



Mechanicville Area



Senior Citizens Organization Inc.

Instituted May 12, 1969

July, 2008

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

ATTENTION: BOOK SALE FOR THE MONTH OF JULY Bag of books for \$1.00. Fill Price Chopper bags only.

There will not be any Board Meetings or Monthly Meetings for July and August.

SENIOR CENTER WILL BE CLOSED ON JULY 4th.

FOURTH OF JULY LUNCHEON will be on Thursday, July 3, at 12:00 noon. Menu is Dave's Famous Marinated Chicken (Bone-In), Baked Beans, Mixed Vegetables, Fruit Crisp. FREE RAFFLE TICKETS will be given out for flower baskets. Please sign up or call Karen at 664-3924 by July 29th at the latest.

PRESTIGE BARBECUE ON WHEELS will be on Friday, August 1st. Menu is going to include hot dogs, salad and ice cream sundaes. Please sign up or call Karen at 664-3924 by July 28th at the latest.

MONTHLY DINNER FOR JULY: PANZA'S RESTAURANT, SARATOGA LAKE, THURSDAY, JULY 3, @ 5:00. You may order off the menu; separate checks will be issued. The bus will leave the center at 4:30. Please indicate whether you will be traveling by "Bus" or "Car" when signing up for any event.

NO MONTHLY DINNER FOR AUGUST. They will resume in September.

STRAWBERRY SOCIAL will be held at the Senior Center on Thursday, July 17, from 6:00 to 8:00 PM. Menu is Strawberry Shortcake, ice cream, punch, soda and coffee. This Social is open to

the public. Bring your friends for an enjoyable evening.

SENIORS ANNUAL LAKE GEORGE BOAT TRIP - JULY 21 They will be lunching on the Luc du Saint Sacrement with entertainment. Cost is \$30.00 which includes lunch, boat fare and bus fare. Sign up sheet on bulletin board. Money and reservations are to be in by July 7th. Folmsbee bus leaves center at 9:30 a.m.

SENIORS MALL RUN: Wednesday, July 16 Wilton Mall & Wal-Mart Wednesday, July 30 CPM & K-Mart Van lvs cntr @9:15 a.m. Please call Meg Gorman, Public Safety, to sign up at (664-5651). Van limited to 10 seniors.

The Bellevue Mobile Mammography Van will be at the Senior Center on Wednesday, July 23, from 10:00 AM to 2:00 PM. Please call 1-888-423-3366 (toll free) to schedule an appointment. This service is open to the public.

KRAUSE'S CLAMSTEAM - TUES. AUGUST 26, 2008 Menu includes Hot Dogs, Hamburgers, Clam Chowder, Sausage and Peppers, Pasta Salad, Soda and Coffee served at 12:00 noon, clam bake served at 3:30 p.m. The price is \$30.00 which includes the clam steam and bus fare. DEADLINE FOR RESERVATIONS AND MONEY BY AUGUST 19th. Bus leaves center at 11:30 a.m.

Activities at the Center: Osteobusters Exercise Program Tuesdays and Fridays from 9 00 to 10:30 a.m. Weight Watchers classes Monday evening at 5:30 PM. Bocci - every Thursday 10:00 AM

Exercise Class - every Monday, Wednesday and Friday from 10:30 to 11:00 AM. Pinochle - every Tuesday at 1:00 P.M.. Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 - 3:30 PM. Pokeno - Held after lunch on Fridays. Shuffleboard - Wednesday at 1:00 PM. Monday shuffleboard will resume in September.

DATES TO REMEMBER
Bocci Brunch Buffet - Thursday, July 24th at the Fairways.
Strawberry Social - Thursday, July 17
Lake George Boat Trip - Monday, July 21
Fourth of July Luncheon - Thursday, July 3rd.
Prestige Barbecue - Fri. Aug. 1
Clam Steam - Tues. August 26
Holiday Inn Lunch & Show - Wednesday, Sept. 17

MYRTLE BEACH TRIP
October 5-11, 2008
\$665.00/person - double room
\$800.00/Single
Featuring 3 Spectacular Shows
6 Full Breakfasts and Dinners
\$25.00 per person deposit due before JULY 7th
Final payment due by AUGUST 18th.
Trip insurance available: enhanced insurance needs to be paid WITHIN 14 DAYS OF DEPOSIT MONEY.
Any questions or further info needed contact JOANNA BULL 664-2645.

July Birthdays:
Thomas Alvarez, William Alwell, Molly Bango, Janice Baisley, Leo Barbolt, Anthony Belmonte, Barbara Comitale, Hazel Conerty, Mary Canonica, Anne

DeVito, Peter **DeVito**, Walter Isles,
Cathy Le **Clair**, Barbara **Loatman**,
Angela La Vigna, Lucy **Mareno**,
James Moredock, Anna
Nickerson, Daniel **O'Keefe**, Mary
Pardo, Helen **Partak**, Mary Rose
Perretta, Vivian Perretta, Phyllis
Rocco, Fred Russom, Nadine
Saglicca, Mary Santagato,
Margaret Struneski, Lucy
Sgambati, Richard **Stockwell**,
Madelyn Sweeney, Nira Thrane,
Mary Van Chance, Genevieve
Welch, Sharon **Zappola**

Welcome New Members:

Michael **Izzo**, Dorothy Murray,
Janet **Platt**, Barbara **Gaspie**
Marna Wolaver, Bea Miller

REMINDER: Membership Dues for
2008 (\$7.00) are still being
collected in the office from 9:00
AM to 4:00 PM, Monday-Friday.

Thank you to Madeline Sweeney
for the planting of the flower
bushes in front of the center.

Thank you to **Mimi Izzo** for
chairing the senior picnic. You
did a beautiful job and everyone
enjoyed themselves.

**NO PROFANITY PLEASE IN
THE CENTER.**

WANTED!!! VOLUNTEER
DRIVERS TO DELIVER MEALS
FOR SARATOGA COUNTY
ELDERLY NUTRITION
PROGRAM IN MECHANICVILLE
AND STILLWATER AREAS. FOR
MORE INFORMATION PLEASE
CALL THE OFFICE FOR THE
AGING AT 363-4020 OR 884-4100.

WANTED: Knitting yarn to be
used for hats and mittens for low
income children. Edna Zullo

knits hats and mittens with left
over yarn donated to the center;
she has used up all her yarn
from past donations. It would
be greatly appreciated if anyone
has any yarn that they could
donate to the center at this
time. The hats and mittens are
given out to the children at
Christmas.

*Mechanicville Area
Senior Citizens Organization Inc.*

Board Of Directors
JoAnn Rielly, Director
Mimi Izzo, Acting President
Joyce Di Virgilio, Secretary
Catherine Lynch, Treasurer

Office Staff
Mary Kelly, Office Coordinator
Pat Brown

SARATOGA COUNTY OFFICE FOR THE AGING - JULY 2008 MENU
HOME DELIVERED MEALS 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Served daily at sites: Coffee, Tea, Milk and Margarine. No substitutes for food allergies-Diabetics will receive substitutes.</p>	<p>1 Baked Ziti with Meatsauce and Parmesan Cheese California Blend Vegetable Garlic Bread Fruit Cocktail</p>	<p>2 Ham & Cheese Cold Plate Mustard Macaroni Salad Carrot Raisin Salad Wheat Bread *Chocolate Pudding</p>	<p>3 Dave's Famous Marinated Chicken (Bone-in) Baked Beans Mixed Vegetable *Fruit</p>	<p>4 4th of July Holiday </p>
<p>7 Italian Chicken Cacciatore Italian Green Beans Italian Bread Mixed Fruit Cup</p>	<p>8 Salisbury Steak Mashed Potatoes Peas Wheat Bread Fresh Fmit</p>	<p>9 <i>Breakfast Menu</i> French Toast with Syrup Turkey Sausage Hash Browns Strawberries</p>	<p>10 Roast Beef and Gravy Baked Potato with Sour Cream Broccoli Dinner Roll Lemon Pudding</p>	<p>11 Mrs. Friday's Fish with Tartar Sauce Cheese Garlic Mashed Potatoes Beets Wheat Bread Banana</p>
<p>14 Baked Meatloaf Mashed Potatoes Squash Wheat Bread Pears</p>	<p>Kielbasa Boiled Cabbage Pierogi Sour Cream Rye Bread Pineapple</p>	<p>16 Boneless Chicken Breast with Dave's Lite BBQ Sauce Rice Pilaf Cauliflower Dinner Roll Banana</p>	<p>17 Swedish Meatballs Buttered Pasta Sliced Carrots Wheat Bread *Vanilla Pudding</p>	<p>18 Roast Turkey with Gravy Cranberry Sauce Herb Stuffing Mixed Vegetable Dinner Roil *Cranberry Crunch <i>Mechanicville Favorite</i></p>
<p>21 Chicken Patty on a Bun Mashed Potatoes Harvard Beets *Chocolate Pudding</p>	<p>22 Spaghetti with Meatballs Parmesan Cheese Tossed Salad Italian Bread Warm Spiced Peaches</p>	<p>23 Tuna Salad Cld Plate Three Bean Salad Coleslaw Wheat Bread (2 Slices) Fresh Fmit</p>	<p>24 Sweet Italian Sausage with Onion & Peppers Hot Dog Roll Carrots "Gelatin with Topping</p>	<p>25 Mrs. Friday's Fish with Tartar Sauce Home Fries Green Beans Dinner Roll Mandarin Oranges</p>
<p>28 Hot Dog with Bun Mustard Baked Beans Sauerkraut Pineapple</p>	<p>29 Goulash Spinach Garlic Bread Mandarin Oranges</p>	<p>31 Chicken Salad Cold Plate Veloute Soup Wheat Bread (2 Slices) Crackers Marinated Vegetables *Birthday Cake</p>	<p>31 Roast Pork with Gravy Mashed Potatoes Diced Beets *Fruit Shortcake</p>	<p>The suggested contribution is \$2 per meal-There is a \$3 fee for guests under the age of 60. Please make checks payable to: Prestige Services, 152 West High Street, Ballston Spa NY 12020</p>

MENU SUBJECT TO CHANGE