



Mechanicville Area Sembr Citizens Organization, Inc.

Instituted May 12, 1969

JULY, 2009

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

There will not be any Board Meetings or Monthly Meetings for the months of July and August. The next Monthly Meeting will be September 8th at 1:00 PM and the next Board Meeting will be held on September 14th at 10:00 AM.

Carl Benamati won the 50150 at the Indoor Picnic held June 9th.

THE MEAL SITE AND THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, JULY 3RD IN OBSERVANCE OF THE FOURTH OF JULY HOLIDAY.

MONTHLY DINNER!!! There will not be any monthly dinner for **the month of July**. We have the Lake George Dinner Theatre which should be an enjoyable day for all.

SENIORS MALL RUN
Public Safety is **attempting** to schedule **mall runs** for the month of July. Please call Meg Gorman, Public Safety at 664-5651 the second week in July to see if the bus has become available.

LAKE GEORGE DINNER THEATRE TRIP is set for Thursday, July 9th. The new romantic comedy "Old Love" is being presented for the first time. The menu includes pork, salmon, beef and pasta. The cost is \$45.00 and is due by July 3rd - no exceptions. The bus leaves the center at 10:00 AM.

STRAWBERRY SOCIAL will be held at the Senior Center on

Thursday, July 16th from 6:00 to 8:00 PM. Menu is Strawberry Shortcake, Ice Cream, Punch, Soda and Coffee. Price will be \$5.00 per person. This Social is open to the public. Bring your friends for an enjoyable **evening with** entertainment. The sign-up sheet is on the Bulletin Board.

BELLEVUE MOBILE MAMMOGRAPHY VAN will be at the Senior Center on Friday, July 31st, 2009 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.

KRAUSES CLAMSTEAM-TUESDAY, AUGUST 18TH, 2009 The 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 PM. The price is \$31.00 which also includes the steam and bus fare. DEADLINE FOR RESERVATIONS AND MONEY BY TUESDAY, AUGUST 11TH. Bus leaves the center at 11:30 AM.

PRESTIGE BARBECUE ON WHEELS will be held on Friday, August 21st. The menu will include Hamburger, Macaroni Salad, Coleslaw, Condiments and Chips, Lemonade and Make Your Own Sundae. Please sign-up or call Karen at 664-3924 by

August 19th before noon at the latest.

DATES TO REMEMBER
Lake George Holiday Inn & Show - Thursday, July 9th
Strawberry Social - Thursday, July 16th
Bellevue Mobile Mammogram Van - Friday, July 31st
Bocci Banquet - Thursday, August 6th at the Old Mill
Clam Steam - Tuesday, August 18th
Prestige Barbecue - Friday, August 21st
Senior Picnic Saratoga Fairgrounds - August 25th
Lake George Boat Trip - Monday, September 14th
Niagara Falls Trip - September 14th, 15th & 16th
Health Clinic - September 23rd

ACTIVITIES AT CENTER
Weight Watchers - classes Monday evening at 5:30 PM.
Exercise Class - every Monday, Wednesday and Friday from 10:30 to 11:00 AM.
Pinocle - every Tuesday at 1:00 PM; Both men and women members are welcome to play.
Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 - 3:30 PM.
Pokeno - Held after lunch on Fridays.
Shuffleboard - Monday and Wednesday at 1:00 PM. Both men and women members are welcome to play.

Will Game – Available for use after **12:30**.

NIAGARA FALLS TRIP

Our trip to Niagara Falls will be on September **14th**, **15th** and **16th**.

The trip will be to Toronto, Canada and we will be staying at a Hotel that is a **10** minute walk to the Falls. A plus is a Casino right across the street from the Hotel.

Traveling across the border will require a Passport or an Enhanced License. The Enhanced License will require an original birth certificate, proof of residency (an old bill), New York State Drivers License, Cost **\$40.00** and it takes two weeks to receive it. The cost of the trip is approximately **\$300** (double occupancy). **\$50.00** deposit is required by July 15th and the balance is due by August **14th** – no exceptions.

BREAST CANCER WALK The Mechanicville Breast Cancer Walk will take place on October **11th**, **2009** at **12:00 PM**. It will start and end at the Senior Center. Registration is at the Senior Center Monday thru Friday **9:00** to **4:00**. All who walk will receive a crocheted pink scarf and refreshments

will be sewed following the walk.

"LIVING HEALTHY" Come to the Senior Center and participate in an exciting six week workshop series called "Living Healthy". It's a fun, interactive work shop series that empowers adults age **60** years and over and their caregivers to take charge of chronic conditions, such as arthritis, heart disease, osteoporosis or diabetes by discovering ways to better manage on going health needs. You will learn how to break the symptom cycle commonly experienced by those with health problems. Each participant will receive a free workshop textbook and relaxation CD. Light and healthy refreshments will be served. There will be a **sign-up** sheet posted on the bulletin board.

JULY BIRTHDAYS

Thomas Alvarez, William **Alwell**, June Ardziewicz, Janice Baisley, Molly **Bango**, Leo **Barbolt**, Anthony Belmonte, Mary Canonica, Barbara Comitale, Hazel Conerty, William Dalaba, Anne DeVito, Peter **DeVito**, Walter Isles, Linda Jones, Cathy **LeClair**, Angela

LaVigna, Barbara **Loatman**, Lucy **Mareno**, James Moredock, Anna Nickerson, Daniel **O'Keefe**, Mary Rose Perretta, Vivian Perretta, George Poitras, John Renas, Anthony Rocco, Phyllis Rocco, Fred Russom, Nadine Saglicca, Mary Santagato, Dolores Seymour, Lucy Sgambati, Richard Stockwell, Margaret Strunski, Madelyn Sweeney, Nira Thrane, Mary Van Chance, Genevieve Welch, Sharon Zappola

Come in and check out our books for your summer reading. We have new books and **puzzles** coming in on a daily basis. The books are still a great bargain at **\$1.00** a bag.

WELCOME NEW MEMBERS

Virginia Jennings, Dorothy **Hotmer**

FROM THE PRESIDENTS DESK....The Strawberry Social is our only in home evening program!!! Hope to see you here on July **16th** between **6:00** and **8:00 PM**. Final call to sign up for lawyer services. Check the Bulletin Board.

Joe

MECHANICVILLE AREA

SENIOR CITIZENS ORGANIZATION, INC.

Board of Directors

Jo Ann Rielly, Director

Joseph Coppola, President

Joyce Di Virgilio, Vice Pres.

Beth Izzo, Secretary

Catherine Lynch, Treasurer

Joanna Bull, Trip Chairperson

Office Staff

Mary Kelly, Senior Coordinator

Pat Brown

SARATOGA COUNTY OFFICE FOR THE AGING – JULY 2009 MENU
HOME DELIVERED MEALS 363-4020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Served daily at sites: Coffee, Tea, Milk and Margarine. No substitutes for food allergies. 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

1
 Chef Salad with
 Tomato, Ham,
 Turkey & Cheese
 Dressing
 Dinner Roll
 Banana

2
4th of July Special
Dave's Marinated
 Chicken
 Baked Beans
 4 Way Mixed
 Vegetables
 Dinner Roll
 Gelatin with Topping

3
4th of July Holiday



6
 Salisbury Steak
 with Gravy
 Mashed Potatoes
 Red Cabbage
 Wheat Bread
 Apricots

7
 Italian Chicken
 Cacciatore
 Pasta
 Italian Green Beans
 Dinner Roll
 Mixed Fruit Cup

8
 Turkey Cold Plate
 with Cottage Cheese
 Cucumber & Tomato
 Salad
2 Slices Whole Wheat
 Bread
 Mayo Packet
 Mandarin Oranges

9
 Goulash
 Spinach
 Garlic Bread
 Yogurt

10
 Roast Beef with
 Gravy
 Mashed Potatoes
 Peas
 Wheat Bread
 Fruited Gelatin

13
 Baked Meatloaf
 Buttered Noodles
 Squash
 Wheat Bread
 Pears

14
 Kielbasa
 Boiled Cabbage
 Red Potatoes
 Rye Bread
 Pineapple

15
 Tuna Salad
 3 Bean Salad
 Chick Peas and
 Marinated Tomatoes
 2 Slices of Whole
 Wheat Bread
 Cookie

16
 BBQ Chicken
 Rice Pilaf
 Carrots
 Italian Bread
 Cantaloupe

17
 Roast Turkey with
 Gravy
 Cranberry Sauce
 Herb Stuffing
 Mixed Vegetable
 Dinner Roll
 Cranberry Crunch

20
 Sweet & Sour Pork
 Rice
 Broccoli
 Rye Bread
 Peaches

21
 Baked Ziti with
 Meatsauce and
 Cheese
 Garlic Bread
 Green Beans
 Watermelon

22
 Ham & Cheese Cold
 Plate
 Rye Bread
 Macaroni Salad
 Carrot Raisin Salad
 Pear Crisp

23
 Sausage, Peppers &
 Onions
Pasta Primavera
 Stewed Tomatoes
 with Zucchini
 Italian Bread
 Fresh Orange

24
 Mrs. Friday's Fish
With Tartar Sauce
Cheese Mashed
 Potatoes
 Beets
 Wheat Bread
 Fruit Cocktail

26
 Hot Dog on a Bun
 Mustard
 Baked Beans
 Sauerkraut
 Yogurt

27
 Beef Tips with
 Gravy over Noodles
 Rye Bread
 Brussels Sprouts
 Pears

28
 Chicken Salad Cold
 Plate
 Marinated Vegetables
 Pasta Salad
 2 Slices Wheat Bread
 Strawberry Shortcake

29
 Stuffed Peppers
 Corn
 Dinner Roll
 Warm Spiced
 Peaches

30
 Roast Pork with
 Gravy
 Sweet Potatoes
 Wax Beans
 Wheat Bread
 Applesauce

MENU SUBJECT TO CHANGE