







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



**CITY BUS TRIPS**

- **Monday, February 6<sup>th</sup>** - Dinner at Texas Road House in Colonie  
 Bus leaves at 4:45 PM
- **Wednesday, February 15<sup>th</sup>** - Dinner at Ravenwood in Clifton Park  
 Bus leaves at 4:45 PM
- **Monday, February 20<sup>th</sup>** - Racino Trip to Saratoga Springs  
 Bus leaves at 12:00 Noon and returns 4:30 PM
- **Thursday, February 23<sup>rd</sup>** - Dinner at Benson's in Schaghticoke  
 Bus leaves at 3:00 PM

**February 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Coloring/Puzzles 10 am (HR) Mystery Market 10 am 12:30- Walking (HR) Sequence 1 pm (HR)	2 Knitting 1 pm (RR)  Tech Time with Aaron 1-3PM <b>(By Appt Only)</b>	3 DVD Chair Yoga 10 am (HR) 12:30- Walking (HR)  Pokeno 12:30 pm (RR)
6 Canasta 10 am (RR)  12:30- Walking (HR)  Bingo 1 pm (HR)	7 Tai Chi 10 am (HR)  Rummikub 10 am (RR)  16 Questions???? 11 am (HR)	8 Coloring/Puzzles 10 am (HR) Mystery Market 10 (HR)am  12:30- Walking (HR) Sequence 1 pm (HR)	9 <b>February Birthday Party!!12:30 (HR) Music, Magic &amp; Cupcakes!!!!</b>  Knitting 1 pm (RR)  Tech Time with Aaron 2-3PM <b>(By Appt Only)</b>	10 DVD Chair Yoga 10 am (HR) 12:30- Walking (HR)  Pokeno 12:30 pm (RR)
13 Canasta 10 am (RR)  12:30- Walking (HR)  Bingo 1 pm (HR)	14 Membership Mtg 1pm (HR) <b>Valentine's Day Party-2 pm</b> Rummikub 10 am (RR) 	8 Coloring/Puzzles 10 am (HR) Mystery Market 10 (HR)am  12:30- Walking (HR) Sequence 1 pm (HR)	16 <b>Just Say Yes to Fruits &amp; Veggies 10:30 am (HR)</b>  Knitting 1 pm (RR)  Tech Time with Aaron 1-3PM <b>(By Appt Only)</b>	17 DVD Chair Yoga 10 am (HR)  12:30- Walking (HR) Pokeno 12:30 pm (RR)
20 <b>Senior Center Closed In observance of Presidents Day</b>	21 Tai Chi 10 am (HR) Rummikub 10 am (RR) <b>Health &amp; Literacy: "Beating the Winter Blues" with Karen Laing 1pm (HR)</b>	22 Coloring/Puzzles 10 am (HR) Mystery Market 10 (HR)am  12:30- Walking (HR) Sequence 1 pm (HR)	23 Knitting 1 pm (RR)  Tech Time with Aaron 1-3PM <b>(By Appt Only)</b>	24 DVD Chair Yoga 10 am (HR) 12:30- Walking (HR)  Pokeno 12:30 pm (RR)
27 Canasta 10 am (RR)  12:30- Walking (HR)  Bingo 1 pm (HR)	28 Tai Chi 10 am (HR)  Rummikub 10 am (RR)  Therapy Dog visit at 11:30am with Maria and Sage			

# MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS

February 2023

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

This month, Living Well ..... All regular programs

- Mon., Wed., & Fri. 12:30pm - Stay active! 10 to 15 minute walk in Hudson room.
- Mondays - Canasta at 10 am (RR), Bingo at 1 pm (HR)
- Tuesdays - Tai Chi at 10 am (HR)
- Second Tuesday - at 11 am (HR) 16 Questions??? Fun way to get to know each other!
- Second Tuesday - February 14, at 1 pm (HR) Membership meeting.
- Wednesdays - Coloring/puzzle at 10 am (RR), Mystery Market at 10 am, Sequence at 1 pm
- Thursdays - Knitting at 1 pm, TechTime with Aaron 1-3PM (By Appt Only)
- The Third Thursday - at 10:30 am (HR) Just Say Yes to Fruits and Veggies
- Fridays - DVD Chair Yoga at 10 am (HR), Pokeno at 12:30 (RR)

### New programs or events in February:

- The Second Thursday of each Month will be the Birthday Party for that month!! February 9<sup>th</sup> at 12:30 Please sign-up. There will be Music, Magic and cupcakes!!
- Tuesday, February 14<sup>th</sup> - We will hold a Valentine's Day Party for all Seniors at 2pm. There will be goodie bags, refreshments and entertainment by Patrick (Brut) Sgambati.
- Tuesday, February 21<sup>st</sup> - Health Literacy program "Beating the Winter Blues" with Karen Laing at 1pm (HR)
- We will raffle off a monthly basket, you earn tickets for the basket by attending the events and lunch. The basket will be displayed in the office window. Winning ticket will be chosen at the end of the month.
- Win a free egg or milk card!! Attend our eat in lunch program and receive a punch card, which will be punched each time you come to lunch. 10 punches and you win!

## ma's CORNER...

The first month of the new year has come and gone! We have been lucky so far in the weather department. In the event we do have bad weather, please watch your local news channel for closings in the area before going out.

- Look for **Saratoga County Senior Meal Program** for the delivered meal and the eat in lunch at the Senior Center.
- The **Senior Center** follows the **Mechanicville School District**, so if the school is closed, the Senior Center is closed.
- For any events, please, call my direct line, 518-652-2713 or call the senior center at 518-664-9884 press 5, then press 2.

Your safety is our priority, if you are not sure, call before venturing out of your home!

I'm very excited to tell you about our monthly birthday party event. Each month the seniors with a birthday during the month will be celebrated at this party. All seniors are welcome to attend and help celebrate those who have birthdays. Deacon Lynne and Father Mike, from Saint Luke's have graciously donated the delicious homemade cupcakes and their time to help provide these events. David McClements has volunteered to entertain us with his musical talent and mesmerizing magic tricks!

We held the first Birthday celebration in January, everyone who attended had a wonderful time! We hope more seniors will attend February's party.

