

Mechanicville Area

Senior Citizens Organization, Inc.



Instituted May 12, 1969

OCTOBER, 2008

178 North Main Street, Mechanicville, NY 12118 Telephone: 664-7877

The Senior Center and Meal Site will be closed on Monday, October 13th for Columbus Day observance.

The Board Meeting will be held Wednesday, October 1st at 1:00 PM and the Monthly Meeting will be held on Tuesday, October 14th at 1:00 PM.

The senior center has scheduled the AARP defensive driving class for Tuesday, October 21st and Wednesday October 22nd between the hours of 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 the class. It is not necessary to be an AARP member. The cost is \$10.00 and you must attend both classes. The class is limited to 23 seniors.

The senior center will be having their annual Harvest dinner Friday, November 7th at the Fairways. Our menu choices consist of Stuffed Chicken Breast, Sliced Sirloin or Baked Haddock, Whipped Potatoes, Green Beans Almondine, Salad, dinner rolls, coffee, tea and for dessert Caramel Apple Crisp a la mode. Cost will be \$22.00; tip and tax included. Deadline for reservations is Wednesday, October 29th.

The October monthly dinner will be at the Wolf Road Olive Garden on Thursday, October 9th. You may order off the

menu and separate checks will be given out. Reservations should be in by Wednesday, October 8th. Bus leaves from the center at 4:30 PM. Sign up sheet is on the bulletin board.

We need someone to volunteer to be the chairperson for our Mystery Trip and Foliage Trip for 2009. We are also in need of volunteers to knit hats and mittens for school age children in need. Our knitter is unable to do this anymore. If you would like to pick a day to come in and visit and relax while you are knitting or crocheting; please contact the office and we would be glad to assist you.

Experience Works is a program designed to aide seniors 55 years and older to secure employment. They supply local training and employment opportunities in the community. Anyone interested may contact them at 518-226-0122.

Our BOOK SALE is still going on; choose your favorite books and stuff our bag to the brim for \$1.00. New items are added daily, so stop in at the center. The bags for the book sale are located in the office.

SENIORS MALL RUN
Wednesday, October 8th
Wilton Mall & Wal-Mart
Wednesday, October 22nd
CPC & K-Mart; Van leaves
center @9:15 a.m. Please call

Meg Gorman, Public Safety at 664-5651 to sign up as the van is limited to 10 seniors.

FLU CLINIC

The Saratoga County Public Health **Nurses** will be at the Senior Center on Monday, November 10th from 1:00 PM to 3:00 PM dispensing flu shots. Seniors please bring in your Medicare Card (part B) and any other insurance cards you have with you. To sign up call the center or sign up in the office.

VOTING REGISTRATION

Will be held in the Senior Center on Tuesday, October 7th between 4:00 and 8:00 PM and on Saturday, October 11th 2:00 to 9:00 PM. All those needing to register for the up-coming election please keep this date in mind.

ACTIVITIES AT CENTER:

Osteobusters Exercise Program - Tuesdays and Fridays from 9:00 to 10:30 AM.

Weight Watchers - classes Monday evening at 5:30 PM.
Exercise Class - every Monday, Wednesday and Friday from 10:30 to 11:00 AM.

Pinochle - every Tuesday at 1:00 PM.

Canasta - Tuesday at 1:00 PM.

Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 - 3:30 PM.

Pokeno - Held after lunch on Fridays.
Shuffleboard - Monday and Wednesday at **1:00 PM**. Both men and woman members are welcome to play.

OCTOBER BIRTHDAYS

Catherine Baker, Marie **Beaver**, **Joanna** Bull, Jennie Bright, William Campbell, Lee Connelly, Betty **DeCelle**, Susan **Dugan**, Peggy **D'Aloia**, John **Dunn, Jr.**, Ellen Fondano, Dolores Grey, George Grey, **JoAnn** Golden, Anna Golden, Dorothy Hudson, Joan **Izzo**, Pamela Keegan, Theodore Lavigna, Anna Leonard, Carol Maloney, Connie Morrisey, Maeola **McCool**, Penny Phillips, Mary Riberty, John Rinaldi, Daisey Santagato, Leona Serbalik, Carmella Smialek, **Stephen Sgambati**, Nary Whitney, Marna Wolaver

WELCOME NEW MEMBERS

Barbara Dudek, Delphina and **Hayden** Vredenburg, and Pamela Cicchinelli and Lucretia Conlen.

Thank you for all the help given at our annual clam steam held at Krauses. Thank you to Helen Blowers for calling bingo; thank you to Beth **Izzo** for the summer hats she gave out to all the seniors attending and thank you to all the seniors who came and made the day fun. Marge Boyko pulled the winning **50/50** for Janet Platt.

Thank you to Barbara **Perkins** and Ray Martin for their kindly donation of yarn; Mary Salvadore for yarn and Puzzles; many thanks also to Frank and Ann Marie Grimaldi, Ethel Baisley, Phyllis Della Croce, Karen Valoze, Mary Ann and Harold Horn, Tom **Messore** and Marilyn Cross for the books donated to the center; also thanks to Dot and Leo **Barbolt** for the puzzles. Thank you to Jim Peacock for the cards donated to the center. Thanks goes out to Jim Lemrow who donated **two-** four prong walkers to the center.

WANTED!!! VOLUNTEER DRIVERS TO DELIVER MEALS FOR **SARATOGA** COUNTY ELDERLY NUTRITION PROGRAM IN **MECHANICVILLE** AND **STILLWATER** AREAS. FOR MORE INFORMATION PLEASE CALL THE OFFICE FOR THE AGING AT **363-4020** OR 884-4100

From The Presidents Desk... I am honored to be your President and look forward to assist the Center in achieving its goals. ALERT: I am trying to learn to play the piano. Anyone with piano skills, call me at **664-7549**.

Joseph Coppola

**MECHANICVILLE AREA
SENIOR CITIZENS ORGANIZATION, INC.**


Board of Directors

*Jo Ann Rielly, Director
Josepli Coppola, President
Mimi Izzo, Vice Pres.
Joyce Di Virgillio, Secretary
Catherine Lyncli, Treasurer
Joanna Bull, Past Pres. And Advisor*

Office Staff

*Mary Kelly, Senior Coordinator
Pat Brown*

SARATOGA COUNTY OFFICE FOR THE AGING -- OCTOBER 2008 MENU
HOME DELIVERED MEALS - 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Served daily at sites; Coffee, Tea, Milk and Margarine. No substitutes for food allergies- Diabetics will receive substitutes. The suggested contribution is \$2 per meal - There is a \$3 fee for guests under the age of 60. Please make checks payable to: Prestige Services, 152 West High Street Ballston Spa NY 12020</p>		<p>1 Navy Bean Soup and Crackers Turkey Sandwich on 2 Slices of Whole Wheat Bread Mayonnaise Coleslaw Lemon Bar*</p>	<p>2 Macaroni and Cheese Stewed Tomatoes Corn bread Fresh Apple</p>	<p>3 Mrs. Friday's Fish with Tartar Sauce Cheese Garlic Mashed Potatoes Beets Wheat Bread Vanilla Pudding*</p>
<p>6 Baked Meatloaf and Gravy Mashed Potatoes Squash Wheat Bread Pears</p>	<p>7 Kielbasa Boiled Cabbage Pierogi sour Cream Rye Bread Apricots</p>	<p>8 Baked Chicken Legs with Dave's Rite-Rite Sauce Cauliflower Dinner Roll Fresh Orange</p>	<p>9 Swedish Meatballs Buttered Pasta Wheat Bread Wheat Br: Chocolate Pudding*</p>	<p>10 Roast Turkey with Gravy Cranberry Sauce Herb Stuffing Mixed Vegetable Dinner Roll Cranberry Crunch*</p>
<p>13 Columbus Day</p> 	<p>14 Spaghetti with Meatballs Parmesan Cheese Tossed Salad with Dressing Italian Bread Warm Spiced Peaches</p>	<p>15 Roast Beef & Gravy Mashed Potatoes Spinach Wheat Bread Butterscotch Pudding*</p>	<p>16 Sweet Italian Sausage with Onions & Peppers Hot dog roll German Potato Salad Green Beans Gelatin with Topping*</p>	<p>17 Mrs. Friday's Fish Home Fries Tartar Sauce Broccoli Dinner Roll Mandarin Oranges</p>
<p>20 Baked Ham with Orange Fruit Glaze Sweet Potatoes Peas Rye Bread Fruit Cocktail</p>	<p>21 Goulash Spinach Garlic Bread Mandarin Oranges</p>	<p>22 Dave's Marinated Chicken (with Bone) Potato Salad Carrot Raisin Salad Dinner Roll Fruit Shortcake*</p>	<p>23 Roast Pork with Gravy Mashed Potatoes Red Cabbage Wheat Bread Vanilla Pudding with Graham Cracker Crunch*</p>	<p>24 Stuffed Peppers Corn Herbed Dinner Roll Applesauce</p>
<p>27 Meatball Sub on Hot Dog Roll Italian Green Beans Carrots Lemon Pudding</p>	<p>28 Sweet & Sour Pork Rice Oriental Mixed Vegetables Wheat Bread Pineapple</p>	<p>29 Jumbo Hot Dog with Bun Mustard Baked Beans Sauerkraut Fruit Gelatin</p>	<p>30 Oven Fried Chicken Rice Wax Beans Italian Bread Peaches</p>	<p>31 Roast Beef & Gravy Mashed Potato Broccoli Dinner Roll Cake Happy Halloween!</p>

MENU SUBJECT TO CHANGE