

MECHANICVILLE SENIOR CITIZENS ORGANIZATION NEWSLETTER



MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

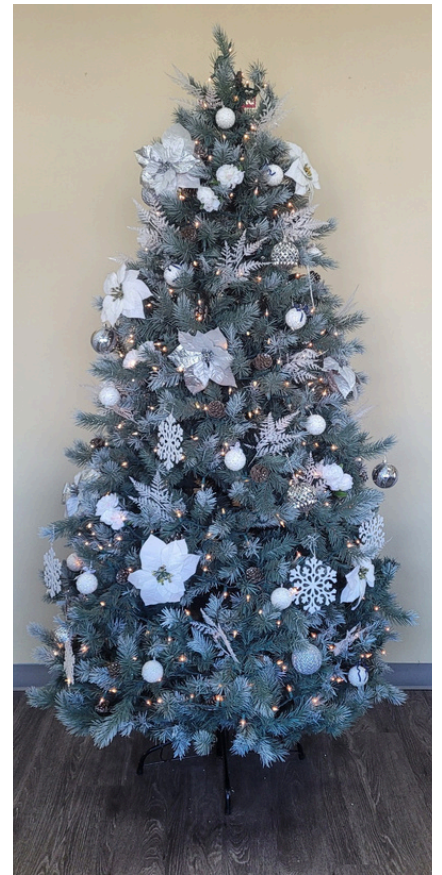
Happy February everyone, we can only hope that we are on the downside of winter. It is with much sadness that we mourn the loss of Commissioner Fred Hosley, our thoughts and prayers go out to his entire family.

We are planning to have a luncheon for St. Patty's Day this event will be held on Tuesday March 11th Starting between 12:30 and 1:00 p.m. in place of our regular monthly Meeting. This will be at no charge for all Members, non-members are also welcome, and any non-member donation will be greatly appreciated. We will be serving Ham & Cheese and Turkey & Cheese both wraps and subs along with Coleslaw, chips and beverages. We will also have Coffee and Desert. We will have a 50/50 raffle. We hope to see everyone there, please sign up by March 7th at the Senior Center office with either Eileen or Patty.

We are also looking into a day trip to Mohegan Sun Casino, we will keep everyone posted on possible date and cost.

Thank You

- TONY DELVECCHIO



MONTHLY TREE

NEXT MONTHLY MEETING:
FEBRUARY 11TH, 2025



MECHANICVILLE CITY BUS HOURS

Mechanicville City Bus Hours:

Monday - Friday: 9:00 a.m. – 3:00 p.m.

Clifton Park Bus Hours:

Monday 02/03/25 + Friday 02/21/25

Available Times: 9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m.

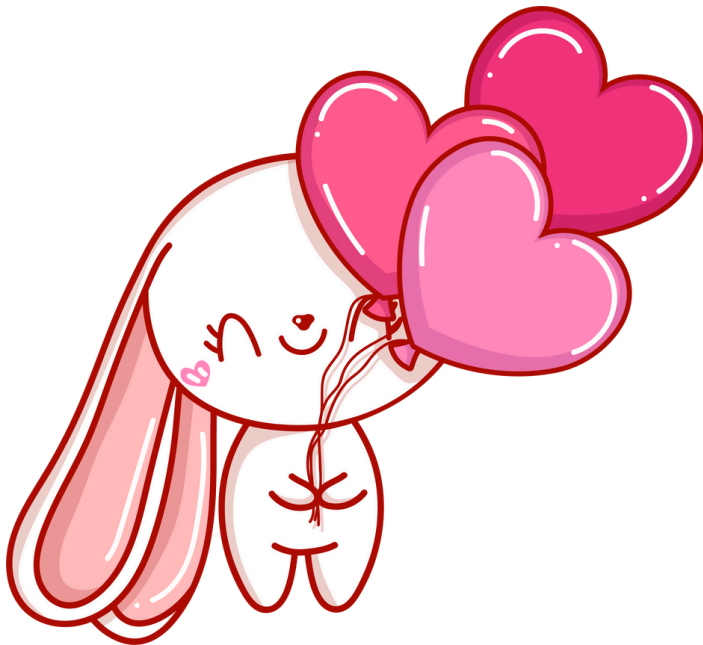
Please Note:

- *Bus Runs every 2 hours*
- *Bus will pick up patron at same location they were dropped off*
- *3-4 passenger only for each time slot*
- *Please call by noon the day before to reserve a seat*

Contact:

April or Public Safety Office 518-664-9884 ext 321

Eileen or Senior Center 518-664-9884 ext 341



- Mary Wescott, 2/1
- Linda Nadeau, 2/4
- 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 Vannucci, 2/12
- Catherine Belmonte, 2/12
- Jeannie Foxvog, 2/12
- Vivian Kelly, 2/12
- 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



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

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.



Tax season is coming!!! The community center will be able to offer Volunteer Income Tax Assistance (VITA), as a FREE Income Tax Preparation during tax season, to those who qualify. This program typically opens in February and closes in April. AARP will once again be preparing taxes at the Mechanicville Library. More details will follow!

POSTCARDS FOR YOUR FUTURE SELF WITH CAMERON

Come to create postcards for your future self with Cameron! We will design a cover of your choice with paints and markers. On the other side we will come up with positive sayings and reminders that we want to tell our future selves. Then when you look back at these cards in the future you are greeted with comforting reminders from your past self.







Sending Letters To Loved Ones That Have Passed

Please join Maddie in participating in her macro project for school. This project is called “Sending Letters To Loved Ones That Have Passed”. What I would like you to do is write a letter to someone that you miss so dearly, someone you wish you could still talk to today. Once you do that, hold onto it until February 20th. On this day please make sure you bring your letter with you. We will all meet in the lobby of the Senior Center at 1:30 PM. Once everyone that will be participating is present, she will give everyone an envelope and enclose your letter so no one will be able to open it. Once everyone's letter is enclosed, we will then tie a balloon to your letter and then the balloons will be let go outside. The purpose of tying your letter to the balloon and letting it go is that your letter will find its way to your loved one up in heaven.

It is with great sadness that we mourn the loss of Fred Hosley, Commissioner of Public Safety. On behalf of the Board and Staff of MACSC, we extend our heartfelt condolences to his family, friends, and the seniors and community members he served so faithfully. May his memory be a source of comfort and inspiration to us all.

- MACSC Board & Staff

**SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-February 2025
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Florentine Rice Pilaf Peas & Carrots Fruit Cocktail	4 Salisbury Steak w/Gravy Mashed Potatoes Butternut Squash Applesauce	5 Sliced Pork w/Mushroom Cream Sauce Red Bliss Potato Carrots WW Dinner Roll Mandarin Oranges	6 Swedish Meatballs Buttered Egg Noodles Broccoli SF Chocolate Pudding	7 Seafood Newburg Rice Pilaf Vegetable Trio Corn Muffin Fresh Orange
10 Spanish Beef & Rice Casserole Peas Warm Peach Crisp	11 Egg Salad on Bun Coleslaw Marinated Vegetable Salad Banana	12 Turkey Burger w/Mushroom Swiss Sauce on Bun Mixed Vegetables Warm Berry Crisp Yogurt	13 Shepherd's Pie Spinach Warm Cranberry Crunch Graham Crackers	14 Valentine's Special Chicken Marsala Parmesan Noodles Garlic Broccoli Dinner Roll Frosted Red Velvet Cake 
17 Closed 	18 Chicken and Biscuit Broccoli Butternut Squash Shortbread Cookies	19 Fiesta Meatloaf w/Gravy Mashed Potato Mixed Vegetables Applesauce	20 Beef & Broccoli Rice Pilaf Green & Wax beans Fruit Cocktail	21 Eggplant Parmesan Pasta w/Marinara Sauce Asparagus Vegetable Medley WW Dinner Roll Yogurt
24 Cubed Pork & White Bean Casserole Broccoli Warm Apple Crisp WW Dinner Roll	25 Turkey Divan Mashed Potatoes Butternut Squash Pumpkin Muffin Applesauce	26 Birthday Special  Beef Pot Roast w/Gravy Mashed Sweet Potatoes Vegetable Trio Frosted Cake	27 Chicken A La King Rice Pilaf Mixed Vegetables WW Dinner Roll Mandarin Oranges	28 Seafood Salad on Bun Macaroni Salad Marinated Green Beans Pears

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 2025

Mon	Tue	Wed	Thu	Fri
				1 Pokeno 1pm (RR)
3 Canasta 10am (RR) Bingo 1pm (BR)	4 Tai Chi 9:30am (BR) Rummikub 10am (RR)	5 Quilting 9:30 am (RR) Sequence 1pm (BR)	6 Thursday Morning Stretch Exercise Class 10am (BR) Knitting/Crocheting 1pm (RR)	7 Pokeno 1pm (RR)
10 Bingo 1pm (BR)	11 Tai Chi 9:30am (BR) Rummikub 10am (RR)	12 Sequence 1pm (BR)	13 Thursday Morning Stretch Exercise Class 10am (BR) Knitting/Crocheting 1pm (RR) Valentine's Party 1pm (BR)	14 Pokeno 1pm (RR) 
17 Sorry We're CLOSED in observance of President's Day	18 Tai Chi 9:30 am (BR) Rummikub 10am (RR) Postcard To Your Future Self 1pm (BR)	19 Sequence 1pm (BR)	20 Thursday Morning Stretch Exercise Class 10am (BR) Knitting/Crocheting 1pm (RR) Letters to Loved Ones who have passed 1pm (BR)	21 Pokeno 1pm (RR) Karin's Cooking Class 10am (BR) Cooking w/ Karin Souper Soups 10am
24 Bingo 1pm (BR)	25 Tai Chi 9:30 am (BR) Rummikub 10am (RR)	26 Sequence 1pm (BR)	27 Thursday Morning Stretch Exercise Class 10am (BR) Knitting/Crocheting 1pm (RR)	28 16 Questions w/Kelley 10AM Pokeno 1pm (RR)

THE SENIOR CENTER WILL BE CLOSED ON:

Monday, February 17th in observance of **Presidents' Day**