

# Living Well

## Program News – February 2022

### Living Well Program Notes

We had the three focus groups and out of these came feedback as to what are the strengths of this center and what are the weaknesses. I have developed a mission statement based on the results of the meeting. A statement that summarizes what the goals of the center should be. You can see more results of the focus groups on the bulletin board at the center.

In the lobby we plan to restart the coffee cart soon, when this current surge of omicron dies down. In the meantime check out the newer magazines in the lobby to read.

Remember that you **do not need to be a member to join in the activities at the senior center.** The Senior Center is for those 50 and older that want to participate in the programming offered. Please see the office staff if you would like to find out more about membership.

If you need assistance it is necessary to call for an appointment as I am frequently running programs and meetings. Also if you need help with your devices: phones, tablets we have interns here that can help call to book an appointment.

If you want to sign up for any classes call the front desk at 518-664-7877 or sign up at the center on the bulletin board.

### NEW!!! A Book Club

A book club is forming now at the Senior Center. We welcome Michelle Duell of the library to conduct a book club meeting here. The current book is called the **MIDNIGHT LIBRARY by Haig.** The library has the books available for you to take out. You can also download a version of the book to your device. You can ask the library staff to help you do this. Just check out or download the book (the library has multiple copies) and read it in your own time. Come to the senior center on Feb. 28<sup>th</sup> at 1pm in the Riverside Room for a discussion of the book. I read it already and can say it is an excellent read!

Please sign-up by calling the Senior Center. 518-664-7877.



### Facility Rooms - Renamed

There has been some confusion with the room names between the Midrise, Library and the Senior Center. The library has a community room as does the Midrise and some call our Dining room a Community Room. To make it easier to determine and distinguish rooms for the purposes of these classes there are new names for the rooms at the Senior Center, you will see names on the doors. As we get more familiar with these names, when there are flyers or

announcements, it will cut down on the confusion. The Dining Room will be called the HUDSON Dining ROOM. The kitchenette the RIVERSIDE ROOM (think the room closer to the river). We will abbreviate these rooms on the calendar to HR and RR to clarify which class is meeting in which room.

### **CLEAN OUT day**

We have accumulated a lot of items here at the Senior Center over the years and we are scheduling a clean-out day sometime in the future. If you have items here from your club/activity that are important to you please come in and clearly mark items and let office staff know what stays and what if any items can be discarded. You can also help by looking at areas you use and discarding items you no longer need. We can arrange for larger items to be picked up.

We will be scheduling a clean-out day probably in March or April and I will notify you in the newsletter. We will be rearranging the storage areas as well. Storage is very limited here and we all need to share the spaces. Thank you in advance for your understanding and for your help. Any questions please feel free to contact me.



### **Cooking for One or Two**

Cooking can be a chore and sometimes we are all looking for something new to try. Why not come to a live demonstration

cooking class with free samples? Learn tips and techniques for cooking for one or two.

This month we are going to look at Tofu! Before you groan know that tofu is a protein-packed food product that is very versatile. We are going to be making a Black pepper-crusting tofu stir-fry and it is delicious. Learn how to use tofu in many different ways – even a dessert! This class will be on February 18<sup>th</sup> at 1pm in the Hudson Dining Room. Sign-up at the center or call them at 518-664-7877



### **Puzzles**

If you like to do puzzles we have a community puzzle table set up in the Hudson Room ( former dining room). Come sit for a while and help build the puzzle.

We have so many puzzles. Check it out and take a couple home to do on your own, they are free.

### **Life Hacks**

If you want to pull the labels off a plastic container like your prescription bottles place it in the freezer for a few hours and they will peel off easier. I tried it and it really works!

### **Kitchen Short-Cuts**

Don't underestimate the benefits of a rotisserie chicken. Buy one and use it multiple ways. Eat it hot with gravy the first day. Sauté slices in pan with spices or gravy and put on a bun. Make chicken salad. Put

chunks on a tortilla with cheese and make a quesadilla with salsa.

One chicken, all week, with a different twist! If you don't want to buy a rotisserie chicken cook a whole chicken when you have time and eat it all week. Don't forget to make soup from the bones!

### **Free Medical Items**

I have many free items available for you to take. Just call to see what we have and if I don't have it maybe I can help locate it.

I have a transport wheelchair, for free. It is lighter weight and easier to get in and out of the car.

### **Movement to Music Class**

We are having fun in this Movement to Music class led by Estheisy! Come and give it a try. It is very low-impact and high on enjoyment. All the movements are done sitting down and you go at your own pace and ability. Movement is so important to keep our joints and muscles flexible. The music is fun and upbeat. Give it a try. Call to sign-up. Classes are Feb. 3<sup>rd</sup> at 10 am. and Feb. 15<sup>th</sup> at 1pm in the Hudson Room (former Dining Room)

### **Tea Talks**

Our next tea talk will be February 17<sup>th</sup> in the Hudson Dining Room at 10 am. Tom Richardson will be our guest and will be talking about the history of Mechanicville.

Come and hear what he has to say and share your knowledge of our city. Hope to see

you there. Sign-up by calling 518-664-7877. Bring your own Mug of Tea for now. Snacks will be provided.



### **Gather and Dine! at the Senior Center**

We have more and more people coming to try Mazzone's Catering food at the **Gather and Dine Program** run by Office for the Aging. Speak with Eileen in the kitchen to sign up for lunch, call 518-664-7877.



### **NEW!!! Rummikub**

Come out and deal with the hum drum days of the winter and play some games at the Senior Center. Rummikub is a very easy game to learn. Think of it as Gin Rummy with tiles instead of cards. It's great exercise for your brain and fun to play. Any number from 2 -4 players can play and we have a few game sets. Come out on Feb. 8<sup>th</sup> at 10 am. and Feb 22<sup>nd</sup> at 10 am. in the Riverside Room (former kitchenette) to try your hand at this game. If you like the game we can make it a regular activity.

### **Special Valentines Crafted By Me Class**

Join us February 14<sup>th</sup> at 10 am in the Hudson Room for a special Valentine's Day Craft class. We will make a fun Valentine's Day card or bookmark with a unique painting technique! We will play a trivia game and have some holiday refreshments. Go home

with a sample of homemade chocolate bark which we will make in the class. You must sign up for this class by calling 518-664-7877.



### **Therapy Dogs**

We have a date set for the Therapy Dog visit. February 15<sup>th</sup> at 12:30pm until about 1:30-2pm. We are privileged to have Keeva here she is with her owner Diane Trombley. We look forward to her visit. Come and visit and talk to Diane and ask about therapy dogs and meet Keeva. Being in the company of animals is a great stress reliever and they have a lot of love to share. I hope you will stop in to meet them.

### **Presidents' Day**

The Senior Center is closed on February 21<sup>st</sup> in observance of Presidents' Day.

### **Just Say Yes to Fruits and Vegetables Class**

Kristyn Bopp is still conducting her classes virtually due to covid precautions. We are grateful to have her back to teach a class on Food Safety. There may be new things we can learn on this topic. As always she has a teaching portion and then she will demo a recipe. She will drop off a goody produce bag for those that attend but you **must** sign-up for this class to get a bag. The class is February 10<sup>th</sup> at 10am in the Hudson Room (former Dining Room)

### **Adult Coloring**

We have moved the coloring class back to the Senior Center! The time has changed now to 10 am every Wednesday. We will meet in the Riverside Room (former kitchenette) at the Senior Center. I have all the supplies, pencils and books. Feel free to bring your own books as well. Try it out, it is very relaxing and you will be so surprised how fun and easy it is to do.



### **Second Editions!**

Want to add something new to your wardrobe and don't have time to shop? Come to our SECOND EDITIONS Free shop and peruse some free clothing items. There are gently used and washed clothing and also shoes for men and women, mostly larger sizes but some smaller.

Check it out, you may go home with something new. When taking items please be considerate of others taking only a few items at a time and only what you can use.

Second Editions will be in the Hudson Room on February 17<sup>th</sup>-18<sup>th</sup>. Bring your own bags please!



### **NEW!!! Journaling Class**

Did you ever wonder what all the hype is about journaling? It is very relaxing and therapeutic. If you don't know what to write or how to journal, come to this class to learn about different types of journals and journaling benefits. Picture journal, gratitude journals, Intention journals etc. Everyone who attends gets a free journal but you must sign up for the class to get one.

This class will be led by Isly Benton and will meet on Monday February 7<sup>th</sup> at 1pm in the Riverside Room.

### **Tech Help Open House**

Isly is here to help you with your tech questions and issues. She has a drop in time on Tuesday mornings from 10am-12pm for you to walk in to get assistance with your technology needs. It doesn't matter if it is a smart phone, tablet, laptop; come on in for some support with your device. If you can't come then call for an appointment.

### **Movie Day**

Some of you have been asking for a movie day. Well we have one for you, Save March 1<sup>st</sup> at 1pm in the Hudson room we will be showing a movie. We will have fresh popped popcorn and a hot cocoa bar. Look for more information on the flyers at the senior center or call for more details.



### **Driver's Class**

Save March 28<sup>th</sup> 9:15-4 if you would like to take the Safe driver's class. Class is \$25. Call the main office for more information and to register 518-664-7877. Space is limited.

### **Blood Pressure checks coming soon**

### **NEW!!! Explore the Senses Class**

Estheisy will be leading this class in two parts on the wonderful world of our senses. Join us for some interesting facts and sensory exploration exercises. This class meets Feb 10<sup>th</sup> at 11 am and Feb 24<sup>th</sup> at 10 am in the Riverside room . Please sign-up.

### **In Memory Of:**

Whenever we lose someone in our community it affects all of us. In the future if we have a loss in our senior center community you will see a picture of a leaf with a teardrop on it taped to the front door. We will have an **In Memory of Notice** posted on the bulletin board. We want to reach out to their family and friends at this time for support.

*“The Happiness of your life, depends upon the quality of your thoughts.”*

*-Marcus Aurelius*