

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***

THURSDAY, AUGUST 10TH

Dinner at Halfmoon Diner in Clifton Park

Bus leaves at 4:15 pm

WEDNESDAY, AUGUST 16TH

Dinner at Cracker Barrel in Clifton Park

Bus leaves at 4:15 pm

THURSDAY, AUGUST 24TH

Dinner at Venezia Pizza Shop in Clifton Park

Bus leaves at 4:15 pm



Birthday Wishes

Stanley Fronczek, 8/02
Janet Joy Doberdt, 8/05
Donna Brunell, 8/06
Donna Taglione, 8/08
Lois Mossey, 8/09
Barbara Fronczek, 8/11
Julia Brownell, 8/13
Susan Kussius, 8/14
Guadalupe Santa Lucia, 8/17
Eileen Dannenhoffer, 8/18
Ann Gaetano, 8/18
Betty Golden, 8/18
Nancy Piroli, 8/19
Bea Miller, 8/20
Tina Niland, 8/21
Mary Andrus, 8/24
Laurie Aldrich, 8/25
Helen Baker, 8/25
Margaret Boyko, 8/25
John Urbaetis, 8/25
Frances Bouchard, 8/26
Patty Flood, 8/27
Alice Izzo, 8/29
Emilia Mimi Izzo, 8/29
Raema Mitchel, 8/31

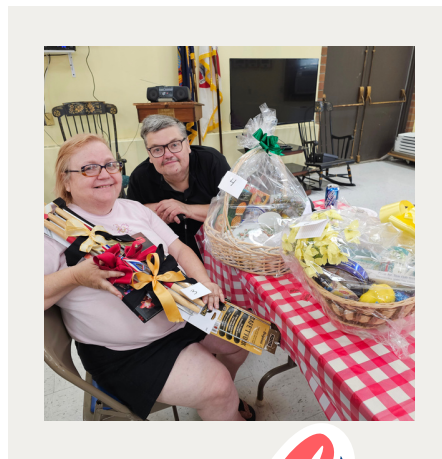


FROM THE COMMISSIONER

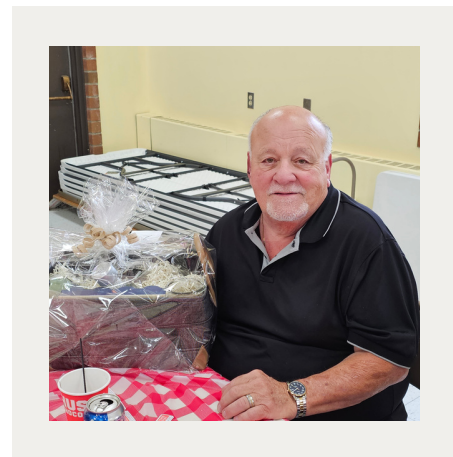
It's definitely been a hot and humid summer so far. I encourage everyone to come in the Senior Center and enjoy our activities and air conditioning. The BBQ was a huge success everything was delicious. Thank you to our Board Members and volunteers for a job well done. Enjoy the rest of Summer!

- FRED HOSLEY

Congratulations to our Raffle Prize Winners!!



Congrats!



MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

Hello August,

Our annual cookout was a great success, we had an awesome turnout. I would like to thank everyone who helped with the picnic and all the local merchants who donated items and gift cards for our raffles and door prizes. This will be our first Newsletter coordinating with the Community Center; I would like to thank them for all the help in making this possible. Enjoy and have a safe rest of your summer and we will see everyone at our next meeting, Tuesday, September 12th at 1 :00 pm.

- TONY DELVECCHIO

PLEASE NOTE: *(Note applies to members ONLY)*

The annual dues for members is \$10.00, if you are not paid for 2023, you will not receive a Newsletter.



MONTHLY TREE

**NEXT MONTHLY MEETING:
TUESDAY, SEPTEMBER 12TH AT 1:00 PM**



memories



PICNIC



DO YOU HAVE MEDICARE?

IS YOUR INCOME BELOW

\$2,280 - INDIVIDUALS

OR

\$3,077 - COUPLES

IF SO, PLEASE ASK ABOUT THE MEDICARE SAVINGS PROGRAM (MSP) THAT IS AVAILABLE TO PAY FOR YOUR PART B MEDICARE PREMIUM

CONTACT:

Saratoga County Department of Aging and Youth Services for more information

518-884-4100

LIVING WELL PROGRAM NEWS

We are excited to announce, The Mechanicville Senior and The Senior Living Well Program in a joint effort have rebranded and revised the newsletter format. Now with the combined newsletters you will receive all the news in one place! We hope you enjoy the new look!!

“MAILING LIST”

We are in the process of revising our mailing list. If there are any changes to your address; please let us know so we can update our list. If you wish to be removed from the mailing list, you can contact us as well.

To make these updates, contact or leave a message for Outreach & Development Director Tammie Alikonis at 518-664-8322 ext 1014

“LIVING WELL INTERNS

Join us in welcoming our two new interns **Kylebear Brown and Violette Davenport** who will be with us until April. They are from U-Albany and will start at the end of the month. Be sure to say hello and introduce yourself. They are both very excited to get started.

Welcome



HAPPENING IN AUGUST

HARVEST COOKING CLASS

Are you interested in a fun cooking class? Chef Deb Czech will join us to teach a Harvest Cooking Class on Monday August 7th at 11:00 am. This class is hosted by Pitney Meadows Farms and Deb will be bringing fresh produce for participants to take home.

Class will need a minimum of 12 people. Please sign up on the bulletin board.

AT THE LIBRARY

The Summer Concert series, sponsored by the Mechanicville Library, is on

Tuesday August 1st Large Farva will be here. Also, on **Tuesday August 15th The Brokenhearted a Tom Petty tribute.** Both concerts are from 6:00 - 8:00 pm. Come out on a summer evening for a concert in Talmadge Park.

Food truck desserts and ice cream available.



CRAFTED BY ME

Join us for another craft class, when we will be making paper flowers. We will meet on Friday August 25th at 1:00 pm. **Class will be limited to 12 people.** Please sign up on the bulletin board.

THERAPY DOG

On Tuesday August 29th at 11:30 am Marie and Sage will be here for our therapy dog visit. Come out and say hello!



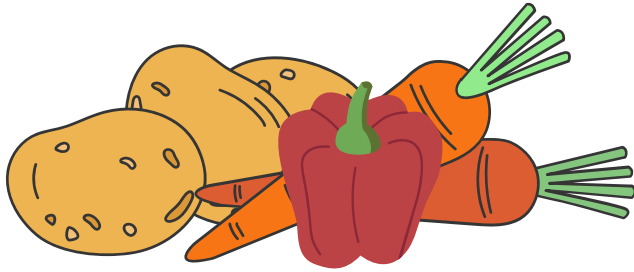
GUITAR LESSONS

Guitar lessons will continue on Thursday mornings at 11:00 am with Brian Dufresne. Just show up if you are interested.

FOOD PANTRY

at the Mechanicville Community Center

If you are struggling to get enough food, the Mechanicville Area Community Services Center has a Food Pantry to help! Give them a call at [518-664-8322 Ext 1012](tel:518-664-8322) to reach the food line. MACSC Food distribution is held every Thursday. Also be sure to visit our Free Markets held on **Wednesdays 10:00 am** at the Mechanicville Senior Center for free food.



FREE MARKET

at the Mechanicville Senior Center

The Free Market will be held on **August 16th 10:00 am** at the Senior Center. We receive fresh produce and other grocery items, all for FREE.

The mystery market will be on the other Wednesdays of the month also at 10:00 am. We ask that you only take what you need for your household.

SAVING SUMMER PRODUCE

We can let so much summer produce go to waste by forgetting it is there or not storing it properly. Wrap leafy greens, scallions, herbs, cucumbers and zucchini in a paper towel and place in a plastic bag in the crisper drawer in the refrigerator. It will last a lot longer that way. If you don't think you can use it in time, cut it up, place in a baggie in the freezer to use when making soup stock.

—“— 2023 ELIGIBILITY GUIDELINES —”—

- You must be 60 years of age or older
- One booklet per season per individual.
- Income at or below:
 - \$2,248 per month, household of one
 - \$3,041 per month, household of two
- Each booklet value is \$25.00 (5-\$5.00 coupons) that are good for fresh fruits and vegetables at local participating
- Farmer's Market Vendors. No change can be given for any unused amount on the coupon.

“— FARMERS MARKET COUPON LOCATIONS

August 2nd, 3:00-5:00pm

Halfmoon Farmer's Market,
2 Halfmoon Town Plaza, Halfmoon

August 5th, 3:00-5:00pm

Saratoga Farmer's Market,
112 High Rock Avenue, Saratoga Springs

August 14th, 2:00-5:00pm

Clifton Park Farmer's Market,
971 Route 146, Clifton Park

August 16th, 3:00-5:00pm

Saratoga Farmer's Market,
112 High Rock Avenue, Saratoga Springs



HOT SUMMER DAYS

Remember that if you are having trouble keeping cool in the summer heat at your home, you can always come to the Senior Center. We have the air conditioning running. You can read or do a puzzle or visit with friends while keeping cool. Enjoy some coffee in the lobby too!

If you plan ahead, you can join us for lunch. Call before noon the day before.





LIFE HACKS

We all get forgetful; when you put something down or shut something off that you sometimes forget if you did, say it out loud. **"I shut the iron off"** saying it out loud helps you remember it more readily.

Write a list of what you want to accomplish today. You are more likely to do it, plus you get the satisfaction of crossing it off when it's done.

We all have tasks we don't want to do. Some may seem too big to tackle. Set a timer for 15-20 minutes and work on it for that time frame and then stop. Do it again another time. In a few days the task may be done, or you may have made some real progress.

FREE MEDICAL ITEMS

If you or someone you know are in need of some medical items we usually have some or can locate them for you. We take donations of items or you can take what you need. Unfortunately we can no longer take commodes. I currently have a few canes and transport wheelchair which I rarely have. See the secretary at the front desk if you need any of these items.



16 QUESTIONS AND TEA

How do you get the conversation started? Come to 16 Questions and Tea. We have a basket of random questions to go around the room and share. It is a lot of fun and will help you get to know others better.

Come and join the conversation on Friday August 25th at 10:00 am.



tea time

ANNUAL SENIOR PICNIC

The Department of Aging and Youth Services Annual Senior Picnic will be held at:

The Saratoga County Fairgrounds

*162 Prospect Street,
Ballston Spa, NY 12020
Thursday, September 7th, 23
11:00 am-3:00 pm*

Lunch will be served starting at 12:00 pm. Please join us rain or shine for an afternoon of food, music and dancing.

**\$4.00 Advanced meal
ticket is required.**

Please call 518-884-4100



VOLUNTEERS NEEDED

The Department of Aging and Youth Services are currently searching for volunteers to deliver Home Delivered Meals to homebound seniors throughout all towns in Saratoga County. This program ensures that senior citizens are able to remain in their home safely and receive proper daily nutrition.

If Interested, please contact:
Saratoga County Department of Aging and
Youth Services Senior Nutrition Program
at 518-363-4020



“
*We must all make peace so that
we can all live in peace.*

- Jean-Betraud Aristide

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AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	<div>1</div> <div>Tai Chi 9:30 (HR)</div> <div>Rummikub 10 am (RR)</div>	<div>2</div> <div>Mystery Market 10 am (HR)</div> <div>Sequence 1pm (HR)</div>	<div>3</div> <div>Guitar Lessons 11 am (RR)</div> <div>Knitting 1pm (RR)</div>	<div>4</div> <div>Pokeno 1pm (RR)</div>
<div>7</div> <div>Canasta 10 am (RR)</div> <div>Harvest Cooking Class 11 am (HR)</div> <div>Bingo 1 pm (HR)</div>	<div>8</div> <div>Tai Chi 9:30 (HR)</div> <div>Rummikub 10 am (RR)</div>	<div>9</div> <div>Mystery Market 10 am (HR)</div> <div>Sequence 1pm (HR)</div>	<div>10</div> <div>Guitar Lessons 11 am (RR)</div> <div>Knitting 1pm (RR)</div>	<div>11</div> <div>Pokeno 1pm (RR)</div>
<div>14</div> <div>Bingo 1pm (HR)</div>	<div>15</div> <div>Tai Chi 9:30 (HR)</div> <div>Rummikub 10 am (RR)</div>	<div>16</div> <div>Free Market 10 am (HR)</div> <div>Sequence 1pm (HR)</div>	<div>17</div> <div>Guitar Lessons 11 am (RR)</div> <div>Knitting 1pm (RR)</div>	<div>18</div> <div>Pokeno 1pm (RR)</div>
<div>21</div> <div>Canasta 10 am (RR)</div> <div>Bingo 1pm (HR)</div>	<div>22</div> <div>Tai Chi 9:30 (HR)</div> <div>Rummikub 10 am (RR)</div>	<div>23</div> <div>Quilting 9 am (HR)</div> <div>Mystery Market 10 am (HR)</div> <div>Sequence 1pm (HR)</div>	<div>24</div> <div>Guitar Lessons 11 am (RR)</div> <div>Knitting 1pm (RR)</div>	<div>25</div> <div>16Q and Tea 10 am</div> <div>Pokeno 1pm (RR)</div> <div>Crafted By Me Craft Class 1 pm (HR)</div>
<div>28</div> <div>Bingo 1pm (HR)</div>	<div>29</div> <div>Tai Chi 9:30 (HR)</div> <div>Rummikub 10 am (RR)</div> <div>Therapy Dog 11:30 am</div>	<div>30</div> <div>Mystery Market 10 am (HR)</div> <div>Sequence 1pm (HR)</div>	<div>31</div> <div>Guitar Lessons 11 am (RR)</div> <div>Knitting 1pm (RR)</div>	

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-August 2023

GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Peach Glazed Chicken White Rice Vegetable Trio WW Dinner Roll Shortbread Cookies	2 Pasta Alla Norma Italian Meatballs in Sauce Spinach Mandarin Oranges	3 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Green Beans Fresh Peach	4 Beef Goulash Mexican Corn Warm Berry Crisp
7 Chicken Alfredo Buttered Pasta Peas & Carrots WW Dinner Roll Mandarin Oranges	8 Pork Loin w/Fiesta Sauce Oven Roasted Potatoes Broccoli Pears	9 Breaded Fish Tartar Sauce Macaroni & Cheese Zucchini & Tomatoes Tropical Fruit	10 Chicken & Sausage Jambalaya Spinach Warm Peach Crisp	11 LS Turkey & Swiss on Roll Mayonnaise Macaroni Salad Tomato & Cucumber Salad Banana
14 Pulled BBQ Pork on Roll Cabbage Carrots SF Oatmeal Cookies	15 Orange Ginger Chicken White Rice Asian Blend Vegetables WW Dinner Roll Yogurt	16 Stuffed Shells w/Meat Sauce Vegetable Trio Warm Berry Crisp	17 Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	18 Chicken Cacciatore Pasta w/Sauce Wax Beans WW Dinner Roll Fruit Cocktail
21 Chicken w/Curry Cream Sauce White Rice Broccoli WW Dinner Roll SF Vanilla Pudding	22 Roast Pork w/Gravy Mashed Potatoes Peas Applesauce	23 Birthday Special Hot Dog w/Sauerkraut on Bun Mustard German Potato Salad Green Beans Frosted Cake 	24 Chicken A La King Buttered Egg Noodles Carrots WW Dinner Roll Mandarin Oranges	25 Meatball Sub Mixed Vegetables Cauliflower Fruit Cocktail
28 Italian Sausage w/Peppers & Onions on Roll Home Fries Spinach Fresh Peach	29 BBQ Chicken White Rice Vegetable Trio WW Dinner Roll Yogurt	30 Breaded Fish w/Dijon Sauce Oven Roasted Potatoes Peas & Carrots Mandarin Oranges	31 Beef Enchilada Casserole Yellow Squash Green Beans Corn Muffin Fruit Cocktail	

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. 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**

MECHANICVILLE AREA COMMUNITY SERVICES CENTER

PO Box 30
6 South Main St,
Mechanicville, NY 12118

MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC

Instituted May 12, 1960
178 N Main St., Mechanicville, NY 12118
Mechanicvillestillwaterseniorctr@yahoo.com

August, 2023
Phone # (518) 664-9884
Fax # (518) 664-3924

BOARD OF DIRECTORS

Fred Hosley, Director
Tony Delvecchio, President
John Amodeo, Vice President
Mary Beth Maciariello, Secretary
Meg Gorman, Treasurer

OFFICE STAFF

Patti Brown
Ethel Baisley

MECHANICVILLE AREA COMMUNITY SERVICES CENTER, INC (MACSC)

Karin Drosdick, Living Well Program Director
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Website: www.mechanicvilleacsc.org