



## Mechanicville Area

# Senior Citizens Organization Inc.

Instituted May 12, 1969

June, 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!!** The May 50/50 Raffle was won by Beth Izzo.

**Board of Directors -** Our Board of Directors Meeting is scheduled for Tuesday, June 6, 2006 at 9:00 a.m.

**Mammograms -** Bellevue Hospital Mobile Unit will be at the Senior Center on Monday, June 12, for mammograms from 10:00 a.m. to 2:00 p.m. **Please call 1-888-423-3366 to schedule an appointment.**

**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.

**Prestige Barbecue**  
Friday, June 9<sup>th</sup> at 12 noon, Prestige Barbecue. Menu is Hamburger on a bun, Macaroni Salad, Coleslaw, chip and make your own Sundae. **Call Karen at 664-3924. Deadline is June 7<sup>th</sup>.**

**Fathers Day Luncheon**  
Friday, June 16<sup>th</sup> at 12 noon. Menu is Roast Pork, Mashed Potatoes, Cabbage and Chocolate Cream Pie. **Call Karen at 664-3924 by June 14<sup>th</sup>.**

**Special 4<sup>th</sup> Of July Luncheon** Friday, June 30<sup>th</sup> at 12 noon. Menu will be BBQ Chicken, Potato Salad, Coleslaw and Watermelon. **Call Karen at 664-3924. Deadline is June 28<sup>th</sup>.**

**Indoor Picnic** Tuesday, June 13<sup>th</sup> at 1:00 p.m. Menu will be Kentucky Fried Chicken, Coleslaw, Baked Beans, Salads

& Watermelon. Cost is \$8.00 per person. Sign-up sheet on Bulletin Board. Deadline is June 9<sup>th</sup>. **Volunteers needed for set up, serve and clean up.**

**AARP Defensive Driving Class -** Please call the Center (664-7877) to be placed on waiting list for yet-to-be-scheduled classes.

**July Excursion**  
This is in place of our Mystery Trip. The trip is scheduled for Wednesday, July 12<sup>th</sup>. Wade Bus will be leaving at 7:00 a.m., Price is \$55.00. Deadline is July 9<sup>th</sup>. A choice of Chicken Marsala, or Beef Burgundy. Will be doing the train trip that we did last year. Sign-up sheet is on the Bulletin Board.

**Welcome New Members:**  
Ann Burello, Joyce Kelly, Charles Cox, Harold Horn and Helen Brown.

**June Birthdays**  
Anne Arceneaux, Brad Arnold, Helen Bruno, Lucy Busone, Joan Barone, Martha Baltrus, Julia Brownell, Gisele Busone, Ann Burello, Dorothy Connors, Leroy Carnard, Shirley Cyr, Jennie Cervine, Jeannette Cotfeld, Aminda De Vito, Robert Dugan, Doris DeMarco, Vincent Fondano, Antoinette Forte, Carmella Fusco, Ann Fascia, Patricia Finigan, Catherine Gorden, Elsie Hunt,

Elsie Haggerty, Mary Jane Haldeman, Mary Ann Horn, Catherine Izzo, Gretchen Karen Koper, Patricia Krauss, Peter Lorenzo, David Lefco, Margaret Landry, Lois Mone, Thomas Murphy, Shirley Mundell, Phil Milano, Michelen Mastrianni, John Omilin, Margaret Palmer, Gloria Picarelli, Anna Reilly, Diane Reilly, Theresa Sgambati, Marie Smiel, Martha Stalter, Mary Ann Shovah, Mary Torres, Bob Van Detta, Karen Valoze

### **From your President**

Hello Everyone...

**Our June Dinner Out will be at Ravenswood, Friday, June 9.** Bus lvs Center at 4:30 p m Sign up sheet on bulletin board. Limit 18.

I would like you all to keep July 9 open for the trip to **Auriesville**. We should meet at the Center with a picnic lunch and we'll spend the day there! We will try for an 11 a.m. departure.

Just a word or two on the trips this Summer to **Salem** and **Lake George**; we may not be able to have transportation provided for us, so if you would still like to go, please call me at home (664-2645) or at the Center and we will car-pool. If you would like me to arrange for Lunch, please let me know. Stay tuned for further information on the above.

Tentative dates are: Wednesday, July 19, for the **Holiday Inn Turf at Lake George**. The luncheon matinee seating is at 11:30 with the curtain at 1:00. The cost for the matinee is \$40.00 and is due

by June 8<sup>th</sup>. You are being offered four selections for lunch: **Sliced Sirloin** with mushroom gravy, **Broiled Salmon** with a creamy Dill Sauce, **Roast Chicken Breast** w/sun-dried tomato cream, **Vegetarian Pasta** with a medley of vegetables, 3 cheeses and Marinara Sauce. All entrees served with salad, rolls, vegetables, dessert and coffee. **Salem Theatre** is tentatively set for July 30, for "Chicago" we need at least 12 in order to get group rates – B Section will be \$15.00 and if you would like, I'll make the reservations for Steinger's for lunch or we can do "Oklahoma" for the same price on July 27. I will need to know as soon as possible so I can order the tickets. I would like to be able to order the tickets in June, so I'll make the deadline June 15<sup>th</sup>. Thank you for your cooperation in this matter.

Our **Strawberry Festival** is on Wednesday, June 21 at 6:00 p.m. serving Strawberry Shortcake, Ice Cream, Iced Tea, Coffee and Punch. \$5.00 per person. Open to the Public. **I need you to please volunteer to help set up, serve and clean up for this event.** I'm counting on you – please don't let me down !!!!!

Happy Fathers Day all!!!  
Joanna

### **SPRING BANQUET**

Our annual Spring Banquet was held this year at Phelan's

Banquet House. **"Thank you"** to Seniors who helped at the Banquet: Rita Fruci, Helen Blowers, Anna Siciliano and Joanna Bull for selling raffle tickets. **Thank you** to Tony & Meg Gorman DeVecchio for donating the Wine Basket. **Thank you** to Jo Ann Rielly and Dom Grimaldi for the Gift Certificate for Hildreth's Restaurant won by Mrs. Anthony Sylvester and the donated Price Chopper gift cards won by Laura Welch and Joan Garland. The 50/50 Raffle was won by Mary Van Chance. The spring centerpiece donated by the Senior Center was won by Mike Rinaldi.

**Extra Helpings** –The Regional Food Bank is revamping this Program. Beginning with the June distribution, the regular package will include meat and produce and will cost \$20.00. In addition to that, there will be three different special packages offered each month. The price of the special packages will vary according to the contents. This will provide more choices and variety. **Ordering Information: Deadline is by noon, June 9. Pickup is June 30, after 10:30 a.m.** See Bulletin Board for menu/package information sheets.

## *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 AGING

JUNE, 2006

Home Delivered Meals 363-4020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SERVED DAILY AT SITES: COFFEE, TEA, MILK & MARGARINE.  
NO SUBSTITUTES FOR FOOD ALLERGIES.

\*DIABETICS WILL RECEIVE SUBSTITUTES.

IF PAYING BY CHECK, PLEASE MAKE PAYABLE TO  
PRESTIGE SERVICES, INC.

152 WEST HIGH STREET, BALLSTON SPA, NY 12020

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.

TURKEY DIVAN  
WITH BROCCOLI 1  
  
STEAMED RICE  
  
PEAS  
  
RYE BREAD  
  
APPLE CRISP\*

MRS. FRIDAY'S 2  
BREADED FISH  
WITH TARTER SAUCE  
  
O'BRIEN POTATOES  
  
GREEN BEANS  
  
DINNER ROLL  
  
MANDARIN ORANGES

5 HOT DOG ON A BUN WITH MUSTARD  OLD FASHION STYLE BAKED BEANS  CONFETTI COLE SLAW  FRESH APPLE	6 BRAISED LIVER AND ONIONS WITH GRAVY  MASHED POTATOES  CALIFORNIA VEGETABLE MIX  WHEAT BREAD  LEMON PUDDING*	7 YANKEE POT ROAST WITH GRAVY  MASHED POTATOES  DICED BEETS  RYE BREAD  TAPIOCA PUDDING*	8 CHICKEN SALAD COLD PLATE  POTATO SALAD  MARINATED TOMATOES  WHEAT BREAD  CHERRY CRISP*	9 PRESTIGE BARBECUE  HAMBURG ON A BUN  MACARONI SALAD  COLESLAW & CHIPS  MAKE YOUR OWN SUNDAE!
12 CHICKEN PAPRIKA  SWEET POTATOES  STEAMED RED CABBAGE  PUMPERNICKEL BREAD  FRSEH FRUIT	13 MACARONI AND CHEESE  STEWED TOMATOES  GREEN BEANS  RYE BREAD  ORANGE FRUIT BAVARIAN*	14 BBQ BEEF SANDWICH ON A ROLL  MACARONI SALAD  TOSSED SALAD WITH DRESSING  FRUIT SHORTCAKE WITH WHIPPED TOPPING*	15 SWEET ITALIAN SAUSAGE WITH PEPPERS AND ONIONS  PASTA WITH TOMATO SAUCE AND PARMESAN CHEESE  ITALIAN ZUCCHINI  ITALIAN BREAD  CLASSIC MIXED FRUIT	16 FATHER'S DAY SPECIAL ROAST PORK WITH A MUSHROOM DEMI GLAZE GARLIC MASHED POTATOES SWEET AND SOUR CABBAGE DINNER ROLL CHOCOLATE CREAM PIE
19 ITALIAN CHICKEN CACCIATORE  PASTA  SPINACH  ITALIAN BREAD  CITRUS FRUIT CUP	20 TUNA SALAD PLATE  CRISPY COLE SLAW  WHOLE WIEAT CRACKERS  CRANBERRY CRISP*	21 ROAST BEEF WITH GRAVY  BAKED POTATO WITH SOUR CREAM  CREAMED CORN  DINNER ROLL  CHERRY GELATIN*	22 CHICKEN A'LA KING  PARSLEY RICE  STEAMED BRUSSELS SPROUTS  BISCUIT  POUND CAKE WITH CHOCOLATE GLAZE*	23 CREAM OF BROCCOLI SOUP WITH CRACKERS  EGG SALAD SANDWICH ON WHEAT  SLICED TOMATOES AND ONIONS  FRUIT COCKTAIL
26 BARBECUE RIBETTES  PARSLEY RED POTATOES  GREEN BEANS WITH DILL  DINNER ROLL  SLICED PEARS	27 SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE  ROMAINE SALAD WITH DRESSING  ITALIAN GREEN BEANS  ITALIAN BREAD  STRAWBERRY MOUSSE*	28 HAM AND CHEESE SANDWICH ON RYE WITH MUSTARD  BROCCOLI CARROT SALAD  SUNSHINE SALAD  BIRTHDAY CAKE*	29 ROAST TURKEY WITH GRAVY & CRANBERRY SAUCE  HERB STUFFING  SEASONED ITALIAN VEGETABLES  FRESH MELON	30 4TH OF JULY SPECIAL BBQ CHICKEN  POTATO SALAD  COLESLAW  DINNER ROLL  WATERMELON