



Mechanicville Area Community Services Center, (MACSC)
 6 South Main St,
 Mechanicville, NY 12118

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p> <p>Senior Center Monthly Meeting 1 pm (HR)</p> <p>Reception for Comm. Hosley 2 pm (HR)</p>	<p>2</p> <p>Coloring/Puzzles 10 am (RR)</p> <p>Mystery Market 10 am (HR)</p> <p>Sequence 1 pm (HR)</p>	<p>3</p> <p>Therapy Dog Visit 10:30 am</p> <p>Tech Time 1-3 **by Appt Only**</p> <p>Knitting 1 pm (RR)</p>	<p>4</p> <p>Chair Yoga 10 am (HR)</p> <p>Pokeno 12:30 pm (RR)</p> <p>Scrapbooking Class 1:00 pm (HR)</p>
<p>7</p> <p>Canasta 10 am (RR)</p> <p>Bingo 1 pm (HR)</p>	<p>8</p> <p></p> <p>Rummikub 10 am (RR)</p> <p>NO LUNCH SERVED NO TAI CHI</p>	<p>9</p> <p>Coloring/Puzzles 10 am (RR)</p> <p>Mystery Market 10 am (HR)</p> <p>Sequence 1 pm (HR)</p>	<p>10</p> <p>Pretty Woman Bus Trip at Proctor's</p> <p>Tech Time 1-3 **by Appt Only**</p> <p>Knitting 1 pm (RR)</p>	<p>11</p> <p>SENIOR CENTER CLOSED</p> <p></p>
<p>14</p> <p>Dump Party cooking class 10 am (HR)</p> <p>16 Question 11 am (RR)</p> <p>Bingo 1 pm (HR)</p>	<p>15</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p> <p>Love your Own Skin by Interns Aaron & Julie 1 pm (HR)</p>	<p>16</p> <p>Coloring/Puzzles 10 am (RR)</p> <p>Sequence 1 pm (HR)</p>	<p>17</p> <p>Just Say Yes to Fruits & Veggies 10:30 am (HR)</p> <p>Tech Time 1-3 **by Appt Only**</p> <p>Knitting 1 pm (RR)</p> <p>Health Alert Personal Emer Response System 1 pm (HR)</p>	<p>18</p> <p>Chair Yoga 10 am (HR)</p> <p>Pokeno 12:30 pm (RR)</p>
<p>21</p> <p>Canasta 10 am (RR)</p> <p>Eating for Heart Health 10 am (HR)</p> <p>Bingo 1 pm (HR)</p>	<p>22</p> <p>Tai Chi 10 am (HR)</p> <p>Mystery Market 10 am (HR)</p> <p>Rummikub 10 am (RR)</p> <p>Crafting Around 1 pm (RR)</p>	<p>23</p> <p>Coloring/Puzzles 10 am (RR)</p> <p>No Mystery Market MACSC IS CLOSED SENIOR CENTER IS OPEN</p> <p>Sequence 1 pm (HR)</p>	<p>24</p> <p>Senior Center CLOSED in recognition of Thanksgiving</p> <p></p>	<p>25</p> <p>Senior Center CLOSED in recognition of Thanksgiving</p> <p></p>
<p>28</p> <p>Dump Party cooking class 10 am (HR)</p> <p>Bingo 1 pm (HR)</p>	<p>29</p> <p>Tai Chi 10 am (HR)</p> <p>Rummikub 10 am (RR)</p> <p>Crafting Around 11 pm (RR)</p> <p>Albany Med Fall Prevention 1pm (HR)</p>	<p>30</p> <p>Coloring/Puzzles 10 am (RR)</p> <p>Mystery Market 10 am (HR)</p> <p>Sequence 1 pm (HR)</p>		



PRETTY WOMAN THE MUSICAL

SENIOR TRIP

Matinee Showing PRETTY WOMAN THE MUSICAL

SAVE THE DATE: November 10th | Proctor's Theatre

NOVEMBER!!! A BUS TRIP TO PROCTORS for a matinee to see PRETTY WOMAN THE MUSICAL. Bus leaves Mechanicville Senior Center at 12:30 p.m.

Tickets are still available #35, at the Mechanicville Senior Center. Tickets must be paid for at the time you reserve your spot. Hurry, and don't miss out on this great show!!

MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS

November 2022

Ma's Corner

I can't believe another month is here! I have enjoyed getting to know and help many of you during this past month. I hope more of you will come visit the senior center for the free lunches served daily or one of the wonderful programs. If you are interested in lunch, just call by noon the day before to reserve a spot. Check out the living well calendar, to find a program that might be interesting, we would love to see you!

- Last month we held a meatball contest. Thank you to our 7 participants, **Betty Barone, Lou Santa Lucia, Maryalice Hollenbeck, Mary Torres, Myra Gage, Patti Brown, and Rita Hosley** for making the delicious meatballs and all the time it took to make them. We also thank everyone who came out to taste them and vote. Winners were: **First Place, Lou; Second, Maryalice; Third, Rita.** Maybe next we will do a soup or Chili cookoff!
- The Fall Festival was another fun event and may become a yearly event!
- Assemblywoman Carrie Woerner came on the 20th with representatives from NYESG and NYSERDA to discuss the high cost of heating. Free home assessment can be done to let you know where your home might be losing heat.

What's New w/ Living Well...

In order to be able to devote time and privacy to each one of you, the Living Well Program will begin holding office hours to assistance seniors with resource needs. Sign-up sheets will be posted each week with available time slots. You can call or come in to select a time slot that works for you. Thank you and I look forward to assisting each of you.

- We will have HEAP applications printed and available on the table outside my office for anyone who wants one. If you need assistance completing the application, please sign-up for a time slot. I will be happy to help you.
- Aaron and Julie will be presenting Love your Skin; On Tuesday November 15th beginning at 1pm in (HR). You will be sampling facial moisturizers with Aaron. You will be making natural lip scrubs with Julie. Samples will be given
- We are so excited to have another intern, Brianna. She attends Hudson Valley and is going to hold cooking classes or as she calls them "Dump Party" 2nd and 4th Monday of November. Class size limited to 10 people.
- Do you have extra Christmas cards at home you would like to donate? You can bring them into the Senior Center. Seniors are invited to use these cards to decorate and write holiday greeting in the cards during the adult coloring days. Cards will be delivered to for senior in nursing homes.

November Program & Activity Highlights

Just Say Yes To Fruits And Veggies: Thursday 11/03 at 10:30 am

Kristen Bopp will be here on the 3rd Thursday of each month at 10:30 am to give us some great ways to eat healthy using more fruits and vegetables. With the winter month coming so quickly, if the weather is bad, Kristen will not come. Please stay home or call the senior center before making the trip!

Wednesday is Mystery Food Day: Every Wednesday at 10:00 am

It is like the Free Market Day, but on a smaller scale. We do not know what or how much will be delivered. It will be every week and it is still free.

Chair Yoga: Every Friday at 10:00 am

Sharon Gavitt is back for all of November! Chair Yoga will continue each Friday at 10 am, we are so happy Sharon will be back, she was missed!!

Therapy Dogs: Thursday 11/03 at 11:00 am

We will have a visit from her therapy dog, on November 3rd at 11:00 am.

Tech Time: Every Thursday from 1:00 pm - 3:00 pm

Aaron has a sign-up sheet on the bulletin board for seniors to pick time slots to receive assistance with their technology problems.

Just Craftin' Around: Tuesday 11/22 at 1:00 pm & 11/29 at 11:00 am

Julie will hold a craft class on Thursday, November 22 & 29 in the River Room at 1pm. Sign-up sheet will be on the bulletin board maximum class size is 10 people

16 Questions & Tea: Monday 11/14 at 11:00 am

Interesting conversations are had, and we get to know one another better. We will end just in time for you to grab lunch!! Check the free lunch calendar, call to reserve a spot.

Trinity Health Alert Personal Emer. Response System: Thursday 11/17 at 1:00pm

Andrea McGowen from Trinity Health alert will give a presentation on personal alert systems and the benefits of having one.

Eating for a Healthy Heart: Monday 11/21 at 10:00 am

This program will look at dietary patterns that are likely to promote heart health, including the Mediterranean Diet and the DASH Diet. How these vary from the typical American diet will be discussed with suggestions on small changes you can make to eat healthier.

Presenter: Diane Whitten, MS, Nutrition Educator, Cornell Cooperative Extension Saratoga County

Reception to honor Commissioner Fred Hosley: Tuesday 11/01 at 2:00 pm

The membership is holding a reception on November 1st in the Hudson Room at 2pm. They want to Thank the Commissioner Hosley for the Hometown Hero Banner Program. Everyone is welcome to attend.

Scrapbooking Class by Heather Schiauo: Friday 11/04 at 1:00 pm

Do you have hundreds of photographs in boxes, and you don't know what to do with them???? Come to this presentation!

On Your Feet and Independent Adult Fall Prevention Course: Tuesday 11/29 at 1pm

Thomas Moran from Albany Medical Center will be presenting fall prevention.

EVENTS ARE SUBJECT TO CHANGE

