

Living Well

Program News at the Mechanicville Senior Center– May 2022

Living Well Program Notes

Spring is finally here and we are getting nice weather finally. I hope that this letter finds you doing well and staying healthy. We have a lot going on at the senior center and I hope that you will come and check out all the programming that we have to offer.

Please feel free to invite your friends to come as well. I am happy to add anyone to the mailing list. Just let me know.

CRAFTED By Me

Our next Crafted by Me class will be on May 11th at 1pm and we will have Colette show us how to make a beaded key fob.

Sign -up at the senior center or call 518-664-7877

Cooking for One or Two

Our next cooking class will be on May 17th at 1pm in the Hudson Room. We will be making Dainty Desserts. You can get overwhelmed sometimes making desserts to bring to a party or potluck. How about we make something new, flavorful that is easy and eye-catching. Come and try some dainty desserts.

Please sign up for this class at the Senior Center or call 518-664-7877



Life Hacks

Did you ever get those hard to open clam shell packaging. Try opening it with a can opener. Put the blade on the edge of the packaging, close the handle and turn. It should easily open the edge.

NEW!! MUSIC makes you MOVE

This workout is a little higher impact than our other class. This class is NOT chair based, this one will get you up and moving. This class will be led by Nancy Holmes and we will meet on Friday mornings in May from 10-11 am in the Hudson Room. Enjoy some music and move to the beat and limber up your muscles and joints. Sign-ups are on the bulletin board, but feel free to just show up.



NEW...MVP Chair Yoga class

We have a new class. MVP Chair Yoga: A great way to stay strong, limber, balanced, and healthy! Classic yoga poses, breathing, and meditation are adapted for the chair.

This class is for anyone interested in the benefits of yoga without having to sit on the floor.

Bring a yoga mat if you have one to do some special stretching exercises for your feet. It is optional.

This class will be every Thursday from May 5th – June 16th at 10 am. in the Hudson room. I want to thank MVP for making this class happen. Please sign up at the center or call 518-664-7877. Class size is limited.

NEW!! Activity Committee

Many of you have said that you have wanted to help out, well here is your chance. We are forming an activity committee. This committee will help with planning regular events/activities here at the senior center. This doesn't need to take up a lot of time, the more people we have involved the more the work is divided the easier it will be.

I have an informational/planning meeting scheduled for May 20th at 1pm in the Hudson Room. Come prepared with some ideas of fun activities for our brainstorming session. You decide how much time/energy you can share, even your ideas are a help. So come out for a fun planning session.

Also, most importantly we need a catchy name for this committee!! So bring your ideas for that as well.

Kitchen Short-Cuts

I get tired of the whole roll of cling wrap and foil coming out of the box when I am trying to pull some out. Did you know that on the sides of the boxes is a little tab that you can push in on both sides that locks the roll in place. Now you can pull out the foil frustration - free. How easy is that!

Free Medical Items

I have a shower chair, a side rail for a bed and a rollator walker for whoever needs it.

Tea Talks

You asked for more so we have our own Isly Benton from U Albany here again to discuss Art History Part 2 at our Tea Talks, May 2nd at 10:30am in the Riverside Room.

She will be talking about Myth and Legend. Learn about myths and legends from all over the world through the art of different cultures. We will go over some well-known myths as well as some new ones that are depicted in paintings, sculpture, architecture and more! Please sign up at the senior center.



NEW!!! Rummikub and DOMINOES!

Rummikub is a hit, the group is growing. It is easy to learn and very engaging and fun.

Join us every Tuesday at 10 am. for Mexican Train Dominoes or Rummikub. You do not need to sign-up for this just show up if you want to learn how to play.

Free Market

Free Market is back in full swing outside the Senior Center. It will be the first and third Wednesday of each month through October. Come get a flyer of all the dates inside the senior center. This month it will be May 4th and 18th inside the Senior Center starting at 10 am. First come first served. Please bring your own bags!!!

Therapy Dogs

The therapy dog visit will be during the mini health fair on May 24th at 1pm . They usually stay about an hour so come and visit with Maria and Sage!



Just Say Yes to Fruits and Vegetables Class

Kristyn Bopp will be here again on May 13th at 11am. in the Riverside Room. She will demonstrate a recipe and speak on the topic of storing fruits and vegetables properly. Please sign up at least 24 hours ahead to get a produce bag. Sign up at the Senior Center or call at 518-664-7877.

Adult Coloring

Don't forget your creative side, join us to color and relax and socialize to relaxing music. All the supplies are here or bring your own. We will meet Wednesdays at 10 am in the Riverside Room at the Senior Center. No sign-up required.

Health Fair

On May 24th from 1-3:30pm we will have a mini health fair here. We have several agencies setting up tables with their information and staff you can speak with. Come out and learn about some of these agencies and what they can do and how they can help.

SAIL- Southern Adirondack Independent Living , re case management, equipment,

housing etc

Captel – Free captioned phones for those with hearing impairments.

Rebuilding Together Saratoga – Home repairs, ramps, and more.

Lifeline - Personal emergency button

NYSEG - questions and support information on your heating bill.

Office for the Aging – Case management, Medicare questions, home delivered meals and so much more.

Home Instead – Home care services

And more. Refreshments will be available.



16 Questions and Tea

We really had some great conversations with Estheisy and 21 Questions and Tea. However the meeting got a little long so now we will do 16 Questions and maybe Ice Tea as it is getting warmer out.

This is a fun opportunity to meet new people share a little, laugh and enjoy each other's company. We ask a question geared to sharing something nostalgic or something in general about yourself. You are free to pass on the question if you don't want to answer.

We will meet on Monday the 16th at 11 am. Sign -up or just show up for this activity.



EMAIL addresses

Occasionally I have some news mid-month that I like to share by email. Also at the end of the month I will email next month's newsletter. I have some email addresses, but if you are not getting these emails and would like them, fill out an email sheet at the senior center or call the front desk and I will add you to the list. Also, if your email changes let me know as several emails are coming back as undeliverable. Thank you .

Cable Bills

Many of you have expressed that you pay a lot for your cable bills. It is always a good idea once a year to call and talk to your cable carrier to see if somehow your cable bill can be reduced by dropping some channels or services, and asking about bundling services which may even be cheaper. Now a days there are a lot of options for streaming services that if you talk to family they may be able to set you up with other services and then you can cut the cable.

You may be paying for high-speed internet you don't need, or channels you don't even watch.

Cell phone plans as well you need to check if you are paying for services that you don't use like extra data. Check out other cell phone plans for cheaper options.

Medical Self-Advocacy Seminar

For many of you your lives revolve around Dr visits. What if you could make that time

more productive? What if you could actually feel more in control of your own health care?

Come and be informed and empowered to take more and better control of your health with simple tips, questions to ask and resources that you did not know were available. Your health is too important to just let your care happen. You need to take charge of your care with tools and resources that we will discuss.

Karin Drosdick will be speaking on this topic. Having worked as a medical social worker she will share some insider insights and resources.

We will be making a binder for you to take home to organize your paperwork and your care. This is a necessity for all, to have your medical information handy for family and for your best care.

This class will be May 3rd at 1pm. Sign-up is required and will be at the senior center on the bulletin boards or call in to register at 518-664-7877.



Free Shredding for Confidential Papers

Sometimes it is hard to get rid of those confidential papers, and you want to be so careful when throwing them out. We will now have a free locked container here at the senior center for your confidential papers that need to be shredded. The bin will be picked up for shredding. Bring your papers

and put them in the container. We will be testing this to see if there is interest and a need for disposal of confidential papers.

NEW TV!

We have a new big screen TV! We want to thank Kyle Miller of Collar City Roofing for their donation of the television. This will be a great addition to our center for watching movies and for presentations.

Blood Pressure Checks

On May 9th Clifton Park Halfmoon EMS will be here for blood pressure checks from 10am-12pm. No sign up required

Free Hearing Screenings

Did you know that May is better hearing and speech month? A hearing expert from Albany ENT & Allergy Services will join us on May 18th to provide free 5-minute hearing screenings. This will be at the Senior Center from 9-2pm sign up for your time slot.

518 Day (May 18th) is promoted by United Way to partner with groups and agencies to do service projects in the community. We want to thank Albany ENT and Allergy for providing this free service for us on 518 day!

SCAMS

The pandemic has increased the number of scams going around and no one is truly safe from them. Please remember to be careful and not give personal information out over the phone. Let your answering machine pick up if you don't know who it is.

Also never send money with gift cards. No agency would ask you to send gift cards as a form of payment.

When in doubt, hang up the phone and ask a trusted person to look into it for you. Always make sure that when you get text messages or calls don't give out information unless you initiated the contact. Because you never know who you are really talking to if you don't make that call. Be careful and be safe.

Pinochle

Pinochle is returning to the Senior Center. If you want to learn how to play we have an established group that plays and they would be willing to teach you. They meet on Wednesdays at 1pm in the Riverside Room. No sign-ups required.

Memorial Day



Harmony makes small things grow, Lack of it makes great things decay - Sallust

