



MACSC - Living Well Program
 6 South Main St,
 Mechanicville, NY 12118



CITY BUS TRIPS

- **Thursday, March 9th** - Dinner at Grecian Gardens in Clifton Park
Bus leaves at 4:45 PM
- **Tuesday, March 14th** - Dinner at Public House in Malta
Bus leaves at 4:45 PM
- **Monday, March 20th** – Dinner at La Fiesta in Clifton Park
Bus leaves at 4:45 PM

| March 2023 | | | | |
|---|--|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | 1 Coloring, Puzzles or Games 10 am (HR) Mystery Market 10am Walking 12:30 pm (HR) Sequence 1 pm (HR) | 2 Knitting 1 pm (RR) Tech Time with Aaron 1-3PM (By Appt Only) | 3 DVD Chair Yoga 10 am (HR) Walking 12:30 PM (HR) Pokeno 12:30 pm (RR) Tie Blanket Craft with Annemarie & Audrey 1pm (HR) |
| 6 Canasta 10 am (RR) Walking 12:30pm (HR) Bingo 1 pm (HR) | 7 Tai Chi 10 am (HR) Rummikub 10 am (RR) Just Crafting around 11 am (RR) Scam Prevention & Cyber Security 1pm (HR) | 8 Coloring, Puzzles or Games 10 am (HR) Mystery Market 10 am Walking 12:30 pm (HR) Sequence 1 pm (HR) | 9 Therapy Dog visit 11 am Lobby March Birthday Party!! 12:30 (HR) Music, Magic & Cupcakes!!!! Knitting 1 pm (RR) Tech Time with Aaron 2-3PM (By Appt Only) | 10 Chair Yoga with Sharon 10 am (HR) Walking (HR) Pokeno 12:30 pm (RR)  |
| 13 Canasta 10 am (RR) 12:30pm walking (HR) Bingo 1 pm (HR) | 14 Tai Chi 10 am (HR) Rummikub 10 am (RR) Membership Mtg 1pm (HR) | 15 Coloring, Puzzles or Games 10 am (HR) Mystery Market 10 am 12:30pm walking (HR) Sequence 1 pm (HR) | 16 St. Patrick's Day Party featuring Hill Country Cloggers 1pm (HR) Knitting 1 pm (RR) Tech Time with Aaron 1-3PM (By Appt Only) | 17 Chair Yoga with Sharon 10 am (HR) 12:30pm walking (HR) Pokeno 12:30 pm (RR) |
| 20 Canasta 10 am (RR) 12:30pm walking (HR) Bingo 1 pm (HR) | 21 Tai Chi 10 am (HR) Rummikub 10 am (RR) Cornell Cooperative's Diane Whitten presents "How to fit comfort food and sweet into a diabetic meal plan" 1pm (HR) | 22 Coloring, Puzzles or Games 10 am (HR) Mystery Market 10 am 12:30pm walking (HR) Sequence 1 pm (HR) | 23 Just Say Yes to Fruits & Veggies 10:30 am (HR) Knitting 1 pm (RR) Tech Time with Aaron 1-3PM (By Appt Only) | 24 Chair Yoga with Sharon 10 am (HR) 12:30pm walking (HR) Pokeno 12:30 pm (RR) |
| 27 Canasta 10 am (RR) 12:30pm walking (HR) Bingo 1 pm (HR) | 28 Tai Chi 10 am (HR) Rummikub 10 am (RR) Just Crafting around 1 pm (RR) | 29 Coloring, Puzzles or Games 10 am (HR) Mystery Market 10 am 12:30pm walking(HR) Sequence1pm(HR) | 30 Knitting 1pm (RR) Tech Time with Aaron 1-3PM (By Appt Only) | 31 Chair Yoga with Sharon 10 am (HR) 12:30pm walking (HR) Pokeno 12:30 pm (RR) |

• Calendar events, Days and times can change or be cancelled, especially in bad weather. Call first!

MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS



MARCH 2023



What's New w/ Living Well...

This month, Living Well All regular programs

- Mon, Wed, & Fri. 12:30pm - Stay active! 10 to 15 minute walk in Hudson room.
- Mondays - Canasta at 10 am (RR), Bingo at 1 pm (HR)
- Tuesdays - Tai Chi at 10 am (HR)
- Second Tuesday - at 11 am (HR) 16 Questions??? Fun way to get to know each other!
- Second Tuesday - Membership meeting 1pm (HR).
- Wednesdays - Coloring/puzzle at 10 am (RR), Mystery Market at 10 am, Sequence at 1 pm
- The Second Thursday of each Month will be the Birthday Party for that month!! February 9th at 12:30 Please sign-up. There will be Music, Magic and cupcakes!!
- Thursdays - Knitting at 1 pm, Tech-Time with Aaron 1-3PM (By Appt Only)
- The Third Thursday - at 10:30 am (HR) Just Say Yes to Fruits and Veggies
- Fridays - Chair Yoga at 10 am (HR) Sharon Returns 3/10!!!, Pokeno at 12:30 (RR)

New programs or events in March:

- Friday, March 3rd, Tie Blanket Craft at 1pm with Anne Marie & Audrey.
- Tuesday, March 7th, 11am in (RR) Just Crafting around with intern Julie.
- Tuesday, March 7th, 1pm (HR) Scam Prevention & Cyber Security, featuring intern Aaron.
- Thursday, March 9th, 11am in Lobby, Therapy Dog Keeva and Diane will visit.
- Thursday, March 9th, 12:30pm (HR) March Birthday Party! Music, Magic & cupcakes!!
- **Sunday, March 12th, 2pm (HR) - The Hill Country Cloggers invite everyone to a dress rehearsal for their competition dancers! Admission is FREE, come and enjoy!!!**
- Thursday, March 16, 1pm (HR) St. Patrick's Day Party featuring the Hill Country Cloggers
- Tuesday, March 21, 1pm (HR) Cornell Cooperative's Diane Whitten will present, "How to fit comfort foods and sweets into a diabetic meal plan".
- Thursday, March 23 at 10:30 am in (HR) "Just say yes to fruits and veggies", is presented at this special date for just this month!



Ma's CORNER.... Hello Seniors,

another month has passed faster than I can keep up with. I haven't been around at the Senior Center much because I have been attending some wonderful training at Saratoga County's Office of Aging and Youth NY Connects. I will be back in a couple weeks but please remember, the interns are at the Senior Center 8 to 4 on Tuesdays and 12 to 4 on Thursdays if you need assistance. Please call them or leave a message for me and I will get back to you. Thank you for your patience and understanding during this time. I hope to return with knowledge of the many programs available for our Senior community. I miss seeing everyone, be well and I will see you all soon!!

I wanted to let you all know, the income limits for qualifying for the Medicare savings plan have been raised. This will allow many more Seniors to be eligible. If your gross income is below or even slightly higher than the limits below, please call my office so we can fill out an application and get the premium you pay for your part B Medicare returned.

- INDIVIDUAL: \$2280.00 COUPLES: \$3077.00

We have seen some winter weather during February for sure! Please remember, in the event we do have bad weather, please watch your local news channel for closings in the area before going out.

Look for **Saratoga County Senior Meal Program** for the delivered meal and the congregate lunch at the Senior Center when it says it meals are closed, it means both delivered and eat in lunch is closed.

The Senior Center follows the **Mechanicville School District**, so if the school is closed, the Senior Center is closed.

For any events, please, call my direct line, 518-652-2713 or call the senior center at 518-664-9884 press 5, then press 2.

Your safety is our priority, if you are not sure, call before venturing out of your home!

