most of you know, our Price Chopper baked goods hours have been changed to 10 AM to 4 PM. Please remember those hours. Also, the tables have been moved closer to the doors for your convenience so nothing going on in the dining room will be disturbed and you can check over the goodies. PLEASE only take ONE dessert, as we don't usually get that many, and it's not fair for all the other people. Bread.....You may take whatever, as we get lots of it.

Thank you." *Karen in the Kitchen*

"Thank you" to Donald (Pup) Daley and Bill McBride for picking up the senior "goodies" from Price Chopper every week. The Seniors really look forward to this. It has been a great success.

**From your President**

Many "Thank You's" to go out this month:

"Thank You" to those helping to , decorate the Center and our trees. Everything looks great!!

Christmas Party – "Thank You" to Catherine Lynch, Chairperson and her committee Mimi Izzo, Joyce DiVirgilio and Nancy Izzo for a great job. It was a great party and close to 130 attending.

Shut-in Baskets – "Thank You" to those that donated money and baked cookies. Special thanks to Joanna Bull and Bob Belisario for delivering the baskets. To Karen DeVoe and Carol Maloney for helping to fill them with us. More than 120 baskets were filled and delivered.

And finally many, many "Thanks" to everyone who has helped me throughout the year to hopefully make things more enjoyable, fun and better for our Seniors.

Now I thought it might be fun to reflect back on the activities and programs that have been offered at our Center in 2007.

Monthly dinners, AARP driving course, AARP income tax prep, Extra Helpings, Spring & Fall

banquets, Mystery Trip, Foliage Trip, Nutritional programs from Co-operative Extension, Ice Cream Social, Mammograms from Bellevue Mobile Unit, Strawberry Social, Lake George boat trip, Senior Clamsteam, Holiday Inn Theatre, Lake George, Spring/Summer Bocce League, Christmas Party and New Year's Eve trip, along with exercise, Osteo, creative writing, pinochle, canasta, shuffleboard, scrabble and Pokeno.

Senior Projects – New this year V A Hospital Christmas shoeboxes, Baskets for shut-ins and Food donations to the Community Center.

Thanks to Commissioner Jo Ann Rielly for purchasing new carpeting, dining chairs and runners for the lobby.

If I left out anything please forgive, we've had a busy year.

May 2008 bring everyone good health, happiness, friendship and fun throughout the year.

My best to all, Roberta



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*Mechanicville Area Senior Citizens Organization Inc.*

**Board of Directors**

Jo Ann Rielly, Director  
Roberta Lane, President  
Mimi Izzo, Vice President  
Joyce DiVirgilio, Secretary  
Catherine Lynch, Treasurer

**Office Staff**

Mary Kelly, Senior Coordinator  
Roberta Lane  
Beth Izzo

**SARATOGA COUNTY OFFICE FOR THE AGING -- JANUARY 2008  
HOME DELIVERED MEALS 363-4020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Dec 31, 2007</i> Served Daily at <b>Sites:</b> Coffee, Tea, Milk and Margarine <i>Next State New Year's Eve</i></p>	<p>1 CLOSED for NEW YEAR'S DAY <i>Happy New Year</i></p>	<p>2 BBQ Ribs Red Roasted Potatoes Corn Wheat Bread Apple</p>	<p>3 Veal and Peppers Broccoli Rice Wheat Bread Cranberry Crunch</p>	<p>4 Hot dog on a bun Baked Beans Sauerkraut Gelatin</p>
<p>7 Chicken with Divan Sauce Rice Pilaf Mexican corn Dinner roll Fresh Fruit</p>	<p>8 Salisbury Steak with Gravy Mashed Potatoes Spinach Oatmeal Bread Peaches with Whipped Topping</p>	<p>9 Split Pea Soup and Crackers Ham and Cheese on Rye with Mustard Old Fashioned Applesauce Cake</p>	<p>10 Roast Beef with Gravy Sweet Potatoes with Apples Green Beans Wheat Bread Banana</p>	<p>11 Pulled Pork Sandwich Coleslaw Potato Salad Apricots</p>
<p>14 Spanish Rice Peas Carrots Wheat Bread Fresh Fruit</p>	<p>15 Chicken Ala King Glazed Carrots Biscuit Vanilla Pudding with Mandarin Oranges</p>	<p>16 Baked Ham with honey mustard sauce Cut sweet potatoes Succotash Wheat Bread Gelatin with topping</p>	<p>17 Macaroni and cheese Stewed tomatoes Corn Bread Peach Crisp</p>	<p>18 Mrs. Friday's Fish O'Brien Potatoes Diced Beets Pumpnickel Bread Applesauce</p>
<p>21 CLOSED for MARTIN LUTHER KING DAY</p>	<p>22 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Rye Bread Fruit Cocktail</p>	<p>23 Navy Bean Soup and Crackers Tuna Sandwich on Whole Wheat Bread Apple Crisp</p>	<p>24 Beef Tips with Mushroom and Onion Gravy Rice Squash Dinner roll Gelatin dessert</p>	<p>25 Roast Pork with Gravy Cut Sweet Potatoes Green Beans Wheat Bread Applesauce</p>
<p>28 Turkey Loaf Mashed Potatoes 3 Way Mixed Vegetables Wheat Bread Pudding</p>	<p>29 Sweet and Sour Pork Rice Winter Blend Vegetables Dinner roll Fruited Gelatin</p>	<p>30 Pasta with Meatballs Sliced Carrots Italian Bread Swiss Chocolate Birthday Cake</p>	<p>31 Dave's Chicken Pot Pie Broccoli Hot Spiced Peaches</p>	<p></p>

**NO SUBSTITUES FOR FOOD ALLERGIES-DIABETICS WILL RECEIVE SUBSTITUES**  
**SUGGESTED CONTRIBUTION: \$2.00 PER MEAL-THERE IS A \$3.00 FEE FOR GUESTS UNDER**  
**60. PLEASE MAKE THE CHECK PAYABLE TO:**  
**PRESTIGE SERVICES, 152 WEST HIGH STREET, BALLSTON SPA NY 12020**  
**CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE**