



**MACSC - Living Well Program**  
 6 South Main St,  
 Mechanicville, NY 12118



**Holiday Events:**

Memorial Tree lighting in Talmage Park, Sunday December 4<sup>th</sup>. Dorothy Welch at Choir will kick the ceremony off at 4:45 followed by the lighting of the Memorial trees at 5:30. Hot Cocoa will be available!

Tuesday December 13<sup>th</sup> the City in collaboration with the membership will be holding a Holiday party from 1 to 4 pm. All Seniors are invited!! There will be a dinner included. The choices include stuffed chicken breast or Ham dinner. The cost of a ticket is \$10, you can purchase tickets in the office at the Senior center.

December 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			<sup>1</sup> Knitting 1 pm (RR)  <b>Covid Booster Clinic 9-12 (HR)</b> must be registered online prior to clinic see Maryalice	<sup>2</sup> Chair Yoga 10 am (HR)  Pokeno 12:30 pm (RR)
<sup>5</sup> Canasta 10 am (RR)  Bingo 1 pm (HR)	<sup>6</sup> Tai Chi 10 am (HR)  Rummikub 10 am (RR) <b>Decoupage Soap Craft w/ Ann Marie (RR) 1pm</b>	<sup>7</sup> Coloring/Puzzles 10 am (HR)  Mystery Market 10 am  Sequence 1 pm (HR)	<sup>8</sup> Tree trimming Party 12:30 pm in the Lobby  Knitting 1 pm (RR)	<sup>9</sup> Chair Yoga 10 am (HR)  Pokeno 12:30 pm (RR)
<sup>12</sup> Bingo 1 pm (HR)	<sup>13</sup> Tai Chi 10 am (HR)  Rummikub 10 am (RR)  <b>Holiday Party 1pm (HR)</b>	<sup>14</sup> Coloring/Puzzles 10 am (HR)  Mystery Market 10 am  Sequence 1 pm (HR)	<sup>15</sup> <b>Just Say Yes to Fruits &amp; Veggies 10:30 am (HR)</b>  Knitting 1 pm (RR)	<sup>16</sup> Chair Yoga 10 am (HR)  Pokeno 12:30 pm (RR)
<sup>19</sup> Canasta 10 am (RR)  Bingo 1 pm (HR)	<sup>20</sup> Tai Chi 10 am (HR)  Rummikub 10 am (RR) <b>Decorate an ornament 1pm RR</b>	<sup>21</sup> Coloring/Puzzles 10 am (HR)  Mystery Market 10 am  Sequence 1 pm (HR)	<sup>22</sup> Knitting 1 pm (RR)	<sup>23</sup> <b>NO</b> Chair Yoga  Pokeno 12:30 pm (RR)
<sup>26</sup> <b>Senior Center CLOSED in recognition of</b> 	<sup>27</sup> Tai Chi 10 am (HR)  Rummikub 10 am (RR)	<sup>28</sup> Coloring/Puzzles 10 am (HR)  Mystery Market 10 am  Sequence 1 pm (HR)	<sup>29</sup> Knitting 1 pm (RR)	<sup>30</sup> Chair Yoga 10 am (HR)  Pokeno 12:30 pm (RR)

- The Living Well Program will be CLOSED on 12/23 in recognition of Christmas Eve
- The Senior Center and Living Well Program will be CLOSED on 12/26 in recognition of Christmas Day
- The Living Well Program will be CLOSED on 12/30 in recognition of New Year's Eve

# MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS

## December 2022

### What's New w/ Living Well...

This month, Living Well ..... All regular programs will be held

- Mondays-Canasta at 10 am (RR), Bingo at 1 pm (HR)
- Tuesdays-Thi Chi at 10 am (HR)
- Wednesdays- Coloring/puzzle at 10 am (RR), Mystery Market at 10 am, Sequence at 1 pm
- Thursdays-Knitting at 1 pm
- Fridays- Chair Yoga at 10 am (HR), Pokeno at 12:30 (RR)

### New programs or events in December

- Thursday, December 1<sup>st</sup> Covid Booster Clinic 9am to 12pm (HR) appointments are required. See Maryalice to register.
- Tuesday, December 6<sup>th</sup>, Decoupage Soap Craft with Ann Marie. A great idea for holiday gifts for friends and family.
- Thursday, December 8<sup>th</sup>, Lobby Tree Decorating Party. We invite anyone who would enjoy helping trim the Christmas tree to join us at the Senior Center Lobby. Bring a favorite ornament to hang on the tree and share with our senior community. Write your name on the ornament so it can be returned to you after the holidays. We will have hot Cocoa and cookies and Holiday music to sing along to, don't miss out in the fun. You can sign up for the free dine in lunch and then join in the decorating fun!!
- Tuesday, December 13<sup>th</sup>, Holiday Party 1 to 4pm. Tickets are \$10 and can be purchased at the senior center office.
- Thursday, December 15<sup>th</sup>, Just Say Yes to Fruits and Veggies, with Kristen Bopp. Last one of 2022!!
- Tuesday, December 20<sup>th</sup>, at 1pm in (RR) Create a holiday ornament with Maryalice



### Ma's CORNER...

Here we are with another month gone! I hope everyone had a wonderful Thanksgiving with family, friends, and good food!! November was a busy month here at the Senior Center. We started the month honoring the Commissioner of Public Safety, Fred Hosley for the Hometown Hero Banners you see hanging around the streets of Mechanicville. Over 40 people were present for cake and coffee. The Senior Membership's President, Joanna Dyer presented Commissioner Holsey, with his own hometown hero banner.

The Pretty Women Musical at Proctor's on Nov 10<sup>th</sup> was fabulous!!! 50 people attended the show. Everyone had a wonderful time and loved the show!

Aaron and Julie's presentation, love your own skin was both informative and fun. Aaron taught us how important it is to keep your skin hydrated and moisturized at every age. He gave out samples to try and samples to take home. Julie taught us how to make a natural lip scrub that left our lips so soft. We made different flavors and took them home.

59 of our Seniors signed up and received a Thanksgiving Dinner from Equinox this year. We are grateful for Equinox for thinking about our Seniors and Thank them for everything they do.

We are looking forward to all the festive holiday fun planned for this month!! Hope to see all of you!! Please have a wonderful holiday season!!

