

The Mechanicville Senior Center NEWSLETTER

MONTHLY BUS TRIPS

TO SIGN UP CALL

(518) 664-9884 ext 5, then ext 2

***Our regular bus schedule will be
9:30 AM-1:30 PM Monday - Friday***

MONDAY, MAY 6TH

Dinner at Chrissy's Cravings in Schaghticoke

Bus leaves at 4:45 pm

FRIDAY, MAY 10TH

Racino at Saratoga Springs

Bus leaves from 2:00-7:00 pm

WEDNESDAY, MAY 15TH

Dinner at Olive Garden in Clifton Park

Bus leaves at 4:45 pm

WEDNESDAY, MAY 22TH

Dinner at Red Front Pizza & Pasta in Clifton Park

Bus leaves at 4:45 pm





We want to take a moment to address an oversight on our part. It has come to our attention that we missed acknowledging some April birthdays in our recent newsletter and for that, we sincerely apologize. Birthdays are special occasions, and we deeply regret any disappointment caused by our mistake. Please know that celebrating our community members is important to us and to make it right, we are recognizing and celebrating April birthdays in this month's newsletter. **We want to ensure that each and every one of you feels valued and appreciated.** If you or someone you know had a birthday in April, please accept our belated but heartfelt wishes for a joyous celebration and a fantastic year ahead.

- TAMMIE ALIKONIS

MACSC DIRECTOR OF OUTREACH & DEVELOPMENT



Happy Birthday

Ray Martin, 4/3
 Thomas Izzo, 4/4
 Cynthia Millet, 4/4
 Dolly Fantauzzi, 4/5
 Janice Morcone, 4/6
 Helen Rose, 4/6
 Patrick Sgambatti, 4/8
 James Montmarquet, 4/8
 Blanche Spickler, 4/8
 Roberta Cook, 4/10
 Joann Alonzo, 4/10
 Wilma Jozwiak, 4/11
 Nancy Vermilyea, 4/11
 Bonnie Lu Brehm, 4/12
 Josephine Marinello, 4/12
 Marvin Mondoux, 4/12

Kathy Montmarquet, 4/12
 Ethel Baisley, 4/14
 Helen Delano, 4/15
 Christie Pettograsso, 4/15
 Jane Adams, 4/16
 Mary Funaro, 4/16
 Elinor Fantauzzi, 4/17
 Maureen DePaul, 4/18
 Tim Hipwell, 4/19
 Elzora Conway, 4/22
 Corinne Acker, 4/24
 Frank (Paco) Izzo, 4/25
 Patricia DiNallo, 4/27
 Danielle Brennan, 4/29
 John Amodeo, 4/30



Nancy Holmes, 5/3
 Alice Gorman, 5/4
 Mary Merrills, 5/4
 Elaine Lester, 5/5
 Pamela Cicchinelli, 5/6
 Concetta Carey, 5/7
 Jean Batchalder, 5/9
 Diane Craid, 5/9
 Marie DeVito, 5/9
 Joanne Starks, 5/10
 Joanne Simmons, 5/11
 Susan Accera, 5/12
 Donna Izzo, 5/12
 Marvin Mondoux, 4/12
 Kathy Montmarquet, 4/12
 Stanley Cukrovany, 5/16
 Ellie Turgeon, 5/16
 Chris Hipwell, 5/16
 Mary Sue Carriero, 5/18
 Kim Dunn, 5/18
 Dinda Puffin, 5/19
 Tiama Willsey, 5/20
 William Sanchez, 5/20
 Kathleen Krochina, 5/22
 Josephine Mareno, 5/22
 Pamela Verdine, 5/23
 Anne Marie Erno, 5/24
 Meg Gorman, 5/24
 Laura Swenson, 5/24
 Anthony Pascucci, 5/25
 Lisa Morrell, 5/26
 Patti Bagnoli, 5/27
 Josephine McCormick, 5/28
 Jane Peluso, 5/28
 Rita Roman, 5/29
 Lorraine Sheehan, 5/30
 Elise Ambrosino, 5/31

LIVING WELL PROGRAM NEWS

DO YOU QUALIFY?

Are you interested in exploring the various services and support options available to you such as **Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), Medicaid, Medicare Savings Program, or Elderly Pharmaceutical Insurance Coverage Program (EPIC)**? Sometimes, it can be a bit overwhelming to navigate all the options and determine what you qualify for. MACSC Living Well Program Director **Kelley Brown** is here to help! She can meet with you to discuss your needs, provide information on the services available and help you figure out which ones might be a good fit for your situation. Reach out to schedule an appointment today **(518) 652 - 2713**

Spring TIME PLAYTIME



Play isn't just for kids. It's good for grownups, too. Sports, bike riding, hide-and-seek and a host of other games and activities in childhood were fun and let your imagination soar. You could enjoy time alone, too, with crayons, puzzles or building blocks. But in adulthood, work and family commitments can make playtime for adults seem impossible and silly. However, research shows grown-up playtime can boost mental and physical health. **Benefits of adult play: Play triggers the release of endorphins. These natural, feel-good chemicals boost your mood. The social interaction of playing games with family and friends can relieve stress and depression.** Play stimulates imagination and that can improve problem-solving abilities. Playing any type of sports as an adult can benefit physical and mental health. Research shows taking time for adult play can promote a sense of humor and a positive outlook on life. Play can boost social skills, improving relationships.

SO go out and play.....



WELCOME MAY



WATERCOLOR FLOWERS



Join us for a fun and may day making watercolor flowers on **Tuesday, May 7th at 1:00 p.m.**

CORSAGE MAKING CLASS

Join us on **Thursday, May 9th at 1:00 p.m.** to make a corsage craft Mother's Day



THERAPY DOG

Join us for a visit from Diane and Keeva on **Thursday, May 16th at 11:00 a.m.**



GARDEN CLUB

Come have some fun in the sun with the Garden club. Garden club will be meeting at the senior center on **Wednesdays at 1:00 p.m.**



MOVIE DAY

Join us on **Tuesday, May 21st at 1:00 p.m.** for movie day.



TEA TALK W/ KELLEY

The conversations continue with 16 Questions and TEA. Join us on **Tuesday, May 28th at 10:00 a.m.** for some refreshments and some interesting questions to weigh in on. Hope to see you there.

Saratoga County Department of Aging and Youth Services
Presents...

40TH ANNUAL SENIOR LUNCHEON

MAY 17TH, 2024
11:00AM-3:00PM

A ROARING TWENTIES THEMED SENIOR LUNCHEON

SARATOGA SPRINGS CITY CENTER
522 BROADWAY, SARATOGA SPRINGS






Bourbon Glazed Ham
Whipped Duchess Potatoes
Garlic Green Beans
Dinner Roll
Pineapple Upside Down Cake

\$4.00 ADVANCE MEAL TICKET

No Animals – No Takeout



SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-May 2024
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg Salad on Bun Marinated Carrots Beet & Onion Salad LS Potato Chips Fruit Cocktail	2 Sliced Sweet & Sour Pork Rice Pilaf Asian Blend Vegetables Pears	3 Turkey Tetrzini Stewed Tomatoes Mixed Vegetables WW Dinner Roll Fresh Orange
6 Bourbon Glazed Chicken Red Bliss Potatoes Vegetable Trio Whole Wheat Dinner Roll Shortbread Cookies	7 Seafood Cake w/Dijon Sauce Rice Pilaf Beets Applesauce	8 Pasta Alla Norma Italian Meatballs in Sauce Spinach Mandarin Oranges	9 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli Peaches	10 Mother's Day Special Florentine Stuffed Chicken  Breast Orzo Pasta Asparagus Vegetable Medley Dinner Roll Frosted Lemon Cake
13 Breaded Fish Tartar Sauce Macaroni & Cheese Spinach Mandarin Oranges	14 Swiss Steak w/Gravy Mashed Potatoes Vegetable Trio SF Chocolate Chip Cookies	15 Garlic Parmesan Chicken Buttered Pasta Peas & Carrots WW Dinner Roll Applesauce	16 Quiche Casserole Hash Browns Warm Berry Crisp Bran Muffin Fresh Orange	17 Closed 
20 Pulled BBQ Pork on Roll Cabbage Carrots SF Oatmeal Cookies	21 Orange Ginger Chicken Rice Pilaf Asian Blend Vegetables Whole Wheat Dinner Roll Yogurt	22 Birthday Special Hot Dog on Bun Mustard Baked Beans Oven Roasted Sweet  Potatoes Frosted Cake	23 Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	24 Chicken Cacciatore Pasta w/Sauce Wax Beans Whole Wheat Dinner Roll Fruit Cocktail
27 Closed 	28 Chicken w/Curry Cream Sauce Rice Pilaf Peas & Carrots Whole Wheat Dinner Roll Mandarin Oranges	29 Sliced Roast Pork w/Gravy Mashed Potatoes Spinach Applesauce	30 Stuffed Shells w/Meat Sauce Vegetable Trio Warm Peach Crisp Yogurt	31 Tuna Salad on Bun Macaroni Salad Tomato & Cucumber Salad LS Potato Chips Banana

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: **Saratoga County Treasurer, c/o Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020**

MAY 2024

Mon	Tue	Wed	Thu	Fri
		1	2	3 Pokeno 1PM (RR)
6 Bingo 1PM (BR)	7 Tai Chi 9:30 (BR) Rummikub/Mexican Train 10AM (RR) Watercolor Painting 1PM (RR)	8 Sequence 1PM (BR) Mystery Market 10 (at Community Center)	9 Exercise Class 10AM (BR) Knitting 1PM (RR) Corsage Making Class 1PM (BR)	10 Pokeno 1PM (RR)
13 Bingo 1PM (BR)	14 Tai Chi 9:30 (BR) Rummikub/Mexican Train 10AM (RR)	15 Sequence 1PM (BR) Mystery Market 10 (at Community Center)	16 Exercise Class 10AM (BR) Therapy Dog Visit 11AM Knitting 1PM (RR)	17 Pokeno CANCELLED Office of Aging & Youth 40th Annual Senior Luncheon. 11a-3p (at Saratoga Springs City Center) **NO CONGREGATE DINING**
20 Bingo 1PM (BR)	21 Tai Chi 9:30 (BR) Rummikub/Mexican Train 10AM (RR) MOVIE DAY – 1-3PM	22 Quilting 9AM (BR) Sequence 1PM (BR) Mystery Market 10 (at Community Center)	23 Exercise Class 10AM (BR) Knitting 1PM (RR)	24 16Q and Tea 10AM (RR) Pokeno 1PM (RR)
27 Sorry We're CLOSED in observance of Memorial Day	28 Tai Chi 9:30 (BR) Rummikub/Mexican Train 10 AM (RR) Tea Talk w/ Kelley 1 PM (RR)	29 Sequence 1PM (BR) Mystery Market 10 (at Community Center)	30 Exercise Class 10 AM (BR) Knitting 1PM (RR)	31 Pokeno 1PM (RR)



THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES ON:
Monday, May 27th in observance of **Memorial Day**