



**Mechanicville Area**



# **Senior Citizens Organization Inc.**

**Instituted May 12, 1969**

**September, 2006**

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

**Board of Directors – There will be a Board of Directors Meeting on Wednesday, September 6, at 9:00 AM.**

**Monthly Meeting - Our next Senior Monthly Meeting will be on Monday, September 11, at 1:00 PM. The Refreshments Committee will be Barbara Whitney, Mary Whitney, MaryAnn Horn and Carol Maloney.**

**Our September Monthly Dinner will be at Fresno's In Troy on Friday, September 8. Bus is limited to 20 and will be leaving the Center at 4:30 PM. More reservations may be taken if anyone would like to drive.**

**Tuesday, September 12, the meal site will be CLOSED FOR LUNCH. Meals going out to shut-ins will be delivered. Center will be opened for other activities.**

**Anxiety and Support Group, with Charlie Woodman as facilitator, will be meeting starting Monday, September 25, at 1:00 PM. Group will meet in Card Room. Open to the public.**

**Free Health Clinic: The Saratoga County Public Health Nurses will be at the Senior Center Wednesday, 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. An appointment sheet is posted on the Bulletin Board for sign-up times, or call the Center at 664-7877. Please try to attend this Clinic, as they could be cancelled if not well attended. **An appointment is necessary.**

**Defensive Driving Class:** Scheduled for Wednesday & Thursday, October 25 and 26 from 9:30 AM to 1:30 PM, sponsored through AARP. You can save approximately 10% on your auto insurance. You need to be over the age of 50. It is not necessary to be a member of AARP. **You must attend both days.** Sign up at Senior Center. The cost is \$10.00. Money to be in at sign up.

This year we will be having the **Annual Lake George Boat Trip on Monday, October 2, which will also serve as the Foliage Trip.** You will be sailing on the Lac du Saint Sacrament, which will sail at 12:00 noon. The cost is \$29.00 and includes boat, luncheon, entertainment and bus. Folmsbee Bus Co. will be transporting us if we have over 20 seniors. Bus will be leaving the Center at 10:00 AM.

**Welcome new members:** Anna Leonard, Sandra Rosko, Nancy Rosko, Carolyn Discenza, Karen O'Keefe, Colette Kegg, Dorothy Aprilliano.

**Our Friends of Yarns and Needles Class** will be starting on Monday, September 11, at 1:00 PM. Anyone interested in playing Darts, Canasta, Bridge and setting another date for Shuffleboard? Sign-up Sheets are on Bulletin Board.

**Seniors: Keep this date open – Friday, November 10, for our Annual Harvest Dinner. This will be held at the Fairway's in Halfmoon.** Price will be \$20.00. You will have three meal choices. More information coming in October Newsletter. **Please try to make an effort to attend.**

**September Birthdays:** Phyllis Bolognino, Dorothy Barbolt, Mary Bonarrigo, Isabelle Cifone, Mary Ellen Cefferillo, Janet Carney, Rita D'Ambrosia, Cynthia DePaul, Jane DeSieno, Anne DeSieno, Emelia Finelli, Marie Fantauzzi, Lynn Goman, Eunice Haney, Patricia Henningson, William Henningson, Lillian Hubbell, Joyce Kelly, Dolores Laraway, Marie Miranda, Harold Monty,

June Mosher, William Miller,  
Josephine McCloud, Lucy  
McMillan, Letta Belle Offenmuller,  
Leah Olanoff, Albert Patregnani,  
Joan Pratt, Kay Porter, Anthony  
Pascucci, Angeline Roy, Anne  
Russom, Arlene Ronda, Louise  
Russo, Elizabeth Sheridan,  
Robert Simmons, Rita Sullivan,  
Pat Sullivan, Mary Tarsa, Louise  
Van Gelder, Hazel Valetta,  
Mechelle Van Ness.

**Belated Birthday** wishes to:  
Karen O'Keefe; Karen is a new  
member and her August 6  
Birthday was too late to be put in  
August Newsletter.

**Apologies to Helen Partak**  
whose July 13 Birthday was  
omitted in the July Newsletter.

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:**  
Welcome back everyone!  
Looks like summer is coming to  
a close, and it's back to our  
routine of meetings, school  
shopping and looking forward to  
cool nights for sleeping.  
Please let the office know if you  
can volunteer for any of the  
upcoming events: an Ice Cream  
Social in October. We need  
someone to help with the  
flowers out front, signs for the  
marquee, I need a few knitters  
who would be willing to finish up  
some sweaters to give to the  
Community Center for  
Christmas distribution. Some  
just need the collars and cuffs,  
while others need to be stitched  
together and finish the collars  
and cuffs. Also, is there  
someone who would be willing  
to return the empty soda bottles  
and bring the money to the  
Center? Someone is needed to  
volunteer to pick up the sugar,  
milk, coffee, etc., as needed.

If anyone is interested in  
holding a garage sale, please  
inform the office. I thought it  
would be fun to hold one in  
conjunction with the City-wide  
Sale. However, it's too late  
now to start and collect things  
for that sale date. If someone  
would come forward to chair  
this event, I'd be glad to help  
out.

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  
September 8, 2006 before  
noon (cash only), and  
groceries will be delivered at  
the Center on September 29 at  
approximately 11:00 AM.

Hope you all had a wonderful  
summer. I am looking forward  
to seeing everyone at the  
September meeting!!!

## *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      SEPTEMBER, 2006**  
**HOME DELIVERED MEALS    363-4020**

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

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



SLOPPY JOE ON A BUN  
 SEASONED POTATO WEDGES  
 PEAS/Carrots  
 WATERMELON

 CLOSED FOR LABOR DAY	5 SWISS STEAK WITH GRAVY MASHED POTATOES PEAS WHEAT BREAD PINEAPPLE	6 SWEET ITALIAN SAUSAGE WITH PEPPERS AND ONIONS PASTA WITH SAUCE WAX BEANS ITALIAN BREAD CHOCOLATE PUDDING*	7 ROAST BEEF WITH GRAVY BAKED POTATO WITH SOUR CREAM CARROTS MANDARIN ORANGE GELATIN WITH TOPPING* Dinner roll	8 PEA SOUP WITH HAM CRACKERS EGG SALAD SANDWICH COLESLAW FRUIT COCKTAIL
11 ITALIAN CHICKEN CACCIATORE RICE ITALIAN GREEN BEANS ITALIAN BREAD CITRUS FRUIT CUP	12 HOT DOG ON A ROLL BAKED BEANS SAUERKRAUT FRUIT CRISP WITH TOPPING*	13 CORN CHOWDER WITH CRACKERS HAM AND CHEESE ON A SUB ROLL MUSTARD 4 BEANS SALAD PUDDING*	14 ROAST TURKEY WITH GRAVY AND CRANBERRY SAUCE HERB DRESSING MIXED VEGETABLES DINNER ROLL FRESH FRUIT	15 MRS. FRIDAYS FIS. 15 WITH TARTER SAUCE HOME FRIES ZUCCHINI AND TOMATOES PUMPERNICKLE BREAD BANANA
18 BAKED MEATLOAF WITH GRAVY MASHED POTATOES SPINACH WHEAT BREAD PEARS	19 HAM SALAD COLD PLATE MACARONI SALAD 2 SLICES OF RYE BREAD STRAWBERRY FLUFF*	20 BBQ CHICKEN RICE PILAF CAULIFLOWER DINNER ROLL LEMON PUDDING*	21 GOULASH BROCCOLI AND CARROTS GARLIC BREAD MANDARIN ORANGES	22 SWEDISH MEATBALLS BUTTERED PASTA SWEET AND SOUR CABBAGE PUMPERNICKEL BREAD FRESH FRUIT
25 CHICKEN PATTY WITH GRAVY MASHED POTATOES HARVARD BEETS WHEAT BREAD CHOCOLATE PUDDING*	26 TUNA SALAD COLD PLATE POTATO SALAD Hot Dog ROLL STRAWBERRY MOUSSE	27 SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE CHERRY TOMATO AND LETTUCE SALAD WITH DRESSING GARLIC BREAD BIRTHDAY CAKE*	28 TURKEY DIVAN WITH BROCCOLI STEAMED RICE CARROTS RYE BREAD GELATIN WITH WHIPPED TOPPING*	29 MRS. FRIDAY'S FISH WITH TARTAR SAUCE POTATOES O'BRIEN GREEN BEANS DINNER ROLL MANDARIN ORANGES