



Mechanicville Area

Senior Citizens Organization Inc.

Instituted May 12, 1969

July, 2007

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

The Senior Center will be closed Wednesday, July 4th.

Board of Directors – Next meeting will be Tuesday, August 6th, 2007 at 9:00 a.m.

Monthly Meetings - No meetings for July and August.

The next Monthly Meeting will be Tuesday, September 11th at 1:00 PM.

The July Monthly Dinner will be Thursday, July 5th, at Panza's. A signup sheet is on Bulletin Board. Bus will leave the Center at 4:30. Order from the menu. Table checks.

The Seniors will be having their Annual Strawberry Social on Thursday, July 12th from 6:00 to 8:00 p.m. at the Center. Menu includes Strawberry Shortcake and Ice Cream, ice tea, punch, lemonade and coffee. -Open to the Public- DJ for everyone's entertainment. \$5.00 per person. **Come join the fun!!!**

Lake George Boat Trip on the Lac du St. Sacrament will be Monday, July 30. Signup sheet is on Bulletin Board. Price is \$27. Money to be in by July 13. Bus will leave Center at 10:00 a.m.

The Annual Clam Steam will be held at Krause's this year on Tuesday, August 28th. The menu will be hot dogs, hamburgers, clam chowder, pasta salad, and soda served at 12 noon. The clam bake will be served at 3:30 p.m. Price is \$26.00. Signup deadline is August 20th. Bus will leave the Center at 11:30 a.m.

Joanna Bull is handling the Lake George Holiday Inn Lunch Theatre (Shear Madness – a comedy) again this year. It is scheduled for Thursday, September 20th, and the price is \$45.00. Menu choices are Pork Tenderloin, Chicken Breast, Broiled Salmon or Vegetarian Pasta. Reservations must be in by Friday, September 7th. Bus will leave the Center at 10:00 a.m.

Mammograms – On Thursday, July 5th, the Center will be hosting the Bellevue Mobile Mammography Van from 10 a.m. – 2 p.m. Please take advantage of this service made available for you. To make an appointment, please call 1-888-423-3366.

Activities:

Creative 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.

Canasta cancelled for summer.

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

Pokeno - Is held after lunch on Fridays.

Osteoporosis Exercise – Tuesdays & Fridays from 9:00 – 10:30 a.m.

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

ATTENTION: UPCOMING DATES TO REMEMBER

Wednesday, September 26 - Health Screening
Tuesday, October 9 – Foliage Trip
Friday, November 9 – Harvest Dinner
December 30 thru January 1 New Years Eve Overnight

The Osteoporosis Exercise Program will be held on Tuesdays and Fridays, 9:00 – 10:30 a.m., starting Friday, June 29. This is offered by the Saratoga County Office of the Aging. Any seniors that are still interested in joining the class can still sign up. It's free and they supply everything. Please support this program.

AARP Defensive Driving Class – The next scheduled

class is Saturday, August 25th, from 9:00 a.m. to 5:00 p.m. We are now taking names for this class. Anyone interested, please call the Senior Center at 664-7877.

Want some summer reading? Pick up a bag of books at the Senior Center's huge sale for only \$1.00.

WELCOME NEW MEMBERS:

Rita Brown
Linda DiNallo

JULY BIRTHDAYS

Tom Alvarez, Molly Bango, Leo Barbolt, Barbara Comitale, Mary Canonica, Peter DeVito, Walter Isles, Barbara Loatman, Lucy Mareno, James Moredock, Daniel O'Keefe, Helen Partak, Vivian Perretta, Fred Russom, Ernest Scarati, Margaret Struneski, Nira Thrane, Genevieve Welch, William Alwell, Janice Baisley, Anthony Belmonte, Hazel Connerty, Anne DeVito, Helen Grozzo, Cathy LeClair, Angela LaVigna, Mary Mareno, Anna Nickerson, Mary Pardo, Mary Rose Perretta, Phyllis Rocco, Mary Santagato, Lucy Sgambati,

Madelyn Sweeney, Mary VanChance, Sharon Zappola

"Hope everyone enjoyed the Mystery Trip." (Mary)

Please remember to write down your phone number when signing up for anything. Also, if you cancel on any events, including monthly dinners, please call the Center as soon as possible.

Dues (\$7.00) are still being accepted for the year 2007 in the office Monday thru Friday from 9:00 a.m. to 4:00 p.m.

From your President

Warm weather has finally arrived.

Our Summer Picnic was a great success. We had a great turn-out. Beautiful day (the rain waited) good food and excellent desserts. Many, Many Thanks to the committee who worked sooooo very hard and those that brought food to share.

I have posted some pictures I snapped at the event and have posted them on the board for a

few weeks. (Sorry about them not being in color, I must have hit the wrong setting and they are in black in white) Stop by and take a look.

The last day for Bocce is Thursday, July 19th. A Brunch for all players will be held afterward Time: 12:00 noon, Fairways of Halfmoon. Emma Lester has been kind enough to arrange this for the league.

The Strawberry Social is just around the corner and the committee members have been working hard to make it a special evening for all.

Roberta

*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*

Rafaela

SARATOGA COUNTY OFFICE FOR THE AGING

July, 2007

Home Delivered Meals 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ RIBS 2 PARSLEY RED POTATOES GREEN BEANS WHEAT BREAD TAPIOCA PUDDING*	<i>4TH OF JULY SPECIAL</i> 3 DAVE'S FAMOUS MARINATED CHICKEN BAKED BEANS CORN DINNER ROLL STRAWBERRY SHORTCAKE	 4 CLOSED FOR THE 4TH OF JULY	BAKED ZITI WITH MEATSAUCE AND CHEESE 5 TOSSED SALAD WITH DRESSING ITALIAN BREAD FRUIT COCKTAIL	6 PEA SOUP HAM AND CHEESE ON WHEAT BREAD WITH MUSTARD CHOCOLATE PUDDING*
ITALIAN CHICKEN CACCIATORE 9 RICE GREEN BEANS ITALIAN BREAD MIXED FRUIT CUP	SALISBURY STEAK 10 MASHED POTATOES PEAS WHEAT BREAD FRUITED GELATIN	TURKEY SANDWICH ON RYE WITH MAYO 11 MACARONI SALAD MARINATED VEGGIE SALAD PUDDING*	12 GOULASH BROCCOLI AND CARROTS GARLIC BREAD FRUIT CRUNCH*	MRS. FRIDAY'S FISH WITH TARTAR SAUCE 13 CHEESY GARLIC MASHED POTATOES BEETS WHEAT BREAD FRESH FRUIT
16 BAKED MEATLOAF MASHED POTATOES SPINACH WHEAT BREAD PEARS	KIELBASA AND BOILED CABBAGE 17 PIEROGI WITH SOUR CREAM RYE BREAD PINEAPPLE	18 SPANISH RICE YELLOW BEANS GARLIC BREAD VANILLA PUDDING*	19 SWEDISH MEATBALLS BUTTERED PASTA SWEET AND SOUR CABBAGE WHEAT BREAD LEMON BARS*	20 ROASTED TURKEY WITH GRAVY CRANBERRY SAUCE HERB STUFFING MIXED VEGETABLES DINNER ROLL WATERMELON SLICES
CHICKEN PATTY WITH LETTUCE AND TOMATO ON A ROLL WITH MAYO 23 RICE PILAF CORN AND PEPPERS MANDARIN ORANGES	TUNA SALAD COLD PLATE 24 PASTA SALAD POTATO SALAD WHEAT BREAD MELON	25 SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE TOSSED SALAD WITH DRESSING ITALIAN BREAD BIRTHDAY CAKE	26 CHICKEN ALA KING OVER A BISCUIT BROCCOLI RYE BREAD TROPICAL FRUIT SALAD	27 MACARONI AND CHEESE STEWED TOMATOES CORN BREAD FRUITED GELATIN WITH TOPPING*
30 HOT DOG ON A ROLL WITH MUSTARD BAKED BEANS SAUERKRAUT PINEAPPLE	BONELESS BBQ CHICKEN 31 RICE PILAF CAULIFLOWER DINNER ROLL GELATIN WITH TOPPING*	<p>*NO SUBSTITUTES FOR FOOD ALLERGIES. *DIABETICS WILL RECEIVE SUBSTITUTES. *MEAL CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE. SERVED DAILY AT SITES: COFFEE, TEA, MILK AND MARGARINE 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</p>		