

The Mechanicville Senior Center
NEWSLETTER



*Merry
Christmas
and Happy
New Year*

MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

December is upon us where did 2024 go? It has been a crazy weather year, and we are all hoping for Mild Winter. As you read this newsletter, we are all hoping everyone enjoyed a great Thanksgiving and look forward to our Annual Christmas celebration. As a quick reminder sign up and payment is due by December 5th, we are limited to 70 so don't be left out. Price for Party is \$15.00. per person and you can sign up with Eileen at the Senior Center.

Anyone wishing to donate a basket for our raffles is asked to drop it off by Friday December 6th. We look forward to seeing all of you on the 10th.

Thanks Tony

- TONY DELVECCHIO



MONTHLY TREE



NEXT MONTHLY MEETING:
DECEMBER 10TH, 2024

FROM THE COMMISSIONER

First of all, Happy Holidays to all. I hope everyone is experiencing good health this holiday season. I first want to mention the passing of long time Senior member and a good friend of mine and everyone she ever met, Mimi Izzo. Rest in Peace my friend. On a much brighter note, the Department of Public Safety is having their annual Christmas party on December 19th. Happy to announce that the Hill Country Cloggers will be doing their first Christmas show ever at the Senior Center. Refreshments will be served and the cost to all seniors in the CITY will be \$0.00. After watching the amazing Veterans Holiday parade on Saturday the 16th of November, we should all get together more often and just celebrate together. This is a chance to do that. Everyone is invited, just call the Senior Center 518-664-9884 ext 348 for Eileen or ext 321 for April at City Hall. We would like to have a rough number just for refreshments. No one will be turned away, so if you would like to attend, let us know. Let's start the new year off right. There has been a big misunderstanding around the city van. We wanted to extend the bus hours so it would be available in the afternoon. The present driver couldn't or chose not to expand her hours. Despite what everyone is being told, she was not fired, she resigned

- FRED HOSLEY

HAPPY HOLIDAYS

HAPPY BIRTHDAY

Gordon DeLurey, 12/1
Ann Marie Goman, 12/3
Sandra Kelly, 12/3
Kathleen Turnbull, 12/4
Kristen Wyman, 12/7
Ann Denier, 12/8
Rachel Capobianco, 12/9
Kim Noonan, 12/10
Leo Respo, 12/10
Carol Davenport, 12/11
Stephanie Carney, 12/15
Ann Derico, 12/17
Raymond Lefco, 12/20
Theodore Molinsky, 12/21
Jean LaChance, 12/25
Linda Kelsch, 12/26
Marilyn Killary, 12/26
Mary Moyles, 12/26
Ann Arvan, 12/29
Joan Giombetti, 12/30
Susan Chascione, 12/31
Nancy Izzo, 12/31
Joan Tepetro, 12/31



We apologize in advance if we mistakenly missed your birthday. Please contact our office, and we'll be sure to update our records

LIVING WELL PROGRAM NEWS

From all of us at the Living Well Program we wish you and your family a very Merry Christmas and a healthy and Happy New Year! We hope that you enjoy this holiday season celebrating with your friends and family.



FREE MARKET CONTINUES

at the Community Center through **12/18**

The FREE Market will continue **every Wednesday at 10:00 a.m.** through **December 18th** at the Community Center. We encourage you to come check it out, everything is FREE and there is more than enough for everyone! We never know what we will get, items include fresh produce and various grocery items.

Please Note: The FREE Market will conclude for the season on December 18th and will resume in the Spring 2025.

“**HOME ENERGY ASSISTANCE PROGRAM, (HEAP)**

HEAP, also known as Home Energy Assistance Program, is available to help those who meet income eligibility. **HEAP is now open and is currently scheduled to close in April 2025.**

If you would like to find out if you are eligible or would like to fill out an application call Kelley's office **518-652-2713** for more information or to make an appointment.





CHRISTMAS GIFTS IDEAS

- Automatic can opener for those having trouble opening cans
- Cross body cell phone holder. It will keep your cell phone in easy reach with you at all times even in an emergency.
- Compression Socks – give gentle pressure to soothe legs and improve circulation.
- Sound machines – fall asleep or relax to the variety of sounds on a sound machine. Most have auto shut-off.
- Small electric blanket throw with auto shut-off to keep you warm when you are relaxing.
- UV free light-therapy lamp to simulate the sunlight to brighten those cloudy winter days.



MEDICARE OPEN ENROLLMENT

Medicare open enrollment closes soon on **December 7th**. *If you wish to make a change to your current insurance, you must do so before it closes.*

Did you know that mid-year if your circumstances change or for some reason you do want to change your Medicare insurance company you can do so by filling out an **EPIC application**. Reach out to the Living Well Program office, and we can assist in complete an application with you.






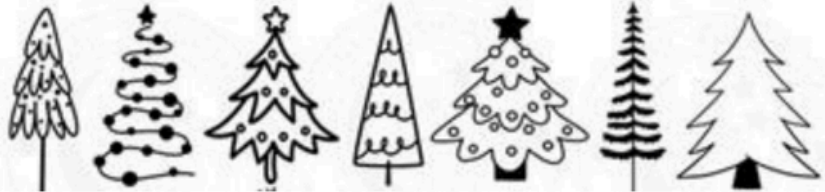
Be prepared for more scams as the holidays approach. **Scams can come in the form of;**

- *Calls for donations to fraudulent charities.*
- *Emails or texts about needed postage for your package.*
- *Texts about your banking*

Here are a few helps tips to help avoid some of these scams;

- *Make sure you let your answering machine pick up calls that you do not recognize.*
- *Never call the number in a text, make sure you are calling the right number.*
- *Do not give out personal information unless you know for certain you are talking to the right person at the correct agency.*

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken w/Fiesta Sauce Rice Pilaf Vegetable Trio Corn Muffin Peaches	3 Italian Style Meatloaf Garlic Mashed Potatoes Green Beans SF Chocolate Chip Cookies	4 Hot Turkey Sandwich on Bun Butternut Squash Broccoli Pumpkin Muffin	5 LS Ham w/Cranberry Mustard Sauce Au Gratin Potatoes Mixed Vegetables Applesauce	6 Vegetable Quiche Bake O'Brien Potatoes Warm Berry Crisp Yogurt Fresh Orange
9 Beef Pot Roast w/Gravy Mashed Potatoes Broccoli Pears	10 Apple Glazed Pork Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll SF Oatmeal Cookies	11 Chicken Salad on Bun Macaroni Salad Marinated Vegetable Salad Fresh Pear	12 Breaded Fish Tartar Sauce Macaroni & Cheese California Blend Vegetables SF Chocolate Pudding	13 Chili Spinach Cauliflower Corn Muffin Fruit Cocktail
16 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Vegetable Medley Applesauce	17 Beef & Broccoli Rice Pilaf Green & Wax beans Fruit Cocktail	18 Herb Chicken w/Gravy Stuffing Beets WW Dinner Roll Applesauce	19 Split Pea Soup w/Ham Cauliflower Warm Apple Crisp Corn Muffin	20 Christmas Special Meat Lasagna Garlic Broccoli Baby Carrots Dinner Roll Cheesecake w/Strawberry Sauce & Whipped Cream 
23 Pulled BBQ Beef on Bun Vegetable Trio Warm Berry Crisp	24 Birthday Special Spinach Feta Chicken Buttered Noodles Peas & carrots WW Dinner Roll Frosted Cake 	25 Closed 	26 Meatballs In Sauce Pasta w/Marinara Sauce Broccoli Fruit Cocktail	27 LS Turkey & Swiss Cheese on Bun Mayonnaise Marinated Carrots Three Bean Salad Mandarin Oranges
30 Spanish Beef & Rice Casserole Mixed Vegetables Warm Peach Crisp Corn Muffin	31 Chicken Stew Egg Noodles Lima Beans WW Dinner Roll Fresh Orange			

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**

DECEMBER 2024

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Canasta 10am (RR)</p> <p>Bingo 1pm (BR)</p>	<p>3</p> <p>Tai Chi 9:30am (BR)</p> <p>Rummikub 10am (RR)</p>	<p>4</p> <p>Sequence 1pm (BR)</p> <p>FREE Market 10 (at Community Center)</p>	<p>5</p> <p>Thursday Morning Stretch Exercise Class 10am (BR)</p> <p>Knitting/Crocheting 1pm (RR)</p> <p>Winter Craft Festival 1PM (BR)</p>	<p>6</p> <p>Pokeno 1pm (RR)</p>
<p>9</p> <p>Bingo 1pm (BR)</p>	<p>10</p> <p>Tai Chi 9:30am (BR)</p> <p>Rummikub 10am (RR)</p>	<p>11</p> <p>Quilting 9:30 am (RR)</p> <p>Sequence 1pm (BR)</p> <p>FREE Market 10 (at Community Center)</p>	<p>12</p> <p>Thursday Morning Stretch Exercise Class 10am (BR)</p> <p>Knitting/Crocheting 1pm (RR)</p> <p>Darlene's Loop Knitting Class 1pm (BR)</p>	<p>13</p> <p>Pokeno 1pm (RR)</p>
<p>16</p> <p>Canasta 10am (RR)</p> <p>Bingo 1pm (BR)</p>	<p>17</p> <p>Tai Chi 9:30am (BR)</p> <p>Rummikub 10am (RR)</p> <p>Stick Snowman Ornaments 1PM (BR)</p>	<p>18</p> <p>Sequence 1pm (BR)</p> <p>FREE Market 10 (at Community Center) **Last Day of FREE Market**</p> <p>Cooking w/ Karin 1pm (BR)</p>	<p>19</p> <p>Thursday Morning Stretch Exercise Class 10am (BR)</p> <p>Knitting/Crocheting 1pm (RR)</p>	<p>20</p> <p>Pokeno 1pm (RR)</p>
<p>23</p> <p>Bingo 1pm (BR)</p>	<p>24</p> <p>Tai Chi 9:30 am (BR)</p> <p>Rummikub 10am (RR)</p> <p>CLOSING AT 12:00PM CHRISTMAS EVE</p>	<p>25</p> <p><i>Sorry We're</i> CLOSED in observance of Christmas Day</p> 	<p>26</p> <p>Thursday Morning Stretch Exercise Class 10am (BR)</p> <p>Knitting/Crocheting 1pm (RR)</p>	<p>27</p> <p>16 Questions w/Kelley 10am</p> <p>Pokeno 1pm (RR)</p>
<p>30</p> <p>Bingo 1pm (BR)</p>	<p>31</p> <p>Tai Chi 9:30 am (BR)</p> <p>Rummikub 10am (RR)</p> <p>CLOSING AT 12:00PM NEW YEARS EVE</p>			

THE SENIOR CENTER WILL BE CLOSED ON:
Wednesday, December 25th in observance of **Christmas Day**