



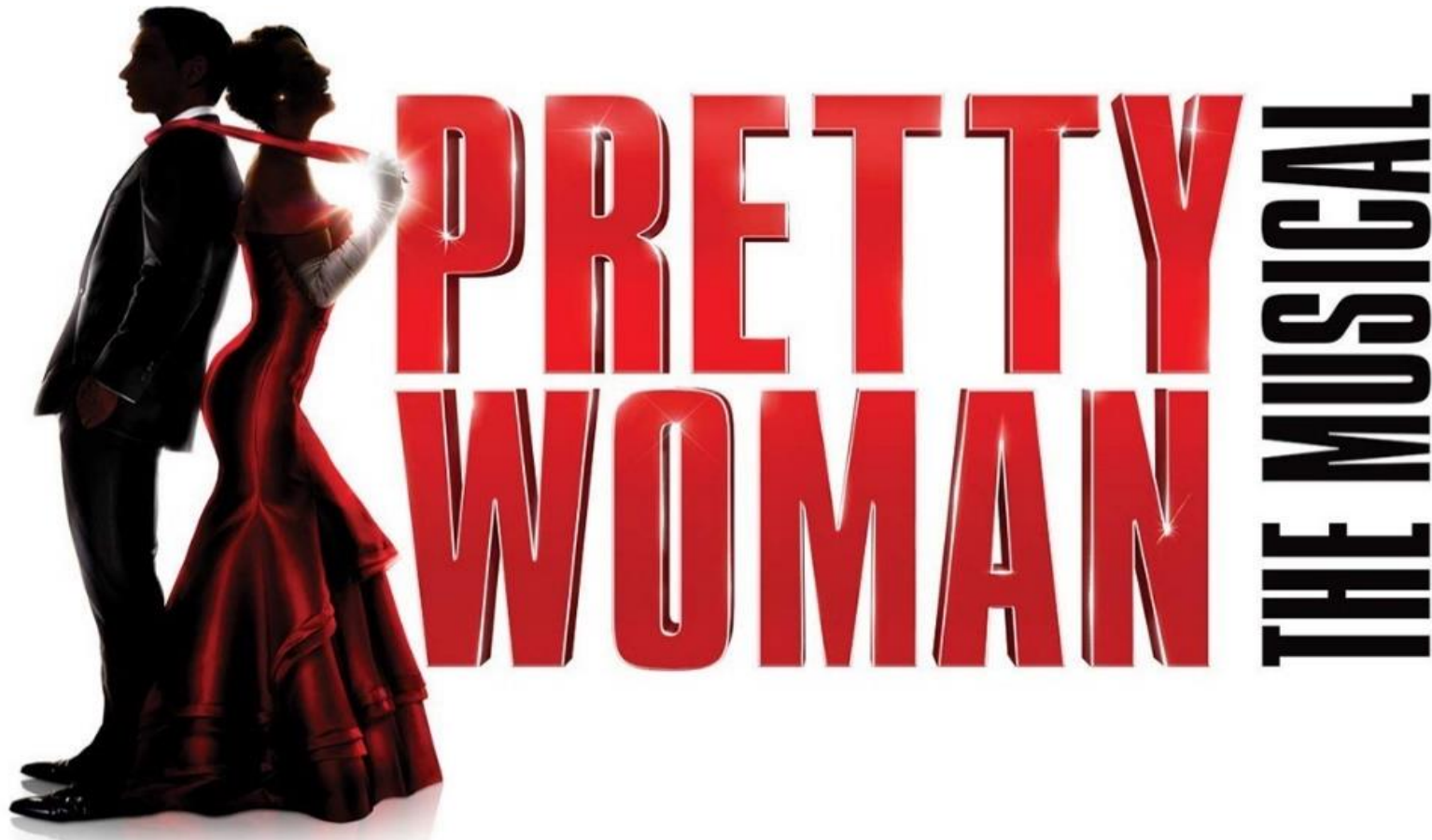
### SENIOR TRIP

Matinee Showing PRETTY WOMAN THE MUSICAL


**SAVE THE DATE: November 10<sup>th</sup> | At Proctors Theater.**

**COMING IN NOVEMBER!!! A BUS TRIP TO PROCTER'S from a matinee to see PRETTY WOMAN the MUSICAL.**

**We have 50 tickets reserved at Proctor's.** You May reserve your ticket beginning October 3<sup>rd</sup>. Stop by the Senior Center to reserve your spot. All tickets must be paid for at the time you reserve your spot. Hurry, and don't miss out on this great show!!



## OCTOBER

- **BREAST CANCER AWARENESS MONTH!!**   
Annual campaign to raise awareness about the impact of breast cancer.
- It's important to know that breast cancer is a disease that can affect anyone at any age! PLEASE GET YOUR ANNUAL MAMMOGRAM!!
- National Metastatic Breast Cancer Awareness Day is October 13 this year.
- The Pink Ribbon is the sign for the breast cancer. You will see buttons, pins and t-shirts to mention a few. Athletes even wear pink sock and shoes during games.
- **NATIONAL DOMESTIC VIOLENCE MONTH- (DVAM) was launched in 1987** to connect and unite individuals and organizations working on DV issues and raising awareness.
- Domestic violence awareness is also in October. Purple is the associated color many will wear and decorate homes and businesses in support of DVAM
- **FIRE PREVENTION WEEK** - October 9-15
- The National Fire Prevention Association (NFPA) has announced its theme for this year: "Fire Won't Wait. Plan Your escape."

### Mechanicville District Library

### Free Educational Program Series

### **Brought to you by the Alzheimer's Association**

- Wednesday, October 12<sup>th</sup> at 6pm—Dementia Conversations
- Wednesday, October 26<sup>th</sup> at 6pm—Effective Communication Strategies

### CITY BUS TRIPS

- Thursday, October 6<sup>th</sup> - Marcella's bus leaves at 5:45 p.m.
- Saturday, October 10<sup>th</sup> - Racino - bus leaves at 12:00 p.m. and returns 4:30 p.m.
- Thursday, October 13<sup>th</sup> - Grecian Gardens - bus leaves at 4:45 p.m.
- Saturday, October 15<sup>th</sup> - Lakeside Farms - bus leaves at 11:30 a.m.
- Wednesday, October 19<sup>th</sup> - 99 Restaurant - bus leaves at 4:45 p.m.

## Welcome MaryAlice

Hello everyone, my name is Maryalice Hollenbeck. I've taken over as the Director of the Living Well Program at the senior center.

Last month we said a sad goodbye to Karin Drosdick, who is off to enjoy a well-deserved retirement. We hope she will make a special appearance between her travels to teach a cooking class. Karin brought in many wonderful classes and presenters, which will continue. I hope to add some new classes and continue to bring in presentations on topics important to all of you. If there is a topic you would like to learn more about, please let me know and I will do my best to bring a presenter in. I will continue to assist seniors with resources and services they need.

Please know, my door is always open if you need my help, have a topic idea or just want to say hello. I am looking forward to working with many of you, seeing you at classes or events and getting to know more about all of you. I'm very excited for this opportunity and the beginning of another chapter of my life.

# MECHANICVILLE SENIOR CENTER'S

## Living Well News

OCTOBER 2022

## What's New

### TECH TIME

Aaren, one of our fabulous interns from Suny Albany, is starting a new tech service for anyone having trouble with apps, setting up your cell phone, computer or laptop. Tech time will be available on Thursday afternoons. There is a signup sheet on the bulletin board where you can pick a 30-minute slot. Aaron will meet with people in the computer room. We are so excited to offer this service and thank Aaron for sharing his expertise in technology.

### JUST CRAFTIN AROUND

Julie our other fabulous intern from Suny Albany, is starting a craft class! This class will be held October 4 & 18, on Tuesday afternoons at 1-2pm, in the River Room. We all love crafts so please sign up and Join Julie making some great creations. The class will be limited to ten people so please let us know if you can't make the class.

### JUST SAY YES TO FRUITS AND VEGGIES

Kristen Bopp will be here on Thursday October 18<sup>th</sup> at 11 am in the Hudson Room. She will give us some great ideas on how to eat healthy when we eat out.

### WEDNESDAYS ARE OUR FREE FOOD DAY

October 5<sup>th</sup> & 19<sup>th</sup> will be Free Market Days, October 12<sup>th</sup> & 26<sup>th</sup> will be Mystery Market days. We do not know what or how much will be delivered.

### PITNEY MEADOWS FARMS

We will no longer be getting Pitney Meadows. We thank them for the delicious produce they were kind enough to share with us over the summer. As with all go things and summer, it must come to an end.

### CHAIR YOGA

Sharon Gavitt is only available on Oct. 14 during the month of October. Chair Yoga will continue each Fridays at 10 am, we will use the DVD on the other weeks. Sharon will be back to her regular schedule in November!

### Therapy Dogs

We will have a visit from Diane and her therapy dog Keeva, on October 11<sup>th</sup> at 10:30am.

### 16 QUESTIONS & TEA ????

A fun way to learn more about your friend and even other senior you may not know anything about. Join us for 16 questions. Each person picks a question, and we go around the table and answer the question. Interesting conversations are had, and we get to know one another better. Our next one will be on October 6<sup>th</sup> at 11 am. Check the free lunch calendar, if it's something you like,

### Activities Committee

Do you have ideas for some fun events or activities you would like to do here at the senior center? I would love to hear from you! Come to an activity planning meeting with your ideas. Our next meeting is October 12<sup>th</sup> at 12:30 pm in the river room.

### Fall Festival

A celebration of Fall will be held on Friday October 28<sup>th</sup> from 1 to 3 pm. There will be games, crafts, raffle baskets and refreshments. Tickets will be given at the door, if you bring a friend, you get two. Tickets will be given for each activity you participate in. Put tickets in the bag of the basket you would like to win. Join us and have some fall fun!

### Meatball Contest

Do you make awesome Italian style meatballs?? If so, enter our meatball contest being held on Monday, October 17<sup>th</sup> 12:30 to 2pm. Call the senior center at 664-9884 to enter. There is NO fee to enter. If you love Italian style meatballs, come sample the meatballs, then VOTE for your favorite. There will be prizes for winners.