

# 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\*\**

**FRIDAY, JULY 5TH**

**Rivers Casino in Schenectady**

*Bus leaves at 2:00 and returns 7:00 pm*

**THURSDAY, JULY 11TH**

**Dinner at United Buffet in Schenectady**

*Bus leaves at 4:45 pm*

**WEDNESDAY, JULY 17TH**

**Dinner at Country View in Brunswick**

*Bus leaves at 4:45 pm*

**TUESDAY, JULY 23RD**

**Dinner at Bella Lucca Pizza & Pasta in Clifton Park**

*Bus leaves at 4:45 pm*





# MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



## FROM THE PRESIDENT

Looks like summer is in full swing. Our plans have come together nicely for our annual cookout, as always, we will be serving Hot Dogs, Hamburgers Baked Beans, Pasta Salad and Roasted Potatoes. We will also have Watermelon and cake for dessert, along with beverages. Last day to sign up will be July 3rd and the cost is \$12.00. We will also have entertainment. The picnic will be held on **Tuesday July 9th** and will take the place of our Regular July meeting. And as an added note there will not be a meeting in August. Looking forward to seeing everyone at the picnic.

- TONY DELVECCHIO

*Happy  
4<sup>th</sup> of July*



**MONTHLY TREE**

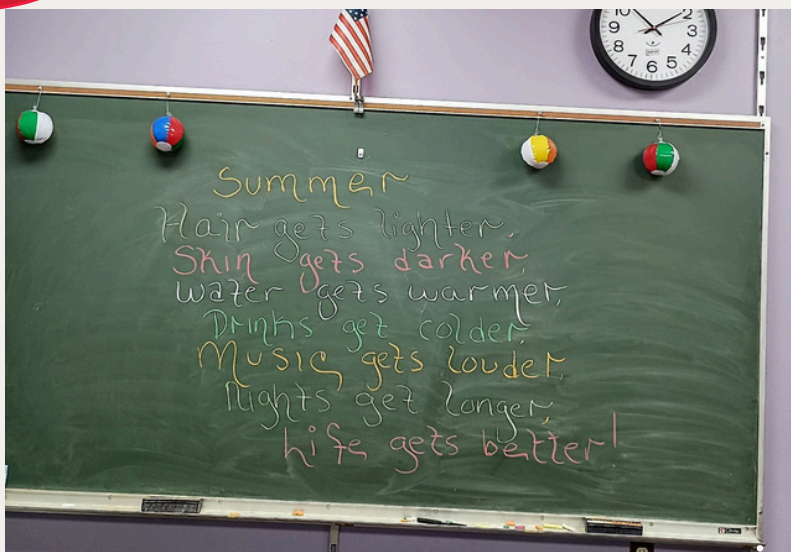
**NEXT MONTHLY MEETING:  
JULY MEETING CANCELED**



# FROM THE COMMISSIONER

It's finally summer. We all can enjoy the beautiful weather. Stay cool in our airconditioned facility while making new friends and creating lasting memories. Our basketball tournament was a huge success. A big, big thank you to Tyrell Pryor and the Youth Guard for making it and amazing event for everyone involved. We would like to thank Megan and all the staff at Mechanicville Area Community Center for the speedy response to letting us use their gym on super short notice. The flowers at the sign at the Senior Center look amazing thank you to all involved. Wanted to send a shout out to Josh our Laborer he is doing a fantastic job keeping up with the Boathouse, DPW restrooms, Paul Luther/ Park Avenue Playground and all the outside work at the Senior Center. Hope everyone has an amazing July!!!

- FRED HOSLEY



# Happy

# Birthday

- Sheba Brisson, 7/1
- Eugene Vermilyea, 7/1
- Anthony Rocco, 7/5
- Pat Steadman, 7/5
- Dawn Weatherholtz, 7/8
- Margaret Skinkle, 7/13
- Rose Ann Lindeman, 7/14
- Anthony Belmonte, 7/15
- Barbara Loatman, 7/15
- Jane Morrison, 7/15
- William Starowitz, 7/15
- Gregg Loan, 7/17
- Jeannie McMahan, 7/20
- Nima Charboneau, 7/26
- William Johnson, 7/26
- Phyllis Thompson, 7/27
- Myra Gage, 7/29
- Marylou Desmond-Pries, 7/30
- Barbara Ponzillo, 7/31
- Phyllis Rocco, 7/31





# LIVING WELL PROGRAM NEWS

The Community Center is happy to present the Free Market on Wednesdays at 10:00 a.m. Come join us for fresh produce on Wednesday. Farmers market coupons are coming July 24th 9 am and will be distributed at the Community Center during Free Market.

We are looking forward to some exciting programming coming soon.

Karin is coming back for cooking class on Aug 20th. And Line dancing is coming in Sept.

If you have any suggestions for activities, please contact Kelley Brown at the Senior Center (518)-652-2713.

## ***HEAP COOLING ASSISTANCE***

It's that time of year again; the hot weather is coming. HEAP has opened its cooling assistance program. If your air conditioner is broken HEAP has some funding to replace it if you meet eligibility requirements.

### **You may qualify if:**

You meet income eligibility Are on SNAP or Temporary Assistance

Have not received an air conditioner in the last five years from HEAP.

If you are on HEAP already just call the HEAP Office at **518-884-4146** and they will check eligibility, walk you through the process and give you a list of approved vendors for installation.





SARATOGA COUNTY DEPARTMENT OF AGING AND YOUTH SERVICES

# FARMER'S MARKET COUPONS & INFORMATIONAL EVENT



**NY Connects**  
Your Link to Long Term  
Services and Supports

of SARATOGA COUNTY

(800) 342-9871 (518) 714-4826

**WHEN: WEDNESDAY, JULY 24TH  
9:00AM-11:00AM**

**WHERE: MECHANICVILLE AREA COMMUNITY CENTER  
6 SOUTH MAIN STREET, MECHANICVILLE**

**2024 ELIGIBILITY GUIDELINES:**

**YOU MUST BE 60 YEARS OF AGE OR OLDER, ONE BOOKLET PER SEASON PER INDIVIDUAL.**

**INCOME AT OR BELOW:**

**\$2322.00 PER MONTH, HOUSEHOLD OF ONE**

**\$3152.00 PER MONTH, HOUSEHOLD OF TWO**

**EACH BOOKLET VALUE IS \$25.00 (5-\$5.00 COUPONS) THAT ARE GOOD FOR FRESH FRUITS AND VEGETABLES AT LOCAL PARTICIPATING FARMER'S MARKET VENDORS AND FARM STANDS.**



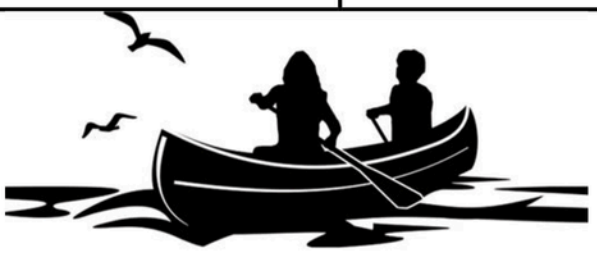
**NO CHANGE CAN BE GIVEN FOR ANY UNUSED AMOUNT ON A COUPON.**

**FOR MORE INFORMATION, CALL**

**DEPARTMENT OF AGING AND YOUTH SERVICES AT 518-884-4100**



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Pulled BBQ Pork on Roll Cabbage Carrots SF Oatmeal Cookies	<b>2</b> Orange Ginger Chicken Rice Pilaf Asian Blend Vegetables WW Dinner Roll Yogurt	<b>3 July 4 Special</b> Hot Dog w/Meat Sauce on Bun Baked Beans Warm Potato Salad Frosted Patriotic Cake	<b>4 Closed</b> 	<b>5</b> Beef Pot Roast w/Gravy Mashed Potatoes Broccoli Mandarin Oranges
<b>8</b> Salisbury Steak w/Gravy Egg Noodles Carrots WW Dinner Roll Fruit Cocktail	<b>9</b> Sliced Roast Pork w/Gravy Mashed Potatoes Spinach Applesauce	<b>10</b> Stuffed Shells w/Meat Sauce Vegetable Trio Warm Peach Crisp Fruit & Nut Mix	<b>11</b> Chicken w/Curry Cream Sauce Rice Pilaf Peas & Carrots WW Dinner Roll Mandarin Oranges	<b>12</b> LS Ham & Swiss Cheese on Bun Mustard Coleslaw Marinated Green Beans Banana
<b>15</b> Italian Sausage w/Peppers & Onions on Roll Spinach Warm Cranberry Crisp Applesauce	<b>16</b> BBQ Chicken Home Fries Vegetable Trio WW Dinner Roll Yogurt	<b>17</b> Breaded Fish w/Tarragon Sauce Orzo Pasta Peas & Carrots Pears	<b>18</b> Spanish Chicken & Rice Broccoli Warm Berry Crisp Graham Crackers	<b>19</b> Goulash Yellow Squash Green Beans Corn Muffin Fruit Cocktail
<b>22</b> Chicken w/ Lemon Sauce Orzo Pasta California Blend Vegetables WW Dinner Roll Peaches	<b>23</b> Mushroom & Onion Smothered Beef Patty w/ Gravy Mashed Potatoes Beets Mandarin Oranges	<b>24</b> Tuna Salad on Bun Macaroni Salad Tomato & Cucumber Salad LS Potato Chips Banana	<b>25</b> Beef & Vegetable Rice Pilaf Green & Wax Beans Pears	<b>26</b> Chicken Bacon Mac & Cheese Broccoli Butternut Squash Yogurt
<b>29</b> Seafood Cake w/Dijon Sauce Mashed Sweet Potatoes Beets Applesauce	<b>30</b> Bourbon Chicken Red Bliss Potatoes Vegetable Trio WW Dinner Roll Shortbread Cookies	<b>31 Birthday Special</b> Meat Lasagna Zucchini & Yellow Squash Green Beans Frosted Cake 		

**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**

# JULY 2024

Mon	Tue	Wed	Thu	Fri
1 Bingo 1pm (BR)	2 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR) Flag Wreath Making 1pm (RR)	3 Sequence 1pm (BR) Mystery Market 10 (at Community Center)	4  Sorry We're <b>CLOSED</b> in observance of Independence Day	5 Pokeno 1pm (RR)
8 Bingo 1pm (BR)	9 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR)	10 Quilting 9:00 AM (BR) Mystery Market 10 (at Community Center) Sequence 1pm (BR)	11 Exercise Class 10am (BR) Knitting 1pm (RR)	12 Yahtzee 10AM (RR) Pokeno 1pm (RR)
15 Bingo 1pm (BR)	16 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR) MOVIE DAY 1:00-3:00 PM (Independence Day)	17 Flamingo Wind Chimes w/ Kelley 10am (RR) Mystery Market 10 (at Community Center) Garden Club 1pm Sequence 1pm (BR)	18 Exercise Class 10am (BR) Knitting 1pm (RR)	19 Pokeno 1pm (RR)
22 Bingo 1pm (BR)	23 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR)	24 Quilting 9:00 AM (BR) Farmer's Market Coupons 9am-11am (at Community Center) Mystery Market 10 (at Community Center) Crafted By Me 1pm (BR) (Rock Painting) Sequence 1pm (BR)	25 Exercise Class 10am (BR) Knitting 1pm (RR) "Christmas In July" Diamond Art Ornaments 1pm (BR)	26 16Q and Tea 10am (RR) Pokeno 1pm (RR)
29 Bingo 1pm (BR)	30 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR) Tea Talk w/ Kelley 1pm (RR)			

**THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES ON:**

**Thursday, July 4th** in observance of **Independence Day**