



Mechanicville Area



Senior Citizens Organization Inc.

Instituted May 12, 1969

May, 2006

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

Monthly Meeting - The Monthly Meeting will be Tuesday, May 9, at 1:00 p.m. Refreshment Committee will be **Flo VanDetta**, Gloria **Piccarelli** and Isabel Cifone. Speaker for May Meeting will be Eileen Reese, RN, from Wesley Evergreen speaking on "Adult Day Services". No meetings for June, July and August. The April **50150** was won by **MaryRose** Beninati.

Board of Directors - Our Board of Directors Meeting is scheduled for Tuesday, May 2, at 9:00 a.m.

The Senior Center and Meal Site will be closed May 29 for Memorial Day.

Saratoga County Senior Citizens Annual Spring Luncheon - Wednesday, May 3, at the Saratoga Springs City Center at 12:00 noon. Doors open at 11:00 a.m. Tickets can be obtained from meal sites. Bus will leave our Center at 10:30 a.m.

Mother's Day Luncheon - Friday, May 12 at 12:00 noon. Reservations must be in by Wednesday, May 10; Please call Karen at 664-3924 any day before Noon.

Our Indoor Barbecue, sponsored by Prestige, is slated for Friday, June 9, at 12:00 noon.

Hamburgers and "fixings" are on the menu. Call Karen (before noon) at 664-3924 by June 7.

Save this date: Tuesday, June 13 for our Indoor Picnic. It is in the planning stages. There will be more information in the June Newsletter.

Mammograms - Bellvue Mobile Mammography will be at the Senior Center on Monday, June 12, 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 **1:30**. 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.

Knitting & More!

"Friends of Yarn & Thread" our Knitting & Crochet group will continue to meet on Monday's from 1:00 - 2:00 p.m.

Book Club - The Book Club has been cancelled until further notice due to lack of interest. 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.

Don't forget our Book Sale... A bag of books (fill your own) for \$1.00.

Monthly Dinner - Our monthly dinner for May will be held on May 5 at the "Corner Well" in Menands. The bus will leave the Center at 4:30.

AARP Defensive Driving Class - The Center will be having another AARP Defensive Driving Class on Tuesday and Wednesday,

May 9 and 10, from 9:00 a.m. to 1:00 p.m.. This Class is already full from a waiting list sign up for previous class. Please call the Center (664-7877) to be placed on waiting list for yet-to-be-scheduled classes.

Do you have two or three hours to spare? Do you have

a car? The Senior Center Kitchen is looking for volunteer drivers to deliver Meals on Wheels to shut-ins in Mechanicville and Stillwater on Mondays and Fridays. The Kitchen needs help on Thursday mornings and also to fill in. Please call Karen at **664-3924** between **9:00 a.m.** and **12:30 p.m.** for more information.

The Senior Center would like to thank Joyce and Dom DiVirgilio for the donation of a wheel chair and also a Nordi Tract for the Exercise Room. It is greatly appreciated. The Senior Center would also like to thank the April Refreshment Committee, Catherine Lynch, Nancy Sochia and Anna Siciliano, for the delicious goodies.

Welcome to New Members

MaryAnn Horn, Carol Maloney and Emma and Dennis Lester.

Welcome Back to Members

Jim and Sue Larkin and Walt and Pearl Isles.

May Birthdays

Grace Bruno, Mary Rose Beninati, June Cyr, Mary Sue Carriero, Salvatore Cervini, John Colarusso, Frank D'Ambrosio, Joanna Dyer, Mary Dyer, Marie DeVito, Doreen DeCrescenzo, Rosemarie Ennelto, Paul Gaspie, Sharon Gaspie, John Harrington, Helena Hawaran, Mildred Herrington, Marion Hilliker, Marie Hopeck, Dorothy Hurley, Donald Hoffman,

Marjorie Hafemeister, Vincent Luciano, James Larkin, Josephine Mareno, Joyce Montgomery, Charles Masi, Josephine McCormick, Jane Peluso, Carolyn Pearse, Clara Ponzillo, Joan Pooler, Donnalie Robinson, Josephine Rose, Christopher Sgambati, Joanne Starks, Vivian Yusaitis. **OOPS!!!!** Inadvertently omitted Rose Zappone and Betty Bunk from the Birthday List in the April Newsletter. Sorry!

From your President

Hello Everyone...Had a MARVELOUS turnout for the April Meeting...38!! Let's keep it going!! Maybe we can do even better after the summer! Just a reminder to Myrtle Beach travelers. Your installment payments have started. There is no set limit to what you need to put down, but I will need a deposit to send to the Bus Company by July, and the balance of the trip by August. There will be no formal meeting in June, but we will be having our indoor picnic, so stay tuned for more information on that. A big thank you to Gloria for filling in for me at the last meeting, and to Catherine Lynch for a second, more beautiful wreath in our dining room!! What a talent!! And, of course, to Jo Ann Rielly who donated the funds for the projects. Thanks, Jo Ann. A big thank you also to the Leonard Bus Company who, after an event at their business, remembered us and

brought us the beautiful Azaleas that decorated the stage for Easter. PLEASE keep your Newsletters handy to refer to for upcoming events!! Our May dinner out will be at the "Corner Well" in Menands on May 5. Check the board for information on "Extra Helpings" and on all the other upcoming events. Happy Mother's Day all!!!! Joanna

Support Group for

Seniors - On May 22 at 1:00

p.m., a Support Group for Seniors will meet to focus on "Living Well". Those who battle anxiety and depression may wish to join in this dialogue. Life need not be a struggle, full of fear and hopelessness. Last month we talked about the difference between things we can control and things we cannot. This may sound silly, but surprisingly important. This method identifies the ways we waste effort fretting about things in the past or future. In a small group you realize you are not alone. We find that life is rich within our relationships. So come on May 22. Until then, may you have "...the serenity to accept the things you cannot change, the courage to change the things you can, and the wisdom to know the difference." Charlie Woodman, Group Leader.

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.

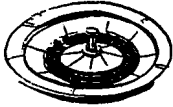

Office Staff

Mary Kelly, Senior Coordinator
Roberta Lane
Beth Izzo

SARATOGA COUNTY OFFICE FOR THE AGING

MAY, 2006

Home Delivered Meals 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>GOULASH</p> <p>WAX BEANS</p> <p>GARLIC BREAD</p> <p>PUCE PUDDING*</p>	<p>2</p> <p>CHICKEN AND BISCUIT</p> <p>BROCCOLI AND CAULIFLOWER</p> <p>FRESH FRUIT</p>	<p>3</p>  <p>CLOSED FOR THE SENIOR LUNCHEON</p>	<p>4</p> <p>HOT DOG ON A BUN WITH MUSTARD</p> <p>BAKED BEANS</p> <p>SAUERKRAUT</p> <p>MANDARIN ORANGES</p>	<p>5</p> <p>OVEN FRIED CHICKEN</p> <p>MASHED POTATOES</p> <p>HARVARD BEETS</p> <p>PUMPERNICKEL BREAD</p> <p>ICE CREAM*</p>
<p>8</p> <p>BEEF STEW SERVED OVER A BISCUIT</p> <p>BABY CARROTS</p> <p>SLICED PEARS</p>	<p>9</p> <p>SWEET AND SOUR CHICKEN OVER STEAMED RICE</p> <p>JAPANESE VEGETABLES</p> <p>WHOLE WHEAT BREAD</p> <p>PEACH CRISP*</p>	<p>10</p> <p>SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE</p> <p>TOSSED SALAD WITH ITALIAN DRESSING</p> <p>GARLIC BREAD</p> <p>FRUITED GELATIN WITH WHIPPED TOPPING*</p>	<p>11</p> <p>FIESTA BONELESS PORK CHOP</p> <p>MASHED POTATOES</p> <p>YELLOW WAX BEANS</p> <p>PUMPERNICKEL BREAD</p> <p>SHERBET*</p>	<p>12</p> <p>MOTHER'S DAY SPECIAL</p> <p>YANKEE POT ROAST WITH GRAVY</p> <p>MASHED POTATOES</p> <p>PEAS AND CARROTS</p> <p>WHOLE WHEAT BREAD</p> <p>VANILLA/CHOCOLATE PUDDING</p>
<p>15</p> <p>BBQ RIBS</p> <p>PARSLEY POTATOES</p> <p>BABY CARROTS</p> <p>WHOLE WHEAT BREAD</p> <p>FRUIT COCKTAIL</p>	<p>16</p> <p>LEMON CHICKEN</p> <p>RICE PILAF</p> <p>BROCCOLI</p> <p>RYE BREAD</p> <p>CHOCOLATE PUDDING*</p>	<p>17</p> <p>SPLIT PEA AND HAM SOUP</p> <p>TURKEY SANDWICH ON OAT BREAD WITH MAYONNAISE</p> <p>APRICOTS</p>	<p>18</p> <p>STUFFED PEPPERS WITH TOMATO SAUCE</p> <p>CORN KERNELS</p> <p>RYE BREAD</p> <p>VANILLA ICE CREAM*</p>	<p>19</p> <p>MACARONI AND CHEESE</p> <p>STEWED TOMATOES</p> <p>CORN BREAD</p> <p>SLICED PEACHES</p>
<p>22</p> <p>BAKED MEATLOAF WITH GRAVY</p> <p>MASHED POTATOES</p> <p>SPINACH</p> <p>WHOLE WHEAT BREAD</p> <p>TAPIOCA PUDDING*</p>	<p>23</p> <p>LOWER SALT HAM AND SCALLOPED POTATO CASSEROLE</p> <p>ITALIAN STYLE GREEN BEANS</p> <p>WHOLE WHEAT BREAD</p> <p>PINEAPPLE CHUNKS</p>	<p>24</p> <p>BAKED ZITI WITH SAUSAGE</p> <p>TOSSED SALAD WITH THOUSAND ISLAND DRESSING</p> <p>GARLIC BREAD</p> <p>BIRTHDAY CAKE*</p>	<p>25</p> <p>ROAST TURKEY WITH GRAVY</p> <p>BREAD STUFFING</p> <p>BUTTERNUTSQUASH</p> <p>WHEAT ROLL</p> <p>CRANBERRY CRUNCH*</p>	<p>26</p> <p>MRS. FRIDAY'S FISH WITH TARTER SAUCE</p> <p>POTATO WEDGES</p> <p>COLESLAW</p> <p>PUMPERNICKEL BREAD</p> <p>SLICED PEARS</p>
<p>29</p>  <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>SWEDISH MEATBALLS OVER NOODLES</p> <p>WAX BEANS</p> <p>WHOLE WHEAT BREAD</p> <p>RICE PUDDING WITH RAISINS*</p>	<p>31</p> <p>KIELBASA</p> <p>PIEROGI</p> <p>CABBAGE</p> <p>RYE BREAD</p> <p>FRESH FRUIT</p>	<p>SUGGESTED CONTRIBUTION:</p> <p>\$2.00 PER MEAL</p> <p>IF PAYING BY CHECK, PLEASE MAKE THE CHECK PAYABLE TO: PRESTIGE SERVICES, INC. 152 WEST HIGH STREET BALLSTON SPA, NY 12020</p> <p>NO ONE OVER 60 WILL BE DENIED A MEAL IF THEY ARE UNABLE TO MAKE A CONTRIBUTION.</p> <p>THERE IS A \$3.00 FEE FOR GUESTS UNDER 60.</p>	

SERVED DAILY AT SITES: COFFEE, TEA AND MARGARINE
NO SUBSTITUTES FOR FOOD ALLERGIES
*DIABETICS WILL RECEIVE SUBSTITUTES