

MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS



JULY 2022



Mechanicville Senior Center 178 N. Main Street Mechanicville, NY 12118

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Living Well Program News

If you need advocacy help, you **MUST** call or email to make an appointment. I am frequently running programming or meeting with others, so please make an appointment, by calling me.

We have some big news this month, a new chair yoga class and a Trip!! So read on for more information. We are also getting certain areas of the building repainted. So continue to look for these changes.

Trip to Lake George -Luncheon Cruise!!

We have our first trip planned in a very long time. We are going to take a bus to Lake George and take a 2 hour luncheon cruise on the Lac du St Sacrement boat. The bus will depart the senior center at 10am on Tuesday August 9th and will take you to the boat to cruise, where you will have a buffet lunch. Afterwards we will stop at Martha's Dandee Crème for ice cream and return to the center approximately 4:30pm.

The cost is \$25 for Mechanicville -Stillwater residents and \$35. For non-residents. Price does not cover the cost of ice-cream or a tip for the driver, so be sure to bring extra cash.

The trip will take place rain or shine. Money must be paid to secure your reservation, no refunds. Limited seating is available and is on a first come first serve basis. The last day to book this trip is July 21st so be sure to get in your reservation. Any questions call 518-664-7877.



Chair Yoga

We have a new chair yoga class starting on Fridays - July 8th at 10am. This class will be led by Sharon Gavitt, you may know her from attending some of our classes. Well we are happy to have her for the next several weeks on Friday mornings. If this is your first time for any exercise class we ask that you fill out a release form.

Come and relax, stretch and learn and do something good for your body. I hope that you will join us. Sign-up on the board but feel free to just show up as well.

Cooking for One or Two

Cooking healthy doesn't need to be boring. Come to this cooking class to learn about Zoodles. (basically a vegetable noodle) They are very popular right now, healthy low in carbs and calories. It can be a fun new option for cooking for you.

This class will be held on July 19th at 1pm. Sign-up so I have enough for all to sample.

Free Market

Free Market continues this month on July 6th and July 20th. As always it is inside the Senior Center. It starts at 10am. Come and see what produce and grocery items we get all for free!!!. We usually have a lot to pick from. There are usually leftovers left on the shelves in case you can't make it in the morning. Please be sure to bring your own grocery bags.

Second Edition Clothing

I have had some clothing donated. So we will have free second hand clothing out the day of the next free market July 6th. I only have ladies clothing this time, mostly size 18, and small sizes but feel free to look as we have a variety. The clothes will only be out between July 6th -8th and then they will be donated.

Kitchen Short-Cuts

Sometimes we pour oil out too quickly in the pan. Put your oil in a clean glass bottle and buy a pour spout top for the bottle. Now you can pour in a steady thin stream no more over-pouring your oil.

Just Say Yes to Fruits and Veggies

Kristyn Bopp has been teaching us how to add more fruits and veggies to our diets. Her next class will be on July 22 at 11 am. This class has become so popular it will close out at 20 attendees, so be sure to sign up early. You must register for this class by Thursday morning to get the produce bag.



Life Hacks

Sometimes the best life hack is a tool to help you do everyday tasks.

If you have trouble buttoning buttons there is an ergonomic tool to help you button your clothes. Cost is about \$12.

If you have concerns getting up at night in the dark purchase a motion sensor nightlight. It's not too bright and will help you see where you are going and shuts off after a few minutes. Cost about \$15.

Available at places like Lowes/Home Depot

These items can be found on line also.

Therapy Dogs

Our next visit will be from Sage and Maria on July 26th at 10:30am. Join us for a visit !



16 Questions and Tea

You never know what questions will be asked. It's a fun way to talk to one another

and learn about each other too. Plus you can always pass on answering a question.

Join us on Monday July 11th am for this interesting activity.



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.

4-H Rabbits Visit

July 14th at 10 am we have some very special guests. The 4-H club will be here and bring a variety of rabbits to show and to talk about. Last year we had them visit and it was truly a lot of fun. The children did an excellent job sharing about what it is like to raise and show rabbits. They brought quite a variety of rabbits and we all got to pet them. The children love to show off their pets and talk about what they do, and what a

great learning experience it is for them. Come and show your support of our local 4-H club, these children and what they do. Sign up is appreciated but feel free to show up as well. I hope that you will come and support this program.



PICNIC!!!

The center's annual picnic is here. It will be on July 12th at 1pm. Cost is \$8. There will be hot dogs, hamburgers, potato and macaroni salad, baked beans, dessert and beverages. Sign up at the front office by July 5th!



Rummikub/Dominoes

This is such a fun game and easy to learn. If you have never tried it stop in and someone will show you how to play. Tuesday mornings at 10am.

Activities Committee

If you would like to be part of a committee to make plans for activities and trips at the Senior center join us at our next meeting on July 14th at 1pm. Bring your ideas for in-house activities or for future trips.

Adult Coloring

Free materials to use, relaxing music and great conversation. Get creative and join us 10 am every Wednesday.

SAVE THIS DATE:

We have a very special program in August 25th at 1pm Wilton Nature Preserve will be here to speak on owls. They have a wonderful presentation about our local species of owls and how they have adapted.

More information to come in next months newsletter.

Tea Talks

July 28th at 10 am join us for another tea talk. We all need to save money now more than ever. Come and learn some penny pinching tips and be prepared to share your own. There are a lot of senior discounts available, and different ways to save money.

As always we will have some tea and other refreshments available. Sign-up at the Senior Center.

Save the date of August 4th too for another Tea Talk on hospital prevention through home safety measures.



Equipment

I have a lot of equipment, if you are in need of something call me and let me know. I currently have a lot of shower chairs, canes and walkers.

If you are looking to donate, please call me as I have limited space. I have too many folding 4 legged walkers and cannot take any more of them at this time

Blood Pressure Checks

We are in the process of scheduling another blood pressure check in July by Clifton Park, Halfmoon EMS, at the date of printing this newsletter we do not have a date. Call the front desk for updated information or look for a flyer posted at the center.

We are depending on availability on the part of the EMS staff.



National Share a Hug Day!

July 30th is National Share a Hug Day. In the state of the world today now more than ever we need to let people close to us know that we love and appreciate them. The warmth and connection of others offer comfort and empathy.

This day was created by Mike Brundritt whose wife and son died tragically in an auto accident involving a truck in 2017.

He developed this day to honor their lives remembering all the hugs he received from others while he was grieving. Having no knowledge about how to begin a “National Day” in 2018 he posted it on Facebook and so it began. So be sure to hug someone today. You may need it as much as the other person!.

Office of Mental Health 988

The Office of Mental Health has launched a new phone number **988** . This number is for support for those in mental health distress. It could be for those with suicidal thoughts, substance abuse crisis, emotional distress. This number is free, and you can call or text. You can also go to their website, OMH.NY.GOV

You can read newsletters and other helpful content on the website. Be sure to pass this number on to others who may need it.

Join Us for Lunch

Gather and Dine lunch by Office for the Aging is here every day. We have quite a few people attending. Join us for a program and stay for lunch. Menus can be picked up at the center. Just call before noon the day before to reserve a spot. I hope to see you here for lunch soon!

First time here they will ask you to fill out some paperwork. Call the office to reserve a spot or with any questions. 518-664-7877

Senior Center Shed

We are getting a shed behind the Senior Center. This will help us with our storage issues here and make more room in the center. This shed was made possible by a grant from Rebuilding Together Saratoga. We thank them for this generous gift!

I know that it will be put to good use!

*If you don't like the road you're walking,
start paving another one.*

-Dolly Parton

Happy Fourth of July

It is my sincere wish that you enjoy the Fourth of July holiday with family and friends.



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start paving another one.
-Dolly Parton*