

The Mechanicville Senior Center NEWSLETTER

MONTHLY BUS TRIPS

TO SIGN UP CALL

(518) 664-9884 ext 5, then ext 2

***Our regular bus schedule will be
9:30 AM-1:30 PM Monday - Friday***

FRIDAY, APRIL 5TH

Racino at Saratoga Springs

Bus leaves from 2:00-7:00 pm

TUESDAY, APRIL 9TH

Dinner at Ted's Fish Fry in Clifton Park

Bus leaves at 4:45 pm

WEDNESDAY, APRIL 17TH

Dinner at Publick House in Malta

Bus leaves at 4:45 pm

WEDNESDAY, APRIL 24TH

Dinner at Red Robin in Clifton Park

Bus leaves at 4:45 pm



MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

Spring has arrived unfortunately no one told Mother Nature as we found out with the 8-inch snowfall we had. We look forward to being on the other side of the cold temperatures and having some warm and sunny days. Our next meeting will be on Tuesday April 9th at 1:00 PM.

We would like to discuss things we would be able to do for fundraisers as well as entertaining other thoughts from the membership. See you all in April.

- TONY DELVECCHIO



MONTHLY TREE



**NEXT MONTHLY MEETING:
TUESDAY, APRIL 9TH AT 1:00 PM**



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FROM THE COMMISSIONER

Spring into fun at the Senior Center!!!

We are gearing up for an exciting season. We have some new programs starting like the Gardening Club, soon the Shuffleboard will be up and running. The Exercise class is gaining great momentum. We will be hosting a monthly Movie Day. Please join us as we celebrate this season of renewal with engaging activities and warmth of community. Lets make this Spring one to remember at the Senior Center.

- FRED HOSLEY



- Ray Martin, 4/3
- ★ Thomas Izzo, 4/4
- Cynthia Millet, 4/4
- Dolly Fantauzzi, 4/5
- Janice Morcone, 4/6
- Helen Rose, 4/6
- Patrick Sgambatti, 4/8
- James Montmarquet, 4/8
- ★ Blanche Spickler, 4/8
- Roberta Cook, 4/10
- ★ Joann Alonzo, 4/10
- Wilma Jozwiak, 4/11
- Nancy Vermilyea, 4/11
- Bonnie Lu Brehm, 4/12
- Josephine Marinello, 4/12
- Marvin Mondoux, 4/12
- Kathy Montmarquet, 4/12
- Ethel Baisley, 4/14
- Helen Delano, 4/15
- Christie Pettograsso, 4/15
- Jane Adams, 4/16
- Mary Funaro, 4/16

Saratoga County Department of Aging and Youth Services
Presents...

40TH ANNUAL SENIOR LUNCHEON

MAY 17TH, 2024
11:00AM-3:00PM

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A ROARING TWENTIES
THEMED SENIOR
LUNCHEON

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SARATOGA SPRINGS CITY CENTER
522 BROADWAY, SARATOGA SPRINGS

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Bourbon Glazed Ham

Whipped Duchess Potatoes

Garlic Green Beans

Dinner Roll

Pineapple Upside Down Cake

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\$4.00 ADVANCE MEAL TICKET

No Animals – No Takeout

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LIVING WELL PROGRAM NEWS

ANYTHING THAT FLOATS

Join us for a fun day on the docks as we usher in Spring with some outdoor activities! The 49th Annual Whitewater Derby & Anything That Floats Regatta will be held on **Sunday, April 7th Rain/Shine!** So much to see and do...LIVE DJ on the Docks, Food Vendors next to the Fire Department, Games

and more! Check out the **Vendor Fair in the Arts Center on the Hudson at 10:00 a.m.**, The **White-Water Derby at 12:00 p.m.**, Cheer on your favorite rubber duck and possibly **win up to \$250 in the Cast-Off Derby** directly following the White-Water Derby (*approximately 2:00 p.m.*), our main event **The Anything That Float will immediately follow the Cast Off Derby (approximately 2:30 p.m.)**, watch as participants use their creativity to make a watercraft and float down the Anthony Kill. Derby Tickets are available for purchase at the Mechanicville Senior Center, Mechanicville Library or Mechanicville Community Center.



**DID
YOU
KNOW**

WHAT HAPPENS AFTER DEATH

We all have many questions about what happens to our body when we die? While each individual's life experiences are unique, what happens to a body after death follows a broadly predictable chain of events. In general, it depends on three things:

where you die, how you die and what you or your family decide on for funeral arrangements and final disposition. Join us on **Wednesday April 24th at 4:00 p.m.** where DeVito Salvadore Funeral Home will give a presentation to help us understand what happen after death.

SPRING INTO APRIL

SPA DAY WITH VIOLET

Come Refresh, Renew, and Revive on Spa Day with Violet on **Tuesday, April 23rd at 1:00 p.m.**

This is not your typical spa day, but also a goodbye party for our interns. Drop by, relax, and enjoy as you say your goodbyes to Violet and Kyle.



CLAY POT ART

Join us for a fun and exciting time with making decopots for garden club on **Wednesday, April 10th at 1:00 p.m.**



THERAPY DOG

Join us for a visit from Maria and Sage on **Thursday, April 11th at 11:00 a.m.**



MOVIE DAY

Join us on **Tuesday, April 16th at 1:00 p.m.** for movie day.



CRAFTED BY ME



Come have some fun in the sun with the Garden club. Garden club is starting at the senior center on **Wednesday, April 17th at 1:00 p.m.**



16 QUESTIONS & TEA

The conversations continue with 16 Questions and TEA. Join us on **Friday, April 26th at 10:00 a.m.** for some refreshments and some interesting questions to weigh in on. Hope to see you there.

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-April 2024
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken and Biscuit Broccoli Butternut Squash Shortbread Cookies	2 Sliced Pork w/Fiesta Sauce Mashed Sweet Potatoes Green Beans WW Dinner Roll Applesauce	3 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Trio SF Chocolate Pudding	4 Scalloped Potatoes & Ham Peas & Carrots Lima Beans Fresh Orange	5 Eggplant Parmesan Pasta w/Marinara Sauce Asparagus WW Dinner Roll Yogurt
8 Cubed Pork & White Bean Casserole Spinach Warm Berry Crisp WW Dinner Roll	9 Chicken A La King Egg Noodles Mixed Vegetables Carrot Muffin Mandarin Oranges	10 Meatballs in Sauce Pasta w/Sauce Broccoli Fruit Cocktail	11 Turkey Divan Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	12 LS Ham & Swiss Cheese on Bun Mustard Potato Salad Marinated Vegetable Salad Banana
15 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio SF Chocolate Cookies	16 Beef Pepper Steak Rice Pilaf Mixed Vegetables WW Dinner Roll Tropical Fruit	17 Macaroni & Cheese Stewed Tomatoes Lima Beans Mandarin Oranges	18 Italian Stew Orzo Pasta Green Beans WW Dinner Roll SF Vanilla Pudding	19 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
22 Sloppy Joe Casserole Spinach Cauliflower Shortbread Cookies	23 Ranch Chicken Oven Roasted Potatoes California Blend Vegetables Corn Muffin Peaches	24 Birthday Special Turkey Salad on Bun Coleslaw Marinated Green Beans Frosted Cake 	25 Meatloaf w/Gravy Mashed Potatoes Vegetable Trio Shortbread Cookies	26 Turkey Chili Beets Mixed vegetables Corn Muffin Yogurt
29 Sausage w/ Peppers & Onions on Roll Oven Roasted Potatoes Butternut Squash Mandarin Oranges	30 Shepherd's Pie Spinach Warm Cranberry Crunch Applesauce			

Menu Subject to Change

Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: **Saratoga County Treasurer, c/o Saratoga County Department of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020**

APRIL 2024

Mon	Tue	Wed	Thu	Fri
1 Bingo 1 pm (BR)	2 ELECTION PRIMARY DAY <i>Sorry We're CLOSED</i> Senior Center CLOSED For ALL Activites	3 Sequence 1pm (BR) Mystery Market 10 am (at Community Center)	4 Exercise Class 10am (BR) Knitting 1 pm (RR)	5 Pokeno 1 pm (RR)
8 Bingo 1 pm (BR)	9 Tai Chi 9:30 (BR) Rummikub/Mexican Train 10 am (RR)	10 Quilting 9 am (BR) Mystery Market 10 am (at Community Center) Sequence 1 pm (BR) Clay Pot Decoupage 1 pm (RR)	11 Exercise Class 10 am (BR) Knitting 1 pm (RR) Therapy Dog Keeva 11 am	12 Yahtzee 10 am (RR) Pokeno 1 pm (RR)
15 Bingo 1 pm (BR)	16 Tai Chi 9:30 (BR) Rummikub/Mexican Train 10 am (RR) Movie Day 1-3 pm(RR)	17 Mystery Market 10 am (at Community Center) Craft by Me & Garden Club 1 pm (BR) Sequence 1 pm (BR)	18 Exercise Class 10 am (BR) Knitting 1pm (RR)	19 Pokeno 1 pm (RR)
22 Bingo 1 pm (BR)	23 Tai Chi 9:30 am (BR) Rummikub/Mexican Train 10 am (RR) Violete's Spa Day 1 pm (BR)	24 Quilting 9 am (BR) Mystery Market 10 am (at Community Center) Sequence 1pm (BR) DeVito Salvadore Pres. <i>"What Happens After Death"</i> 4 pm (at The Arts Center)	25 Exercise Class 10 AM (BR) Knitting 1pm (RR) Game Night 6-8 pm	26 16Q and Tea 10 am (RR) Pokeno 1 pm (RR)
29 Bingo 1 pm (BR)	30 Tai Chi 9:30 am (BR) Rummikub/Mexican Train 10 am (RR)			



**THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES ON:
Tuesday, April 9th** due to **Election Primary Day****