



Mechanicville Area Senior Citizens Organization, Inc.

Instituted May 12, 1969

SEPTEMBER, 2008

178 North Main Street, Mechanicville, NY 12118

Telephone: 664-7877

The Board **Meeting** resumes Wednesday, September 3rd at 1:00 pm and the Monthly Meeting will be held on Tuesday, September 16th at 1:00 pm.

The **Senior** Center and meal site will be closed on Monday, September 1st for **Labor** Day. The meal **site** will also be closed on **Tuesday**, September 9th. The center will be open.

A **free** health clinic sponsored by the **Office** for the Aging and Saratoga Public Health. Nurses will be evaluating the seniors for blood pressure, cholesterol and glucose type 2 diabetics, hearing **tests** and we possibly will have eye exams. A sign up sheet for an appointment **is** on the bulletin board. If you are unable to come to **the** center to sign up; call the center and we will sign you up. Kim Weaver from **MVP** will also be here **with** brochures.

Save this date for our **Harvest** Dinner: Friday, November 7th, 2508, More **information** to follow in future newsletters.

Thank you to **every** senior who donated yarn for **the** making of the hats and mittens for the children in need. We now have an overabundance of yarn and we do not need anymore for awhile. Presently what we do need is some seniors who would like **to** start up a knitting group on Monday afternoons at the center to make the hats and mittens for the **children**.

Our volunteer knitter **is** no longer able to commit herself to **do** this.

WANTED PRESIDENT FOR SENIOR CENTER: Please

contact the office of the senior center at 664-7877 if **you** would be interested in this challenging volunteer **position**.

The center is also in need of a trip chairperson to handle our yearly **Mystery Trip** and Foliage Trip or any other trips the chairperson would like to do during the year. We **also** are in need of someone to fill in some volunteer hours for a **historian** for the center.

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.

September monthly dinner will be on Thursday, Sept. 4th at the **WEATHERVANÉ**. A **sign up** sheet **is** on the Bulletin Board or you may call the **Senior** Center. The bus leaves the center at **4:30** p.m. Separate checks will be given.

SENIORS MALL RUN
Wednesday, September 10th
Wilton Mall & Wal-Mart
Wednesday, September 24th
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,

ACTIVITIES AT CENTER:

Osteobusters Exercise Program - Tuesdays and **Fridays** from 9:00 to 10:30 AM; will resume Sept 9th.
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 - starting Tuesday, September 16th and every Tuesday thereafter.
Scrabble - **Join** us for Scrabble on Wednesdays and Thursdays, 12:30 - 3:30 PM.
Pokeno - Held after lunch on Fridays.
Shuffleboard - Wednesday at 1:00 PM. Monday **shuffleboard** will resume in October. Both men and woman members are welcome to play.

SEPTEMBER BIRTHDAYS

Dorothy **Barbolt**, Mary **Bonarrigo**, Patricia **Brown**, Isabelle **Cifone**, Rita **D'Ambrosia**, Anne **DeSieno**, Jane **DeSieno**, Millie **Finelli**, Rita **Gaspie**, Lynn **Goman**, Eunice Haney, Patricia **Henningson**, Joyce **Kelly**, Dolores Laraway, Isabelle **Marotta**, Mary Marpe Josephine **McCloud**, Lucy **McMillan**, William **Miller**, Marle **Miranda**, Harold Monty, June Masher, **Lettabelle Offenmuller**, Anthony **Pascucci**, Jean Perry, Kay Porter, Joan Pratt, Janet **Platt**, Arlene

Ronda, **Angeline** Roy, Anne
Russom, Elizabeth Sheridan,
Robert Simmons, Margaret
Spore, Rita Sullivan, Mary
Tarza, Hazel **Valetta**, **Michelle**
VanNess, **Marie Vlali**, Arthur
Zullo

WELCOME NEW MEMBERS

Mary Shemo, Jim **Niland**,
Michael and Lorraine **Culla**
and Barbara **Dudek**.

Thank you to Mary Zayachek,
Jan Harrington, Joanna Bull,
Pam **Keegan**, Dawn Baker,
Elzora **Conway**, Sally **Bochette**
Francis Foreno and Barbara
Ollver for their kindly **donation**
of yarn; many thanks **also** to
Marilyn **Simmonds**, Mary
Claeys, **Bill** and **Mary** Campbell

for the **books** and **puzzles**
donated to the center. To
Rose P. who left the 3 **large**
boxes of new books over the
weekend; a **very large thank**
you.

The schedule for the AARP
Driving Class will be **Tuesday**
and **Wednesday**, October 21st
and 22nd. The class will run
between **9:30 a.m.** and **1:30**
p.m. The cost of the class is
\$10.00.

Canasta will be returning **on**
Tuesday, September 16,2008
at 1:00 PM. Any member
wishing to play is welcome.

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 8844100

MECHANICVILLE AREA
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