



Mechanicville Area



Senior Citizens Organization Inc.

Instituted May 12, 1969

November 2005

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

Notice

Our monthly meeting will be changed to Tuesday, November 15, 2005 instead of November 8, 2005 because of Election Day. The Refreshment Committee is Doreen Sponable, Gloria Zullo and Louise Stagliano. The meeting will be held at 1:00pm.

October Meeting

Our October meeting was largely attended. A big Thank You goes to the October Refreshment Committee for the Halloween goodies. The 50/50 raffle was won by Dolories Cole. Pres. Joanna Bull would like to thank Gloria Verdicchio for presiding over the October meeting. There will be no monthly dinner in November.

Closing

If inclement weather necessitates the closing of the Saratoga County Elderly Nutrition Program, there will be no meals delivered to homebound recipients for that day. Please note that closing of the meal site may necessitate a change on the menu for the following day. Watch for nutrition program closing information on Channel 6 WRGB, Channel 10 WTEN and Channel 13 WNYT, during the school closing broadcast. It will be displayed as Saratoga County Senior Meals. The Senior Center will also be closed when the meal site is closed.

Flu-Shots

Contact your primary health care provider for flu shots. The Center has not had any information as yet about providing flu shots to Seniors.

Membership Cards

Membership Cards for 2006 are in. You may pay your dues on Monday through Friday from 9:00am to 4:00pm. Dues are covered from January to January.

Refunds

If you sign up for any monthly dinners and are not able to attend please notify the office. On our paid day trips we will need 48 hours advance notice if you cannot go in order to be refunded.

Coming Events

We are having an indoor garage sale at the center on Saturday, November 12th from 10:00am to 3:00pm. We are in need of volunteers to cover shifts. Please contact Joanna Bull for details.

Tree Decorating

We will be decorating our two Christmas trees at the Center on Monday, November 28 at 1:00pm. Anyone interested in helping out please stop in, we would really appreciate it. Refreshments will be furnished by the Center.

Volunteer Needed

We need a volunteer chairperson to supervise the Christmas shut-in baskets. Please contact Joanna Bull as soon as possible for information.

Pot Luck

This year our Senior "Pot Luck" Christmas Luncheon will be Wednesday December 14th at 1:00pm. We are asking you to bring your favorite dish. When you sign up, please put down what you are bringing so we do not have duplicates. Also bring enough for a large group. No condiments please. Anyone not bringing a dish, will be asked to donate \$8.00 towards the catered food. The Public Safety and Public Works Departments are invited.

Welcome Back

Welcome Back to Jane Talmadge.

New Members

Welcome to our new members Diane M. Manning and Gloria P. Callea.

Election Day

On Election Day, November 8th, the Senior Center is opened and used as a Polling Place. No meals will be served at the Center that day,

but the Home Delivered Meals will go out as scheduled. The Center will be closed November 24th and 25th for Thanksgiving and on November 11th for Veterans Day.

Thanksgiving Luncheon

Our Thanksgiving luncheon is on Friday, November 18th. The menu will consist of Roast Turkey with Gravy, Bread Stuffing, Mashed Potatoes, Butternut Squash, Cranberry Relish, Roll and Pumpkin Pie. Please call Karen in the Kitchen at 664-3924 for reservation before noon Wednesday, November 16th.

November Birthdays

Joan Boucher, Marie Baker, Leisetta Bochette, Elvira Bagnoli, Brenda Bartholemew, Marilyn Cross, Anthony DeSieno, Carolyne DiCerce, Dominick Fabio, Marion Ferradino, Anna Forino, Mary Kelly, Josephine Luciano, Catherine Lynch, Dawn LeClair, Maureen McNeil, Frances Messori, Joan Murphy, Marie Phelan, Helen Ryan, Angeline Smiel, Argentina Strianese, Mary Taglione, Mary Tuccillo, Vivian Urbanski,

Antionette Volpe, Regina Wendell (*Happy 90th Regina*), Richard Waldron, Lori Williams.

Elder Care Services

Judy Schmelter, Elder Care Services Coordinator of the Mechanicville Area Community Services Center presents the following programs at the Mechanicville Senior Center:
Journal Writing – Discover the pleasure of writing creatively plus the art of journaling. Tuesdays from 1:00 – 2:00 p.m.
Knit 2 Together – Plan or work on your knitting and crochet projects. Mondays from 1:00- 2:00 p.m.
Senior Exercise – Stretch, strengthen, improve balance every Monday, Wednesday and Friday from 10:30 - 11:00 a.m..
Scrabble Games – Thursdays from 1:00 - 3:30 p.m. Have fun and challenge your vocabulary.
Anxiety and Depression Support Group- will meet on Wednesday, November 23rd from 1:00 – 2:00 p.m.
Search for Wisdom Book Club meets Tuesday, November 22, 10:30-11:30am. The group will be discussing "Light on Snow" by Anita Shreve. For information on up-

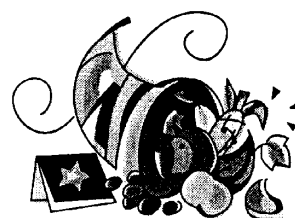
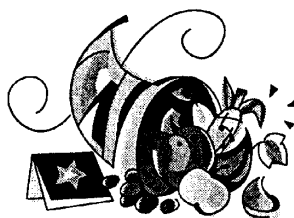
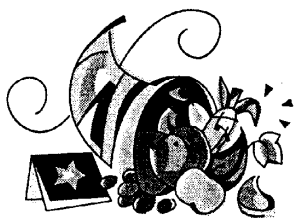
coming special programs, give Judy a call at 664-6685.

Special Programs For November

Thursday, November 17th: 10 – 11am Cornell Coop. Ext. presents the program "HEALTHY HOLIDAY COOKING". Learn about the healthy way to prepare and enjoy your holiday meals. Call Judy: 664-6685 to register.

Coming in December

Saratoga County Office for the Aging will be available to assist with **CHOOSING A MEDICARE PART D PRESCRIPTION DRUG PLAN** on December 1, 2005 from 9:00am to 12:00pm at the Mechanicville Senior Center. Seniors should bring with them any information received in the mail about Part D as well as their Medicare card and other health insurance cards. Please call Judy Schmelter at 664-6685 to schedule an appointment.



HAPPY THANKSGIVING

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Jo Ann Rielly, Director
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Gloria Verdicchio, Vice President

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Roberta Lane/Beth Izzo, Office Assistants
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