



Mechanicville Area



Senior Citizens Organization Inc.

Instituted May 12, 1969

July, 2006

178 North Main Street, Mechanicville, NY 12118 Tel. 664-7877

Monthly Meeting - No meetings for June, July and August. Monthly Meetings resume in September. Please keep your Newsletters handy to refer to for upcoming events.

Board of Directors - There will NOT be any Board of Directors meeting in July due to the July 4th Holiday. August 1 will be the next meeting.

The Senior Center will be closed Tuesday, July 4th, also the Meal Site.

Correction: It was stated in the June newsletter that Joan Garland won the Price Chopper Gift Card. An error was made. Barbara Cuilla was the winner. Apologies to you both.

The **Indoor Picnic** with Kentucky Fried Chicken was enjoyed by all. Lucy Sgambati won the 50150 Raffle. Thank You to the set-up and clean-up crew: Helen Blowers, Mickey Sweeney, DonaLie Robinson, June Gurnett and Karen Valoze.

Darts/Shuffleboard/Bocce

There is a signup sheet on the Bulletin Board to play **Darts, Shuffleboard on Wednesdays at 1:00.** If you are interested in any of these fun activities, please sign-up at the Center or call the office at 664-7877.

The Senior Center would like to start **Canasta and Bridge.** Anyone interested, please call the Center or come in and sign up on the Bulletin Board.

"Friends of Yarn & Thread"

Knitting & Crochet classes cancelled for the Summer months.

Anxiety & Depression Support Group - Please check the Bulletin Board or contact the Center for scheduled date.

Journal Writing - Join Roberta and the group every Tuesday from 1:00 - 2:00 p.m.

Exercise Class - Every Monday, Wednesday and Friday from 10:30 - 11:00 a.m.

Exercise Equipment - Our equipment can be used Monday thru Friday from 9:30 a.m. to 3:30 p.m.

Scrabble - Join us for Scrabble on Thursday from 1:00 - 3:30 p.m.

Pokeno - Is held after lunch on Friday's.

Welcome Back to the ladies that will be playing **Pinochle** now on Tuesdays from 1:00-3:30.

July Excursion

This is in place of our Mystery Trip. The **TRAIN TRIP** is scheduled for Wednesday, July 12th. Wade Bus will be leaving at 7:00 a.m., Price is \$55.00. Deadline is July 9th. Menu choices are Chicken Marsala or

Beef Burgundy. Sign-up sheet is on the Bulletin Board. There are still seats available on the Wade Tour Bus.

The Seniors will be going to **Wally's** for their July Dinner, Friday, July 14.

This might be subject to change, as Wally's is under new management and is being renovated. If there is a change of dates, it will be posted on the Bulletin Board. **Note the change in time: the bus will be leaving the Center at 4:00 instead of 4:30.** Seating is limited to 16. Signup Sheet is on Bulletin Board.

PLEASE PROVIDE YOUR PHONE NUMBER.

Our Annual Clam Steam will be Tuesday, August 29. There is a change of location this year. We will be going to Krause's with an extended menu. Served at 12 Noon will be Hot Dogs, Hamburgers, Clam Chowder, Sausage and Peppers, Pasta Salad, Soda. The Clam Bake will be served at 3:30 PM. **Bingo will be played for your entertainment.** The Steam is open to the public. Price is \$26.00. Bus transportation will be available, leaving the Center at 11:30 AM. Money to be in by Monday, August 21.

July Birthdays

William Alwell, Thomas **Alvarez**, Amalia **Bango**, Anthony Belmonte, Janice Baisley, Leo **Barbolt**, Lena Barber, Hazel **Conerty**, Barbara Comitale, Anne **DeVito**, Peter DeVito, **Dominick DiVirgilio**, Connie Gibson, Helen Grozzo, Walter Isles, Anna Izzo, Barbara **Loatman**, Cathy **LeClair**, Lucy **Mareno**, Michael **Messore**, James Moredock, Mary **Moreno**, Daniel **O'Keefe**, Mary **Pardo**, Vivian Perretta, Mary Rose Perretta, Leona Pohl, Mary Quackenbush, Phyllis Rocco, Fred Russom, Mary Santagato, Lucy Sgambati, Margaret Struneski, Madelyn Sweeney, Ernest **Scarati**, Nira Thrane, Mary **VanChance**, Genevieve Welch, and Sharon Zappola.

From your President:

Just a few reminders: The trip to the Holiday Inn Turf at Lake George Theatre Luncheon will be on August **31**. You have a choice of four selections for lunch. The cost is \$40.00, and we will leave the Center that morning at **10:00**. Please make sure you make your selection for lunch on the board at the Center.

The trip to the Salem Theatre for "Oklahoma" will be by carpool on July 27. We will be going to Steinger's for **lunch-on-your-own**. We need to leave the Center by **10:00**. Thank you all for your patience in these matters.

We will also be carpooling for a trip to Auriesville on Sunday, July 9. Please be at the Center by **10:30 AM** for departure at **11:00 AM**, and don't forget to pack a picnic lunch.

Thanks to all of you for supporting our annual Strawberry Social. Special thanks to all the people in the kitchen on Wednesday who helped set up; the people who volunteered to serve and clean up: Mickey Sweeney, Helen Blowers, **Mimi** Izzo, Pat **McBride**, Lee and Doreen Sponable; Rose Miller who sold the 50150 raffle tickets (won by Betty **DeCelle**); Mary Kelly for accepting our money at the door; Barbara Whitney, **MaryAnne** Horn, Karen **DeVoe**, Mary Whitney, Carol Maloney and Mary Kelly for setting up and decorating. Thanks, also, to Helen Blowers who made the arrangements for and picking up the ice cream from Stewarts.

I would also like to thank Starlight DJ **Services** for not only providing the great music at the Social, but at our Spring Banquet, as well.

ALSO at the Strawberry Festival, Life Time Honorary Membership Certificates were given out to seniors 90 years and older with 10 years of consecutive dues paid to the following members: Amalia

Bango, Belle Bryan, Isabelle Cifone, Mary **Gruski**, George **LaRush**, Lena **LaVenus**, Mary **Mareno**, Josie **Russom**, **Grace** (Daisy) Santagato, Argentina Strianese and Mary Zayachek. Congratulations to all.

Finally, I wish you all a very happy and safe Fourth of July! Happy Birthday America!

IF ANY MEMBER HAS A CHANGE OF ADDRESS, PLEASE NOTIFY THE OFFICE BECAUSE IT WILL EFFECT RECEIVING YOUR NEWSLETTER. DUES ARE STILL BEING ACCEPTED FOR 2006. We welcome any senior over 50 who would like to join and be involved at the Center.

Welcome New Member: Teresa Timpanaro and Marjorie **Vellucci**

Extra Helpings - Information will be available after July 3 and will be posted on the Bulletin Board. Ordering Information: See Bulletin Board for menu/package information sheets or call the Center 664-7877 or Joanna Bull 664-2645.

Mechanicville Area Senior Citizens Organization Inc.


Board of Directors
Jo Ann Rielly, Director
Joanna Bull, President
Gloria Verdicchio, Vice Pres.
Roberta Lane, Secretary
Catherine Lynch, Treas.

Office Staff
Mary Kelly, Senior Coordinator
Roberta Lane
Beth Izzo

SARATOGA COUNTY OFFICE FOR THE ACMG

JULY, 2006

Home Delivered Meals 3634020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PATTY WITH GRAVY 3 MASHED POTATOES HARVARD BEETS WHEAT BREAD CHOCOLATE PUDDING*	 CLOSED FOR THE 4TH OF JULY	SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE 5 CHERRY TOMATO AND LETTUCE SALAD WITH DRESSING GARLIC BREAD APPLES WITH RAISINS*	TURKEY DIVAN WITH BROCCOLI 6 STEAMED RICE CARROTS RYE BREAD GELATIN WITH WHIPPED TOPPING*	MRS. FRIDAY'S FISH WITH TARTAR SAUCE 7 POTATOES O'BRIEN GREEN BEANS DINNER ROLL MANDARIN ORANGES
HOT DOG ON A BUN WITH MUSTARD 10 BAKED BEANS SAUERKRAUT APPLESAUCE	BRAISED LIVER AND ONIONS 11 MASHED POTATOES WITH GRAVY VEGETABLE MIX WHEAT BREAD LEMON PUDDING*	CHICKEN SALAD COLD PLATE 12 COLESLAW RYE BREAD FRUIT CRISP WITH WHIPPED TOPPING*	ROAST PORK WITH GRAVY 13 MASHED POTATOES DICED BEETS WHEAT BREAD LEMON MOUSSE WITH GRAHAM CRUMBS	ITALIAN STEW 14 PENNE PASTA WITH SAUCE AND PARMESAN CHEESE TOSSED SALAD WITH DRESSING GARLIC BREAD BANANA
CHICKEN PAPRKA 17 RICE PILAF RED CABBAGE PUMPERNICKEL BREAD PEARS	MACARONI AND CHEESE 18 GREEN BEANS STEWED TOMATOES RYE BREAD ORANGE FRUIT BAVARIAN	BBQ BEEF SANDWICH ON A ROLL 19 CARROT AND RAISIN SALAD TOSSED SALAD WITH DRESSING FRUIT SHORTCAKE WITH WHIPPED TOPPING*	CHICKEN A'LA KING ON A BISCUIT 20 BRUSSELS SPROUTS POUND CAKE WITH CHOCOLATE GLAZE*	SLOPPY JOE ON A BUN 21 SEASONED POTATO WEDGES PEAS WATERMELON
BARBECUE RIBETTES 24 PARSLEY RED POTATOES GREEN BEANS DINNER ROLL TAPIOCA PUDDING*	HAM SALAD COLD PLATE 25 MACARONI SALAD RYE BREAD FRUIT CRISP WITH WHIPPED TOPPING*	ROAST BEEF WITH GRAVY 26 BAKED POTATO WITH SOUR CREAM PEAS AND CARROTS BREAD BIRTHDAY CAKE*	SWEET ITALIAN SAUSAGE WITH PEPPERS AND ONIONS 27 PASTA WITH TOMATO SAUCE WAX BEANS ITALIAN BREAD CHOCOLATE PUDDING*	CREAM OF BROCCOLI SOUP 28 CRACKERS EGG SALAD SANDWICH COLESLAW

ITALIAN CHICKEN 31
 CACCIATORE
 RICE
 ITALIAN GREEN BEANS
 ITALIAN BREAD
 CITRUS FRUIT CUP

SERVED DAILY AT SITES: COFFEE, TEA AND MARGARINE
NO SUBSTITUTES FOR FOOD ALLERGIES.
***DIABETICS WILL RECEIVE SUBSTITUTES.**
SUGGESTED CONTRIBUTION: \$2.00 PER MEAL
NO ONE OVER 60 WILL BE DENIED A MEAL IF THEY ARE UNABLE TO MAKE A CONTRIBUTION
THERE IS A \$3.00 FEE FOR GUESTS UNDER 60
IF PAYING BY CHECK, PLEASE MAKE THE CHECK PAYABLE TO:
PRESTIGE SERVICES, INC.
152 WEST HIGH STREET
BALLSTON SPA, NY 12020