



# 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\*\**

**WEDNESDAY, JUNE 5TH**

**Dinner at Schag a Val Diner in Schaghticoke**

*Bus leaves at 4:45 pm*

**THURSDAY, JUNE 13TH**

**Dinner at Grecian Gardens in Clifton Park**

*Bus leaves at 4:45 pm*

**THURSDAY, JUNE 20TH**

**Dinner at Venezia's Pizza & Pasta in Clifton Park**

*Bus leaves at 4:45 pm*

# MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



## FROM THE PRESIDENT

Wow June is here already, plans are in the works for the July picnic. Unfortunately, we do not have all the details yet because they were not finalized at the time of printing. We have decided on a charge of \$12.00 per person. We will be serving Hot Dogs and Hamburgers, salads will be discussed at our May meeting and will be posted at the center. We will have water, soft drinks and desert also. Picnic date will be the 9th of July. Cut off to sign up will be Wednesday July 3rd, please see Eileen at the center to sign up, if you are paying by check please make your check payable to the Mechanicville Senior Citizens Organization.

- TONY DELVECCHIO



## MONTHLY TREE

NEXT MONTHLY MEETING:  
TUESDAY, JUNE 11TH AT 1:00 PM

# FROM THE COMMISSIONER

Let us make the most out of these beautiful months ahead of us as the days are getting warmer and longer. We are gearing up for an active summer. Come and enjoy some of the new activities at the center such as the new exercise class, crafting classes, gardening club and Shuffleboard. The details for the annual Lake George Boat trip are being finalized and will be announced soon. As always, we are here to support you all on your journey to health, happiness, and fulfillment.

- FRED HOSLEY

## 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.



- Karen Valoze, 6/3
- Dave Hicks, 6/5
- Christine Bisceglia, 6/6
- Linda Kelley, 6/6
- Patricia Young, 6/6
- Lawrence Kiley, 6/7
- Ellie Crandall, 6/10
- Linda Dulurey, 6/10
- Elsie Hunt, 6/10
- Ellie Nichols-Morah, 6/10
- Margaret Brownell, 6/14
- Lola Foote, 6/16
- Theresa Sgambati, 6/16
- Justina White, 6/16
- Shirley Cyr, 6/18
- Patricia Finigan, 6/18
- Cathy Muller, 6/20
- David Pugh, 6/20
- Mary Torres, 6/23
- Joseph Cappola, 6/24
- Patricia Henningson, 6/24
- Gretchen Koper, 6/24
- Joan Koch, 6/25
- Shirley Gurba, 6/27
- Geraldine Smith, 6/27
- Ann Fascia, 6/29
- Diana Newell, 6/29
- Gloria Piccirelli, 6/30



# LIVING WELL PROGRAM NEWS

## Juneteenth

Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. **Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday.** On **June 17, 2021**, it officially became a federal holiday



## SUN DAMAGE

Enjoying activities outside or working a job that takes you outdoors can mean hours under the sun. Over months and years, those hours add up, and the time in the sun may damage your skin. Read on to learn about skin conditions that can be caused by too much sunshine. To protect itself from the damaging effects of the sun, skin makes more brown pigment, called melanin. That extra melanin is what creates a suntan. But sometimes skin doesn't make melanin evenly. As a result, the skin's coloring, called pigmentation, looks patchy. The sun also can cause small blood vessels to stretch, giving skin a blotchy look.

Melanin is the brown pigment in the top layer of skin that gives skin its color. Melanin protects the deeper layers of skin from sun damage. The more melanin in the skin, the darker the skin looks, and the more protection it has against sun damage.

People with brown or Black skin have more natural protection from the sun than do people with white skin. But brown or Black skin still can be damaged by the sun. Pictured below is an example of brown skin with signs of sun damage, including wrinkles and areas of uneven color. So wear your sunblock everyday!!!!



# HAPPY JUNE



## FELT SUCCULENTS

Join us for a fun day making felt Succulents on **Thursday, June 6th at 1:00 p.m.**

## CRAFTED BY ME

Join us on **Wednesday, June 12th at 1:00 p.m.** to make Seashell Mobiles.

## GEOMETRIC WALL ART

Join us on **Thursday, June 20th at 1:00 p.m.** to make Geometric Wall Art.



## THERAPY DOG

Join us for a visit from Diane and Keeva on **Tuesday, June 11th at 11:00 a.m.**



## GARDEN CLUB

Come have some fun in the sun with the Garden club. Garden club will be meeting at the senior center on **Wednesdays at 1:00 p.m.**



## MOVIE DAY



Join us on **Tuesday, June 18th at 10:00 a.m.** for movie day. "Where the Crawdads Sing?"



## TEA TALK W/ KELLEY

The conversations continue with 16 Questions and TEA. Join us on **Tuesday, June 25th at 1:00 p.m.** for some refreshments and some interesting questions to weigh in on. Hope to see you there.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Italian Sausage w/Peppers & Onions on Roll Orzo Pasta Spinach Banana	<b>4</b> BBQ Chicken Home Fries Vegetable Trio Whole Wheat Dinner Roll Yogurt	<b>5</b> Goulash Yellow Squash Green Beans Corn Muffin Fruit Cocktail	<b>6</b> Spanish Chicken & Rice Broccoli Warm Peach Crisp	<b>7</b> Breaded Fish w/Tarragon Sauce Oven Roasted Potatoes Peas & Carrots Mandarin Oranges
<b>10</b> Chicken w/ Lemon Sauce Orzo Pasta California Blend Vegetables Whole Wheat Dinner Roll Peaches	<b>11</b> Mushroom& Onion Smothered Beef Patty w/ Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges	<b>12</b> LS Turkey & Swiss on Bun Mayonnaise Beet & Onion Salad Marinated Vegetable Salad Fruit & Nut Mix	<b>13</b> Sliced Sweet & Sour Pork Rice Pilaf Asian Blend Vegetables Pears	<b>14 Father's Day Special</b> Open Faced Hot Roast Beef Sandwich Mashed Potatoes Butternut Squash Frosted Chocolate Brownie 
<b>17</b> Seafood Cake w/Dijon Sauce Mashed Sweet Potatoes Beets Applesauce	<b>18</b> Bourbon Glazed Chicken Red Bliss Potatoes Vegetable Trio Whole Wheat Dinner Roll Shortbread Cookies	<b>19</b> Seafood Salad on Bun Macaroni Salad Marinated Green Beans Mandarin Oranges	<b>20</b> Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli Peaches	<b>21</b> Beef Enchilada Casserole Green Beans Warm Berry Crisp Yogurt
<b>24</b> Garlic Parmesan Chicken Buttered Pasta Peas & Carrots WW Dinner Roll Mandarin Oranges	<b>25</b> Quiche Casserole Hash Browns Warm Peach Crisp Bran Muffin Fresh Orange	<b>26 Birthday Special</b> Meat Lasagna Zucchini & Yellow Squash Green Beans Frosted Cake 	<b>27</b> Swiss Steak w/Gravy Mashed Potatoes Spinach SF Chocolate Chip Cookies	<b>28</b> Cornflake Chicken w/Gravy Rice Pilaf Broccoli Peaches



**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**

# JUNE 2024

Mon	Tue	Wed	Thu	Fri
3 Canasta 10am(RR) Bingo 1pm (BR)	4 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR)	5 Quilting 9:30 AM (RR) Garden Club 1pm (RR) Sequence 1pm (BR)	6 Exercise Class 10am (BR) Knitting 1pm (RR) Succulent Plants 1pm (RR)	7 Pokeno 1pm (RR)
10 Bingo 1pm (BR)	11 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR) Therapy Dog 11am	12 Sequence 1pm (BR) Crafted By Me SEASHELL MOBILES 1:00-3:00 PM	13 Exercise Class 10am (BR) Knitting 1pm (RR)	14 Pokeno 1pm (RR)
17 Canasta 10am (RR) Bingo 1pm (BR)	18 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR) MOVIE DAY 1:00-3:00 PM "Where the Crawdads Sing?" Mystery/Drama	19 <b>JUNE TEENTH</b> <i>Sorry We're</i> <b>CLOSED</b> in observance of Juneteenth	20 Exercise Class 10am (BR) Knitting 1pm (RR) Geometric Wall Art 1pm (RR)	21 16Q and Tea 10am (RR) Pokeno 1pm (RR)
24 Bingo 1 PM (BR)	25 Tai Chi 9:30am (BR) Rummikub/Mexican Train 10am (RR) Tea Talk w/ Kelley 1pm (RR)	26 Sequence 1 PM (BR) Crafted By Me 1pm (BR) Garden Club 1pm (RR)	27 Exercise Class 10am (BR) Knitting 1pm (RR)	28 Pokeno 1pm (RR)

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

**Wednesday, June 19th** in observance of **Juneteenth**