

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, FEBRUARY 8TH

Dinner at Norrine's Restaurant in Waterford

Bus leaves at 4:45 pm

TUESDAY, FEBRUARY 15TH

Dinner at Caputo's Pizza in Clifton Park

Bus leaves at 4:45 pm

MONDAY, FEBRUARY 19TH

Racino at Saratoga Springs

Bus leaves at 12:00 pm and returns at 5:00 pm

WEDNESDAY, FEBRUARY 21ST

Dinner at IHOP in Clifton Park

Bus leaves at 4:00 pm



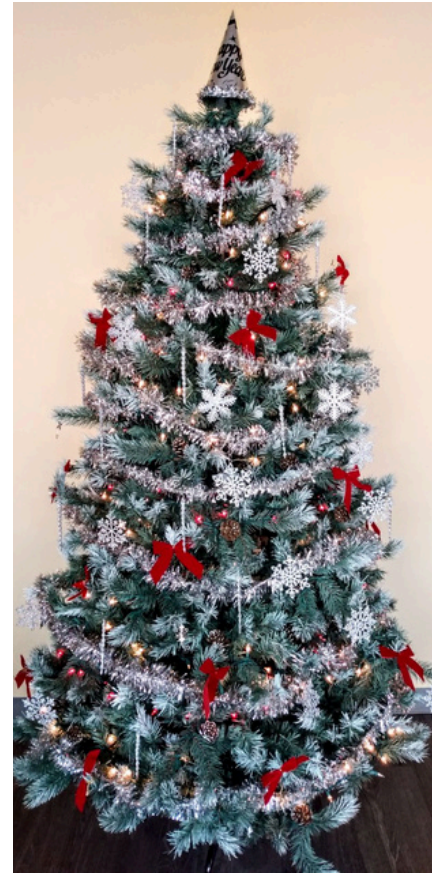
MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

So here we are January is almost over and February is just around the corner. At our February monthly meeting We are planning to have Subs, Salads, Chips along with soft drinks and coffee to celebrate Valentine's Day, following a short monthly meeting. There will be a Sign-up sheet on the Bulletin Board at the center. Members will need to sign up by February 6th. If you would like to become a member and join us for this and other events, please stop in at the Center Monday thru Friday between 9 am and 4 pm.

- TONY DELVECCHIO



MONTHLY TREE



NEXT MONTHLY MEETING:
TUESDAY, FEBRUARY 13TH AT 1:00 PM

FROM THE COMMISSIONER

Happy New Year to all,

Hope everyone is feeling well and are keeping warm. We have many things planned for the center in the coming year. Our dance/exercise class, led by Kathy Messore Werber, is going very well. It is a low impact exercise class so don't think it is too much to do. Whatever may be slightly difficult for you to do simply, don't do it. This is on Thursday at 10:00. We are also starting A Yahtzee league or simply playing the game will be starting soon. I am waiting for some floor tape to put in the Shuffleboard court inside the Ball Room. We have two new chairs for the lobby and three new long tables for food days and parties. I am also looking into costs for a Bocce court for the east side of the center. Will be calling the cloggers for St. Patrick's Day which everyone seems to enjoy.

So, stay dry, stay warm and stay safe and healthy, good times are ahead.

- FRED HOSLEY



AARP Volunteer Tax Preparation

AARP Volunteers will prepare taxes again this year. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. Tentative locations and days for this service are listed below. Each site will start their first scheduled day in February. Please call for an appointment. They are required. This is a first come, first serve service. Appointment days are subject to change and protocols.

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Clifton Park-Halfmoon Library	Mondays & Saturdays	(518)371-8622
Malta Community Center	Tuesdays & Thursdays	(518)899-4411
Mechanicville Library	Tuesdays & Saturdays	(518)664-4646
Moreau Community Center	Thursdays	(518)792-6007
Department of Aging & Youth Services	Mondays	(518)884-4100
Saratoga Springs Senior Center	Tuesdays	(518)584-1621
Clifton Park Senior Community Center	Mondays, Tuesdays & Fridays	(518)383-1343
Ballston Spa Library	Fridays	(518)885-5022
Town of Corinth EMS Building	Mondays, Tuesdays & Thursdays	(518)696-3423

Tax Preparation Protocol: -Individuals will need to complete a packet prior to appointment times

-Drop-off at appointment time: all necessary paperwork

Please be sure to bring the following:

Your Social Security Card(s) for all individuals on the return

A Photo ID—NYS Drivers License

All required Tax documentation needed

A Copy of your 2022 Tax Return

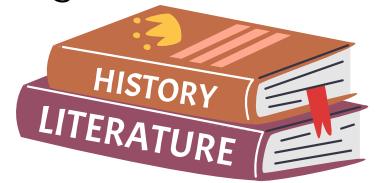


- Mary Wescott, 2/1
- Linda Nadeau, 2/4
- Bob Speanburg, 2/5
- MaryBeth Roy, 2/5
- Michele Carney-Lohner, 2/6
- Patricia Charboneau, 2/7
- Ida Fabio, 2/8
- Debra DiDonna, 2/10
- Gloria Niland, 2/10
- Audrey Vanaucci, 2/12
- Catherine Belmonte, 2/12
- Jeannie Foxvog, 2/12
- Vivian Kelly, 2/12
- Ron Rose, 2/13
- Betty Rood, 2/14
- Margaret Cole, 2/14
- Pat Topetro, 2/15
- Sandy Rielly, 2/17
- Robert Giombetti, 2/18
- Mary Wixted, 2/20
- Roberta Lane, 2/21
- Sally Cronin, 2/21
- Cheryl Jackson, 2/23
- Peter Hurley, 2/23
- Louise Stagliano, 2/24
- Teresa Kinsley, 2/24
- Debbie Urkevich, 2/25
- Barbara Gaspie, 2/26
- Evelyn Camerato, 2/27



LIVING WELL PROGRAM NEWS

Did you know that the second month of the year has become synonymous with Black History Month? It's an annual observance in the US that celebrates and recognizes African Americans' achievements, contributions, and history. This month, people highlight African Americans' vital role in shaping the nation's cultural, social, political, and economic landscape. The month serves as a time to honor and remember the Black community's struggles, accomplishments, and cultural heritage.



OUTREACH EVENT

AT THE MECHANICVILLE SENIOR CENTER
TUESDAY FEBRUARY 6TH AT 1:00 PM

Here is the agenda:

1:00 p.m. - 1:30 p.m.

- Judy will be presenting our New York Connects program with Nilda Gonzales from the ILC (independent living center) of Hudson Valley.

<https://www.nyconnects.ny.gov/>

1:30 p.m. - 2:00 p.m.

- David DeMarco will be presenting "What's new for 2024 HIICAP (Health Insurance Information Counseling and Assistance Program.)"

Would you like to attend and assist with Q&A? Let us know, as there are quite a few Seniors who may have questions when David is finished.

This is one of our Senior **Gather and Dine sites** and we will be serving **Shepard's Pie** at 12:00 noon. Please let Kelley Brown know ASAP if you would like to attend and assist, and if you will be having lunch at the site.

****Kelley will need to order you a meal****

LIVING WELL PROGRAM DIRECTOR HOURS

Monday:

12:30 p.m. - 4:00 p.m.

Tuesday:

9:00 a.m. - 4:00 p.m.

Wednesday:

9:00 a.m. - 12:00 p.m.

Thursday:

1:00 p.m. - 4:00 p.m.

Friday:

9:00 a.m. - 4:00 p.m.

Please feel free to make an appointment with

Kelley Brown 518-652-2713

FABULOUS FEBRUARY

VALENTINES' DAY EVENT

Our intern **Violette Davenport** will be hosting and facilitating a weeklong **"love is everywhere"** themed affair from **February 5th-February 13th**.

Monday, February 5th, there will be a **memory wall** - anyone can come hang pics or letters to loved ones. We will also have a table with envelopes for those who want to write letters and a *"confidential mailbox"* will be available to receive letters.

Tuesday, February 13th, there will be a **Valentines Day extravaganza** with themed games, crafts, snacks and door prizes!!

Come join the festivities. Please sign-up in advance so we are sure to have enough supplies for all! Sign-up at **senior center or by call Kelley at 518-652-2713**.



MOVIE DAY

Join us on **Tuesday, February 20th at 1:00 p.m.** for a "romantic movie day".



TEA TALK W/ KELLEY

Join us on **Tuesday, February 27th, at 1:00 p.m.** for some Tea Talk with our surprise speaker.



CRAFTED BY ME

Join us for another craft class, where we will be making **pinecone birdfeeders** with Ann Marie. We will meet on **Friday February 16th at 1:00 p.m.**

THERAPY DOG

Join us for a visit from Marie and Sage on **Tuesday, February 20th at 11:00 a.m.**






****Rain Date Tues Feb 27th****



16 QUESTIONS & TEA

The conversations continue with 16 Questions and TEA. Join us on **Friday, February 23rd 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-February 2024
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf w/Gravy Mashed Potatoes Vegetable Trio Shortbread Cookies	2 Turkey Chili Rice Carrots Corn Muffin Yogurt
			5 Shredded Pork w/ Picatta Sauce Oven Roasted Potatoes Butternut Squash WW Dinner Roll Mandarin Oranges	6 Shepherd's Pie Spinach Warm Cranberry Crunch Oatmeal Cookies
12 Spanish Beef & Rice Casserole Broccoli Warm Peach Crisp	13 Chicken Marsala Parmesan Noodles Peas WW Dinner Roll Mandarin Oranges	14 Valentines Special Chicken Parmesan Fusilli Pasta w/Marinara Sauce Garlic Broccoli Dinner Roll Frosted Red Velvet Cake 	15 Shredded Pork w/Mushroom Cream Sauce Red Bliss Potato Vegetable Trio Pears	16 Tuna Salad on Bun Macaroni Salad Beet & Onion Salad Fresh Orange
19 Closed 	20 Shredded Pork w/Fiesta Sauce Mashed Sweet Potato Green Beans WW Dinner Roll Applesauce	21 Chicken A La King Egg Noodles Mixed Vegetables Carrot Muffin Mandarin Oranges	22 Beef Salisbury Steak w/Gravy Mashed Potatoes Vegetable Trio SF Chocolate Pudding	23 Spinach Rice Cheese Bake Red Beans California Blend Vegetables Yogurt
26 Shredded Pork & White Bean Casserole Broccoli Warm Apple Crisp WW Dinner Roll	27 LS Turkey & Swiss on Bun Mayonnaise Three Bean Salad Coleslaw Banana	28 Birthday Special Scalloped Potatoes & Ham  Peas & Carrots Wax Beans Corn Muffin Frosted Cake	29 Meatballs in Sauce Pasta w/Sauce California Blend Vegetables Fruit Cocktail	

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**

FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
Bingo 1pm (BR)	Tai Chi 9:30 (BR) Rummikub 10 am (RR)	Mystery Market 10 am (BR) Sequence 1pm (BR)	1 Exercise Class 10 AM (BR) Knitting 1pm (RR)	2 Pokeno 1pm (RR)
5 Bingo 1pm (BR)	6 Tai Chi 9:30 (BR) Rummikub 10 am (RR)	7 Mystery Market 10 am (BR) Sequence 1pm (BR)	8 Exercise Class 10 AM (BR) Knitting 1pm (RR)	9 Pokeno 1pm (RR)
12 Bingo 1pm (BR)	13 Tai Chi 9:30 (BR) Rummikub 10 am (RR) Valentines Day Extravaganza	14 Mystery Market 10 am (BR) Sequence 1pm (BR) HAPPY Valentine's Day	15 Exercise Class 10 AM (BR) Knitting 1pm (RR)	16 Pokeno 1pm (RR) Crafted By Me 1pm
19 Sorry We're CLOSED in observance of Presidents Day	20 Tai Chi 9:30 (BR) Rummikub 10 am (RR) Therapy dog 11 am (RR)	21 Quilting 9 am (BR) Mystery Market 10 am (HR) Sequence 1pm (BR)	22 Exercise Class 10 AM (BR) Knitting 1pm (RR)	23 16Q and Tea 10 am (RR) Pokeno 1pm (RR)
26 Bingo 1pm (BR)	27 Tai Chi 9:30 (BR) Rummikub 10 am (RR) **Rain Date - Therapy Dog 11am** Tea Talk w/ Kelley 1pm (BR)	28 Mystery Market 10 am (HR) Sequence 1pm (BR)	29 Exercise Class 10 AM (BR) Knitting 1pm (RR)	

THE SENIOR CENTER WILL BE CLOSED ON:

Monday, February 19th in observance of **Presidents' Day****

“ The ultimate dream in life is to be able to do what you love and learn something from it ”
- Jennifer Love Hewitt