

# Mechanicville Area

## Senior Citizens Organization Inc.

Instituted **May 12, 1969**

October, 2006

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

Monthly Meeting - Our next Senior Monthly Meeting will be on **Tuesday, October 10**, at 1:00 PM. We will have a guest speaker for this Meeting. Inspector Dave **DeCelle** will discuss Safety for Seniors. The Refreshments Committee will be Mimi Izzo, Dorine Sponable, Patty DiNallo and Catherine Lynch (Ice Cream Social after meeting.).

At our September 11 Monthly Meeting it was decided to raise the dues to \$7.00 a year. (Dues are collected from January to January.) The 50/50 was won by Kay Belmonte.

Our October Monthly Dinner will be at the Purple Pub in **Maplewood/Watervliet** on **Thursday, October 5**. Bus will be leaving the Center at 4:30 PM. The Dinner is filled. We have a Waiting List on the Bulletin Board in case anyone cancels out.

**NOTICE:** If you sign up for the Bus on any trip and you have to cancel, please notify the Office (664-7877) as soon as possible. Also, please include phone number when signing up for any event.

### Free Health Clinic:

The Saratoga County Public Health Nurses will be at the Senior Center Wednesdav,

**October 11**, from 10:00 AM to 1:00 PM.

The free services to be given are: blood pressure, cholesterol, glucose Type 2 diabetic exams. This clinic is sponsored by the Saratoga Office for the Aging and the Saratoga County Public Health. We will also be having Hearing Evaluations offered by the Wilton Medical Arts of Wilton...a new service given free. An appointment sheet is posted on the Bulletin Board for sign-up times, or call the Center at 664-7877. Please try to attend these Clinics, as they could be cancelled if not well attended.

Diane **Whitten**, Nutrition Educator from **Cornell** Cooperative Extension, will be at the Senior Center Thursday, October 12, at **10:00AM**. Topic will be "Fishing for Health". A \$1.00 donation per person for the Demonstration is requested.

Anxiety and Support Group, with Charlie Woodman as facilitator, will be meeting Monday, October 23, at 1:00 PM. Group will meet in Card Room. Open to the public.

The Senior Center is scheduling an AARP Defensive Driving Class for - **Wednesday & Thursday, October 25 and 26** from 9:30

AM to 1:30 PM. You can save approximately 10% on your auto insurance. You need to be over the age of 50 to qualify for attendance at this class.. It is not necessary to be a member of AARP. You must attend both days. The cost is \$10.00. This Class is filled but there is a waiting list. AARP is a non-profit non-partisan membership organization that helps people 50+ have independence, choices and control in ways that are beneficial and affordable to them and Society as a whole. Shenendehowa AARP #3941 meets the third Thursday of every month, except July and August, at 1:00PM at the Prince of Peace Lutheran Church located at the Corner of Northcrest Drive and Route 146 in Clifton Park.

Our Annual Harvest Dinner will be at the Fairway's in **Halfmoon** on **Friday, November 10**. You will have three meal choices: Sliced Sirloin, Baked Haddock or Stuffed Chicken Breast. Dinner includes Salad, Potato, Vegetable, Coffee, Rolls and Dessert. Price is \$20.00. Doors open at 6:00PM and Dinner will be served at **6:30PM**. Reservations to be in by November 1. Bus will leave Center at 5:45PM for anyone needing transportation.

**Flu Shots this year at the Senior Center Monday,**

**November 13. Time from**

**1:00PM to 3:00PM.** Flu Shots are given by the Saratoga County nurses. You can sign up for an appointment in the Senior Center office. Come in or call the Center (664-7877). More information to follow in the November Newsletter.

**October Birthdays:**

Catherine Baker, Marie Beaver, Jennie Bright, Joanna Bull, Leila Connelly, William Campbell, Betty DeCelle, John De Paul, Susan Dugan, John Dunn, Sally Durfee (DePaul), Peggy D'Aloia, Ellen Fondano, Sophie Fuschino, Agnes Grzesiak, Joann Golden, Dorothy Hudson, Joan Izzo, Pamela Keegan, Anna Leonard, Nancy Marcelle, **Consiglia** Morrissey, Carol Maloney, Maeola Mc Cool, Mary Perrotta, Rose Phillips, **Mary Riberty**, John Rinaldi, Daisy Santagato, Carmela Smialek, Mary Whitney.

The Senior Center has received a donation from Helen Bruno. Thank you, Helen; the Center greatly appreciates your donation.

**Welcome back: MaryKay** Sgambati and Mickalena (Mickey) Sorrell.

The Senior Center has exercise equipment for seniors to use. We have a Nordic Track health walker, two exercise bikes and two treadmills which can be used Monday thru Friday from 9:30 A.M. to 3:30 P.M.

**From your President:**

I would like to extend "Thanks" to all of you who volunteered to help with the Ice Cream Social, which will be held after the Monthly Meeting (10110). And, a very big "Thanks" also, to the ladies who offered help with several other projects in the works...returning bottles...and doing the "shopping" for coffee, sugar, etc.

PLEASE, PLEASE, PLEASE keep your Newsletters handy to refer to as there are quite a few things going on this month and next! Don't forget the Lake George Foliage Boat Ride (10102) and dinner at the Purple Pub (10105). **FLU SHOTS WILL ALSO BE AVAILABLE HERE THIS YEAR.** See info elsewhere in this Newsletter. Will see you all soon at the meeting...and thank you all again for your help.

Don't forget about the **Extra Helpings Program...**Anyone can sign up and get a generous helping of food for a minimum amount of money. The money is due by Friday, October 6 before noon (cash only), and groceries will be delivered at the Center on Friday, October 27, at approximately 11:00AM.



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

***Board of Directors  
Jo Ann Rielly, Director  
Joanna Bull, President  
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Roberta Lane, Secretary  
Catherine Lynch, Treas.***

***Office Staff  
Mary Kelly, Senior Coordinator  
Roberta Lane  
Beth Izzo***

# SARATOGA COUNTY OFFICE FOR THE AGING      OCTOBER, 2006

*Home Delivered Meals 363-4020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOT DOG ON A BUN WITH MUSTARD BAKED BEANS SAUERKRAUT APPLESAUCE	3 BRAISED LIVER AND ONIONS MASHED POTATOES WITH GRAVY VEGETABLE MIX WHEAT BREAD BUTTERSCOTCH PUDDING*	4 CHICKEN SALAD COLD PLATE COLESLAW RYE BREAD FRUIT CRISP WITH WHIPPED TOPPING*	5 ROAST PORK WITH GRAVY MASHED POTATOES DICED BEETS WHEAT BREAD LEMON MOUSSE WITH GRAHAM CRACKER CRUMBS*	6 ITALIAN STEW PENNE PASTA WITH PARMESAN CHEESE TOSSED SALAD WITH DRESSING GARLIC BREAD BANANA
 <p style="text-align: center;"><b>CLOSED FOR COLUMBUS DAY</b></p>	10 SLOPPY JOE ON A BUN SEASONED POTATO WEDGES PEAS FRESH FRUIT	11 CHICKEN A'LA KING WITH A BISCUIT BRUSSEL SPROUTS POUND CAKE WITH CHOCOLATE GLAZE	12 BBQ BEEF SANDWICH ON A ROLL CARROT SALAD      RAISIN TOSSED SALAD WITH DRESSING FRUIT SHORTCAKE WITH WHIPPED TOPPING*	13 MACARONI AND CHEESE GREEN BEANS STEWED TOMATOES RYE BREAD ORANGE SHERBET
16 BARBECUE RIBBITES PARSLEY RED POTATOES GREEN BEANS DINNER ROLL TAPIOCA PUDDING*	17 HAM SALAD COLD PLATE MACARONI SALAD RYE BREAD FRUIT CRISP WITH WHIPPED TOPPING*	18 ROAST BEEF WITH GRAVY BAKED POTATO WITH SOUR CREAM PEAS AND CARROTS BREAD MANDARIN ORANGE GELATIN WITH WHIPPED TOPPING*	19 SWEET ITALIAN SAUSAGE WITH PEPPERS AND ONIONS PASTA WITH TOMATO SAUCE WAX BEANS ITALIAN BREAD CHOCOLATE PUDDING*	20 CREAM OF BROCCOLI SOUP WITH CRACKERS EGG SALAD SANDWICH COLESLAW FRUIT COCKTAIL
23 ITALIAN CHICKEN CACCIATORE RICE ITALIAN GREEN BEANS ITALIAN BREAD CITRUS FRUIT CUP	24 SWISS STEAK WITH GRAVY MASHED POTATOES PEAS WHEAT BREAD STRAWBERRY FLUFF*	25 CREAM OF VEGETABLE SOUP HAM AND CHEESE ON A SUBMARINE ROLL WITH MUSTARD BROCCOLI AND CARROT SALAD BIRTHDAY CAKE*	26 ROAST TURKEY WITH GRAVY CRANBERRY SAUCE HERB STUFFING MIXED VEGETABLES DINNER ROLL FRESH FRUIT	27 MRS. FRIDAY'S FISH WITH TARTER SAUCE RAKED POTATO ZUCCHINI AND TOMATOES PUMPERNICKEL BREAD BANANA
30 BAKED MEATLOAF WITH GRAVY MASHED POTATOES SPINACH WHEAT BREAD PEARS	31 HALLOWEEN SPECIAL WACKY BBQ CHICKEN WITCHY RICE PILAF WEREWOLF CAULIFLOWER WARTEYE DINNER ROLL SCARY CAKE 	<p><b>*DIABETICS WILL RECEIVE SUBSTITUTES. NO SUBSTITUTES FOR FOOD ALLERGIES.</b></p> <p>SERVED DAILY AT SITES: COFFEE, TEA AM) MARGARINE</p> <p><b>SUGGESTED CONTRIBUTION: 52.00 PER MEAL.</b></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> <p>IF PAYING BY CHECK, PLEASE MAKE THE CHECK PAYABLE TO: PRESTIGE SERVICES, INC.</p> <p>152 WEST HIGH STREET                      BALLSTON SPA, NY 12020</p> <p>MEAL CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE</p>		