



# Mechanicville Area Senior Citizens Organization Inc.

Instituted May 12, 1969

May, 2007

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

The Board of Directors Meeting will be on Tuesday, May 1, at 9:00 AM.

The Monthly Meeting will be on Tuesday, May 8, at 1:00 PM. A presentation will be given by guest speaker Joanne Fraser, member of the Mechanicville School Board. 35 seniors attended the very short April Monthly Meeting which was followed by an Ice Cream Social. It was enjoyed by all. Patty DiNallo won the 50/50 Raffle.

**Bocci starts Thursday May 3. For this day only, players should be there by 9:00 AM.** Other Thursday's, play will begin at 9:30 AM. League will be playing for 12 weeks, ending July 19.

The Mothers Day Luncheon will be held on Friday, May 11. Menu is Stuffed Chicken Breast, Mashed Potatoes, Green Beans Almondine, and Frosted Brownie for dessert. Also, Prestige will be having a Memorial Day Special on Friday, May 25. Menu is Bone-in BBQ Chicken, Cole Slaw, Potato Salad, Red/White/Blue cake. Please call Karen at 664-3924 two days before these events for reservations.

The Saratoga County Senior Citizens Annual Spring Luncheon will be held Thursday, May 17, at the Saratoga Springs City Center. Tickets will be available at all Nutrition Sites and Senior Centers throughout the County. Tickets are \$4.00. Bus will leave the Senior Center at 10:30 AM.

The Senior Monthly Dinner will be on Friday, May 18, at The Red Lobster, Queensbury. Bus will leave the Center at 4:30. Signup Sheet posted on Bulletin Board after the first of the month. Order off the menu. Separate checks.

Our *Mystery Trip* will be Friday, June 15. The Wade Tour Bus will leave the Center at 8:30 AM. Cost is \$61.00, which covers transportation, appetizers, lunch and show. Sign-up sheet is posted on Bulletin Board. Money must be in by the deadline to sign up, which is Thursday, May 31. Anyone canceling after this date cannot receive a refund. If you can find someone to fill your seat, a refund will be given. Please try to arrive 15 minutes before departure time.

The Senior Center will be having our picnic on June 12<sup>th</sup> at 1:00.

We have a definite date for the Clamsteam....Tuesday, August 28. More info to follow in future newsletters.

AARP Defensive Driving Class will be held at the Mechanicville Senior Center on Wednesday and Thursday, June 27 and 28, 9:30 AM to 1:30 PM. Please bring pad and pen for any notes to be taken. There will be a ten minute break for coffee and cookies.

The Bellevue Mobile Mammography Van will be at the Mechanicville Senior Center on Thursday, July 5, from 10:00 AM to 2:00 PM. Please call 1-888-423-3366 to schedule an appointment. This is a free call. Open to the public.

Nutritional programs on how to eat smart to lower cancer risk will be given by Diane Whitten of the Cornell University Cooperative Extension as follows: Thursday, May 17, 10:00 – 11:00 AM on the Mediterranean Diet. Please come and support this good-health program.

## Activities:

Friends of Yarn & Needles meet on Mondays @ 1:00 PM.

Journal Writing, Pinochle & Canasta meets Tuesdays 1:00 PM.

Scrabble on Wednesday & Thursday afternoons at 1:00 PM.

Exercise meets on Mondays, Wednesdays and Fridays @ 10:30 AM.

Shuffleboard meets on Wednesdays @ 1:00 PM

Pokeno is enjoyed on Fridays after lunch

## \*\*ATTENTION: UPCOMING DATES TO REMEMBER \*\*

Tuesday, June 12<sup>th</sup> – Senior Picnic 1:00 PM \$5.00

Friday, June 15<sup>th</sup> – Mystery Trip 8:30AM \$61.00

Thursday, July 5 –

Mammogram's mobile unit in parking lot 10:00-12:00 – open to the public

Thursday, July 12<sup>th</sup> – Strawberry Social 6:00PM – open to the public

Tentative date – Tuesday, July 30<sup>th</sup> –Lake George Boat trip

Wednesday, August 22<sup>nd</sup> – Senior Barbecue 5:00PM at our Center

Tentative date – Tuesday, August 28<sup>th</sup> – Clamsteam

Wednesday, September 19<sup>th</sup> – Holiday Inn Theatre at Lake George

\*\*\*\*\*

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

## WELCOME NEW MEMBERS:

Phyllis Dellacroce  
Lois Cerkowski

**MAY BIRTHDAYS:**

Edwin Batchelder, MaryRose Beninati, Grace Bruno, MarySue Carriero, Salvadore Cervine, John Colarusso, June Cyr, Frank D'Ambrosio, Doreen DeCrescenzo, Marie DeVito, Johanna Dyer, Mary Dyer, Rosemarie Ennello, Mary Fitch, Sharon Gaspie, Paul Gaspie, Helena Hawaran, Marion Hilliker, Donald Hoffman, Marie Hopeck, Marjorie Hafeneister, Harold Horn, James Larkin, Vincent Luciano, Josephine Mareno, Charles Masi, Joyce Montgomery, Josephine McCormick, Jane Peluso, Carolyn Pearse, Joan Pooler, Clara Ponzillo, Donnalie Robinson, Josephine Rose, Nancy Rosko, Christopher Sgambati, Joanne Starks, Sally Tracy, Vivian Yusaitis.

Happy Birthday to All !!!!!

**Much needed: Ombudsman Volunteers**

A Long-Term Care Ombudsman is an advocate for residents residing in a long-term care facility. An Ombudsman is someone who represents another person and is willing to look for ways to make their life easier. Ombudsmen provide information and assistance to residents about their rights, the quality of their care and assist with complaint resolution, if requested. An Ombudsman needs to be certified after completing training provided by the County and New York State. Please call the Saratoga County Office for the Aging at 363-4033 for further information on classes.

**PRESIDENT'S CORNER**

Sorry I missed our April meeting, but due to illness I was unable to attend. Thank you to all who pitched in and helped.

\*\*\*\*\*

Hope you will attend our May meeting, where we will be finalizing our Summer activities and I have some ideas for other things to do. Also, installation of officers will be done. **Please try to attend!!!!!!** If you have any ideas, please contact me either here or at home.

\*\*\*\*\*

Beth Izzo has agreed to take over the Co-operative Extension duties for me, so that I may get other dates, activities and President duties going. Thank you, greatly appreciated.

\*\*\*\*\*

Think Spring!!!!!!

Roberta



***Mechanicville Area  
Senior Citizens Organization Inc.***

***Board of Directors***



*Jo Ann Rielly, Director  
Roberta Lane, President  
Mimi Izzo, Vice President  
Beth Izzo, Acting Secretary  
Catherine Lynch, Treasurer*

***Office Staff***

*Mary Kelly, Senior Coordinator  
Roberta Lane  
Beth Izzo*

**SARATOGA COUNTY OFFICE FOR THE AGING****May, 2007***Home Delivered Meals 363-4020***MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

**SERVED DAILY  
AT SITES:  
COFFEE, TEA,  
MILK, AND  
MARGARINE**

	<p>1</p> <p>TUNA SALAD COLD PLATE</p> <p>POTATO SALAD</p> <p>COLE SLAW</p> <p>WHEAT BREAD</p> <p>FRESH FRUIT</p>	<p>2</p> <p>SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE</p> <p>TOSSED SALAD</p> <p>ITALIAN BREAD</p> <p>HOT APPLES, CINNAMON AND RAISINS</p>	<p>3</p> <p>CHICKEN ALA KING</p> <p>CONFETTI RICE</p> <p>CARROTS</p> <p>RYE BREAD</p> <p>GELATIN WITH WHIPPED TOPPING*</p>	<p>4</p> <p>MRS. FRIDAY'S FISH</p> <p>TARTER SAUCE</p> <p>O'BRIEN POTATOES</p> <p>GREEN BEANS</p> <p>DINNER ROLL</p> <p>MANDARIN ORANGES</p>
<p>7</p> <p>HOT DOG ON A BUN WITH MUSTARD</p> <p>BAKED BEANS</p> <p>SAUERKRAUT</p> <p>PINEAPPLE</p>	<p>9</p> <p>SPANISH RICE</p> <p>YELLOW BEANS</p> <p>GREEN BEANS</p> <p>WHEAT BREAD</p> <p>LEMON PUDDING*</p>	<p>9</p> <p>CHICKEN SALAD COLD PLATE</p> <p>CREAM OF SPRING VEGETABLE SOUP</p> <p>FRUIT CRISP WITH TOPPING*</p>	<p>10</p> <p>ROAST PORK WITH GRAVY</p> <p>MASHED POTATOES</p> <p>DICED BEETS</p> <p>WHEAT BREAD</p> <p>VANILLA PUDDING WITH GRAHAM CRACKER CRUNCH</p>	<p>11</p> <p><i>Mother's Day Special</i></p> <p>STUFFED CHICKEN BREAST</p> <p>MASHED POTATOES</p> <p>GREEN BEAN ALMONDINE</p> <p>FROSTED BROWNIE</p>
<p>14</p> <p>OPEN FACED HAMBURGER WITH MUSHROOM GRAVY</p> <p>MASHED POTATOES</p> <p>BRUSSEL SPROUTS</p> <p>PEARS</p>	<p>15</p> <p>OVEN FRIED CHICKEN</p> <p>RICE PILAF</p> <p>RED CABBAGE</p> <p>ITALIAN BREAD</p> <p>POUND CAKE WITH CHOCOLATE GLAZE</p>	<p>16</p> <p>PULLED PORK SANDWICH</p> <p>COLE SLAW</p> <p>POTATO SALAD</p> <p>MANDARIN ORANGES</p>	<p>17</p> <p></p> <p><b>CLOSED FOR SENIOR LUNCHEON</b></p>	<p>18</p> <p>BAKED HAM WITH ORANGE FRUIT GLAZE</p> <p>CHEF DELIGHT SCALLOPED POTATOES</p> <p>PEAS</p> <p>FRESH FRUIT</p>
<p>21</p> <p>BBQ RIBETTES</p> <p>PARSLEY RED POTATOES</p> <p>GREEN BEANS</p> <p>DINNER ROLL</p> <p>TAPIOCA PUDDING</p>	<p>22</p> <p>BAKED ZITI WITH SAUSAGE</p> <p>WAXED BEANS</p> <p>GREEN BEANS</p> <p>FRUIT COCKTAIL</p>	<p>23</p> <p>HAM AND CHEESE COLD PLATE WITH MUSTARD</p> <p>MACARONI SALAD</p> <p>MARINATED MUSHROOMS</p> <p>FRUIT CRISP*</p>	<p>24</p> <p>ROAST BEEF WITH GRAVY</p> <p>BAKED POTATO WITH SOUR CREAM</p> <p>PEAS AND CARROTS</p> <p>DINNER ROLL</p> <p>MANDARIN ORANGE GELATIN*</p>	<p>25</p> <p><i>Memorial Day Special</i></p> <p>BONE IN BBQ CHICKEN</p> <p>COLE SLAW</p> <p>POTATO SALAD</p> <p>RED, WHITE AND BLUE CAKE</p>
<p>28</p> <p></p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p>29</p> <p>SALISBURY STEAK WITH GRAVY</p> <p>MASHED POTATOES</p> <p>PEAS</p> <p>WHEAT BREAD</p> <p>FRESH FRUIT</p>	<p>30</p> <p>TURKEY SANDWICH ON WHOLE WHEAT BREAD WITH MAYO</p> <p>CREAM OF GARDEN VEGETABLE SOUP</p> <p>BIRTHDAY CAKE</p>	<p>31</p> <p>GOULASH</p> <p>BROCCOLI AND CARROTS</p> <p>GARLIC BREAD</p> <p>MANDARIN ORANGES</p>	<p>*NO SUBSTITUTES FOR FOOD ALLERGIES</p> <p>*DIABETICS WILL RECEIVE SUBSTITUTES</p> <p>*MEAL CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE</p>

**SUGGESTED CONTRIBUTION: \$2.00 MEAL; IF PAYING BY CHECK  
PLEASE MAKE THE CHECK PAYABLE TO:  
PRESTIGE SERVICES, INC.**

152 WEST HIGH STREET, BALLSTON SPA, NY 12020

**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.**