

Living Well

Program News – March 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. A mission statement has been developed based on the results of the meeting. A statement that summarizes what you thought the goals of the center should be.

Mission Statement:

Mechanicville Senior Center – enhancing the quality of life for area seniors by promoting recreation, relaxation, socialization, lifelong learning and support services.

It is everyone's job to help foster this mission for the center. Invite new people to come to the center, introduce yourself to people at lunch or in a class. It is these connections that create lasting impressions and encourage people to return. I thank you in advance for your help with this. It is my sincere hope that you are enjoying all the new activities at the center.

CLEAN OUT day

Just a reminder that we are going to be cleaning out in April. So if your club has items you want to keep here let us know. We need to clean out a lot of items that have collected over the years. If something is important to you or your club consider

bringing it home. Storage space is very limited and the storage areas need to be shared.

SAINT PATRICK'S Day

We have a special treat on St. Patrick's Day. Office for the Aging's Gather and Dine program will be serving a Corned Beef and Cabbage meal that day, plus we have special entertainment! The Hill Country Cloggers will be here to perform a special program at 1pm immediately following lunch.

Clogging is a folk dance that originated in the Appalachian Mountains. It is a lively, fun, joyful dance, and sure to be a wonderful program to watch. **This is a LUNCH AND A SHOW program and SPACE IS LIMITED. First come first served. Sign-ups do not begin until March 1st.** Join us March 17th at 11:45 pm (Program follows lunch) for this special even. Call the front office at 518-664-7877 to reserve a spot.

What an enjoyable way to spend the day having a traditional Irish meal and to watch the Hill Country Cloggers!! I hope to see you there. It promises to be a special afternoon. Wear something green!



CRAFTED By Me

Join us on March 24th at 10 am in the Hudson Room when Chris Bisceglia will be here to teach us about Stamping cards. She will be featuring a spring theme – we all need to think spring! Stamping is fun and easy. She will be demonstrating how to do stamping and you will be making cards. This class is limited to 12 people, sign up at the center or call the front office.

Cooking for One or Two

You know you are tired of eating the same things. Spice up your menu a bit with these new ideas. Featured recipes are always simple to prepare and very flavorful, and nutritious!

This month our class will be on March 15th at 1pm in the Hudson Room. We will be making an easy buffalo chicken dish simple and not too spicy plus a special side dish to be determined.



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

For those of you who have smart phones I want to share with you a favorite tip of mine. Many of us have too many sticky notes and they get out of control. Use “Siri” on your apple phone to remind you of things. Just say “Hey Siri” remind me at 11:30 am to go to lunch with my friend.” You will get a ping on your phone to remind you. Other phones may have Google assist, or you can just set an alarm. A reminder app like notes is preloaded on most phones and we can show you how to use it. Call for an appointment with Isly.

Kitchen Short-Cuts

Going to the store and you don’t have time to write a list. Take a picture with your phone of the inside of your refrigerator. When you get to the store and can’t remember if you have milk look at the picture on your phone.

Take a picture of a recipe that you want to make and the ingredients list is already there for you.

Free Medical Items

You know I have items for you so call if you need something. If I don’t have what you are looking for I will try to find it.

Movement to Music Class

This class is fun and growing quickly !! Feel free to just come and watch and see if it is for you. Movement to Music class led by Estheisy! It is upbeat, and low-impact, and big fun! Come and give it a try. All the

movements are done sitting down. Keep your joints flexible and have fun too. Classes are March 3rd at 10 am. and March 22nd at 1pm in the Hudson Room.



BOOK Club

I want to thank Michelle Duell for leading our first book club meeting in February. We have a new book for you call **Christmas in Manhattan** . The book is available at the library for you to take out. Read the book in your own time and come to the center on March 29th at 10 am to discuss the book.

Tea Talks

Join us for a tea talk on March 29 at 1pm. In the Hudson Room. Isly Benton will guide us through the history of art. We will focus on the beginnings of art and early humans and see how creativity still flourished on cave walls, ceramic pots and even jewelry!

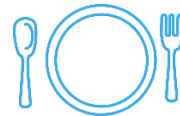
Isly is an art history and anthropology Major and will share some of her expertise with you. Bring your questions and think about what art means to you. Bring your own mug of tea, we will supply the baked goods.



Gather and Dine! at the Senior Center

Mazzone's Catering is making the hot lunches at the **Gather and Dine Program** run by Office for the Aging. We have had so many new people trying out the lunches! Speak with Eileen in the kitchen to sign up for lunch, call 518-664-7877. Don't eat alone, come and join some friends for lunch.

We had an incredible time on Valentine's Day. Over 30 people signed up for lunch on Valentine's Day!! It was a lot of fun and everyone enjoyed a wonderful hot lunch with friends. I encourage you to try our hot meal if you haven't already. All you need to do is call before noon the day before. Pick up the monthly menu at the front desk at the Senior Center.



NEW!!! Rummikub

Rummikub is a very easy game to learn. The class is growing too. It's great exercise for your brain and fun to play. We meet again to play on March 8th at 10 am and March 22nd at 10 am in the Riverside Room (former kitchenette). Come and try your hand at this game.

Therapy Dogs

Our next visit is March 10th at 12:30pm. (Snow date 24th) We will have Sage here for a visit. Marie will tell you all about Sage and training for Therapy Dogs or you can just visit with Sage.

Just Say Yes to Fruits and Vegetables Class

Kristyn Bopp is still conducting her classes virtually due to covid precautions. We are hoping it will be in person soon (possibly as soon as April) . Thank you for your patience and understanding.

She will drop off a goody produce bag for those that attend but you **must** sign-up for this class 24 hours in advance to get a bag. The class will be on March 11th at 1pm in the Hudson Room (former Dining Room)

Adult Coloring

Come and color and relax and socialize. All the supplies are here or bring your own. We will meet Wednesdays at 10 am in the Riverside Room (former kitchenette) at the Senior Center. You will be so surprised how fun and easy it is to do. No sign-up required.



NEW!!! Journaling Class

Did you ever wonder what all the hype is about journaling? It is very relaxing and therapeutic. It is a wellness exercise that can be helpful for your mental health. Perhaps you want to write and share your wisdom with your grandchildren, or write your story. There will be a short lesson on journaling and some practice time with

different journal types. Everyone who attends gets a free journal but you must sign up for the class to get one.

This class will meet on Monday March 7th at 1pm in the Riverside Room. Sign-up on the bulletin board or call in at 518-664-7877.

NEW!!! 21 Questions and TEA

In this activity you will be guided through some pre-arranged questions. The purpose of which is to give participants the chance to reminisce about events from their lives and recollect events that have changed their lives. We will talk about past jobs, travels, traditions, and memorable moments that have helped shape us into who we are today. While enjoying a hot cup of tea and snacks!

It is a chance to remember and discuss similarities and differences and learn from each other while having some good conversation. This event will be held on March 10th at 10 am. Sign-up at the senior center or call. 518-664-7877.

FREE Covid Tests

If you haven't already done so you can sign up to get 4 free covid tests mailed to you. It is 4 per address per year. Just go to www.covidtest.gov/ fill out the information of where to mail it and they should be delivered in several weeks. If you need help ordering them stop by the senior center during tech open house and we can help.

Tech Help Open House

Isly is here to help you with your tech questions and issues. She has a drop in time on Monday mornings from 10am-12pm for

you to walk in to get assistance with your technology needs. Isly will not be available on Monday March 14th. 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.

Capital Roots

Capital Roots Veggie Mobile is here at the center on Friday's from 2:30-3:15. They accept SNAP benefits! Did you know that you can pre-order your items and they will have them ready for you? Ask for a price sheet or call 518-274-8685 for more information.

Movie Day

Movie Day is set for March 1st at 1pm. We are partnering with the Mechanicville library to bring you a relaxing afternoon to watch THE SECRET LIFE OF WALTER MITTY We will have a hot cocoa bar and fresh popcorn. Be sure to thank Michelle Duell for helping to make this event happen!

Please sign-up so we are sure to have enough refreshments for all!



Driver's Class

March 28th 9:15-4 we have the Safe Driver's class if you would like to take it the class is \$25. Call the main office for more information and to register 518-664-7877. Space is limited.

Blood Pressure checks

Community outreach will resume soon. Keep an eye on the newsletter for more information on blood pressure checks next month.

Other Classes

Look at the calendar for other available classes. Bingo, Tai-Chi, Knitting/Crocheting and more. If you have any questions about these classes call the Senior Center for more information.

"Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last a lifetime."

-Joseph B. Wirthlin

HAPPY ST PATRICK'S DAY TO ALL

