



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



CITY BUS TRIPS

- Thursday-1/5 Dinner at Applebee in Latham bus leaves 4:45pm
- Tuesday-1/10 Dinner at Halfmoon Diner in CP bus leaves 4:45pm
- Monday-1/16 afternoon at Racino! Bus leaves at 12pm and returns at 4:30pm
- Tuesday-1/24 Dinner at the Olive Garden in CP bus leaves 4:45pm

Sign-up sheet are on the City's bulletin board at the Senior Center

January 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>Senior Center Closed in recognition of New Year's Day</p>	<p>3</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p>	<p>4</p> <p>Coloring/Puzzles 10 am (HR)</p> <p>Mystery Market 10 am</p> <p>Sequence 1 pm (HR)</p>	<p>5</p> <p>Knitting 1 pm (RR)</p>	<p>6</p> <p>Chair Yoga 10 am (HR)</p> <p>Pokeno 12:30 pm (RR)</p>
<p>9</p> <p>Canasta 10 am (RR)</p> <p>Bingo 1 pm (HR)</p>	<p>10</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p> <p>16 Questions???? 11 am (HR)</p>	<p>11</p> <p>Coloring/Puzzles 10 am (HR)</p> <p>Mystery Market 10 am</p> <p>Sequence 1 pm (HR)</p>	<p>12</p> <p>Knitting 1 pm (RR)</p>	<p>13</p> <p>Chair Yoga 10 am (HR)</p> <p>Pokeno 12:30 pm (RR)</p>
<p>16</p> <p>Senior Center Closed in Observance of Martin Luther King Jr Day!</p> 	<p>17</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p>	<p>18</p> <p>Coloring/Puzzles 10 am (HR)</p> <p>Mystery Market 10 am</p> <p>Sequence 1 pm (HR)</p>	<p>19</p> <p>Just Say Yes to Fruits & Veggies 10:30 am (HR)</p> <p>Knitting 1 pm (RR)</p>	<p>20</p> <p>DVD Chair Yoga 10 am (HR)</p> <p>Pokeno 12:30 pm (RR)</p>
<p>23</p> <p>Canasta 10 am (RR)</p> <p>Bingo 1 pm (HR)</p>	<p>24</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p>	<p>25</p> <p>Coloring/Puzzles 10 am (HR)</p> <p>Mystery Market 10 am</p> <p>Sequence 1 pm (HR)</p>	<p>26</p> <p>Knitting 1 pm (RR)</p>	<p>27</p> <p>DVD Chair Yoga 10 am (HR)</p> <p>Pokeno 12:30 pm (RR)</p>
<p>30</p> <p>Canasta 10 am (RR)</p> <p>Bingo 1 pm (HR)</p>	<p>31</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p>			

- The Senior Center and Living Well Program will be CLOSED on 1/2/23 in recognition of New Year's Day!
- Calendar events, Days and times can change or be cancelled, especially in bad weather. Call first!

MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS



January 2023



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)
- Second Tuesday - at 11 am (HR) 16 Questions??? Fun way to get to know each other!
- Wednesdays- Coloring/puzzle at 10 am (RR), Mystery Market at 10 am, Sequence at 1 pm
- Thursdays-Knitting at 1 pm
- The Third Thursday -at 10:30 am (HR) Just Say Yes to Fruits and Veggies
- Fridays- Chair Yoga at 10 am (HR), Pokeno at 12:30 (RR)

New programs or events in January:

December was a crazy month and went by so fast, I couldn't schedule many of the events I wanted to. I will list the programs but am waiting on the days and times they will occur. I will hang flyers with this day and time on my bulletin board as I get them. You are welcome to call to ask about any program listed below to check the day and time it will be held at 518-652-2713 ext. 1011. I'm sorry for any inconvenience this may cause. Next month should be back to normal.

- Cooking class
- Craft class
- Visit from the therapy dogs
- Entertainment by Patrick Sgambati Sr.

Our Interns, Aaron and Julie will return on Tuesday 11/24 they will be here until May. I know many of you have missed Tech Talk with Aaron and Crafts with Julie. It will be wonderful to have them back.

Ma's CORNER...

December was a whirlwind of activities! We started with the Covid Booster Clinic, hoping to keep everyone healthy this winter. Next, we learned to decoupage soap and boxes, turning them into beautiful treasures with Ann Marie. We thank her so much for her time and supplies. Then on to trimming the lobby tree, thank you to those that came and shared their ornaments! We had so much fun!

The Membership with the city held a beautiful Holiday luncheon for all Senior to attend, it was wonderful to see so many people in attendance. The food was delicious and there were many baskets to try to win. I am honored and thankful for being included in the fun!

Just say yes to fruits and veggies class was on the third Thursday of the month, sharing another delicious recipe and her infamous produce bags. We so appreciate Kristen Bopp for the class she presents for our Seniors.

Throughout the last few months, the interns and I have been working on gathering Christmas wishes from many area seniors. I am happy to report that with the help of our generous community and some wonderful organizations and businesses; we were able to grant the wishes of over 30 Seniors! In addition to giving out 50 gift bags to more seniors. None of this would have been possible without the generosity of:

Home Instead Senior Care for their Adopt a Senior program and their extremely generous community!

The Mechanicville Library for displaying a wishing tree and the generous patrons of the library for taking the tags, shopping for gifts!

Deacon Lynn from St Luke's and their congregation for providing 15 gifts and 25 goodies bags for our seniors.

Farimore Financial for the 50 gift bags which included a pillow, comfy blanket, comfy socks, a scarf, and a box of candy in each bag.

GA Bove for the 25 gift bags they provided with snacks, puzzle books, lotion, and gift card for McDonalds'

Mechanicville/Stillwater Lion's club warm blankets and hats

We can not thank you enough for helping us give a happy holiday to many seniors who would not have had anything!!