

MARCH IS

National Nutrition Month
Irish-American Heritage Month
Women's History Month
Save Your Vision Month

DATES TO REMEMBER:

3/11 Albany St. Patrick's Day Parade
3/12 Daylight Savings Time Begins
3/17 St. Patrick's Day
3/20 First Day of Spring

MARCH BIRTHDAYS

Elizabeth Beeble	3/6
Betty DiNuzzo	3/7
Joyce O'Brien	3/8
Elaine O'Brien	3/13
Ellen Shannon	3/17
Ted Skumurski	3/17
Margaret Rendert	3/19
Peggy Kelly	3/22
Roberta Treinski	3/23
Myra Lownes	3/24
Kim Babson	3/24
Dawn Primett	3/26
Grant Smith	3/26
Rita Delmar	3/27
Martha Hall	3/28
Marie Mastianni	3/30

Sincere apologies, for any missed Birthdays. If we incorrectly reported your Birthday, please let us know. We will correct our records.

MARCH DESSERTS

March 2, Pizza, Diane Leonard
March 9, Rita Delmar and Betty DiNuzzo
March 16, Paul Leonard
March 23, Birthday Cake
March 30, Volunteer Needed

NEW MEMBERS

Ursula MacAffer, Dominick Bolognino and
Valecia Brown-Counts

GREETING CARDS SENT

Get Well: Theresa Lazarro, Connie Van Buren and Betty Courtois

Sympathy: Diane Forkeutis

To have a card sent to someone, please notify, Theresa Lazzaro, Sunshine, 783-5822.

DUES, DUES, DUES

PLEASE PAY YOUR \$5 MEMBERSHIP DUES. Mail your \$5 check payable to **Menands Senior Citizens** to Debbie Teitsch, 3 Cornell Drive, Albany, NY 12204, or you can pay them any Thursday at a gathering.

Thank You for your support.

NOTICE:

We will be accepting FULL PAYMENT for the Newport/Block Island, Rhode Island Trip, beginning in March. Please make your check payable to Diane Leonard or Dawn Primett.

2017 TRIPS

MARCH 11, 2017, Saturday, if you have signed up, board the TROLLEY AT Ganser-Smith Park, Menands, @ 12:45pm.

Listen to Irish Music and wave to friends as you pass by in the Albany St. Patrick's Day Parade. Hurry, reserve your seat, the ride is dry and warm; fun and free!! After the parade, return to the Menands Fire Hall for a delicious Corned Beef and Cabbage Dinner. Entertainment provided by "Shut Up and Dance." Entire cost for the evening is \$11.

APRIL 18, 2017, MARK TWAIN AND HARRIET BEECHER STOWE houses, Hartford, CT. Luncheon at "The Chowder Pot." Cost of trip \$54/64.

MAY 22-24, 2017 (Monday-Wednesday): we are planning a trip to NEWPORT & BLOCK ISLAND, RHODE ISLAND.

Tour Includes:

*Roundtrip Transportation

*Hotel Accommodations for TWO Nights
Holiday Inn Express, Middletown, RI

*Baggage Handling

*2 Mansion Tours in Newport: The Breakers and The Marble House

*Block Island Tour: Ferry Ride Roundtrip, 30 minute Island Tour and Lunch at the National Hotel.

*Foxwoods Casino with Casino Bonus

*1 Dinner

*2 Full Breakfasts at the Hotel

Price person: \$360. Double occupancy, \$460. Single occupancy

Insurance is available.

JUNE 20, 2017, GEORGE EASTMAN MUSEUM, Rochester NY. We will have lunch at the Genesee Brew House. Cost \$30/40

JULY 18, 2017, WHALE WATCH, Newburyport, MA. Luncheon at Michael's Harborside Restaurant and Bar, Newburyport, MA. Cost \$60/70.

AUGUST 22, 2017, THE BRONX ZOO,

Bronx, NY. This trip requires walking. It is not a guided tour. View the exhibits at your own pace. Bring

along a snack or bagged lunch. We will stop at the Suburban Diner, Passaic, NJ on our way home. Cost of trip, transportation and admission to the zoo, only \$20.

October 11-13, 2017 (Wednesday-Friday):

AMISH TOUR, Lancaster, PA.

Tour Includes:

*Roundtrip Transportation

*Hotel Accommodations for TWO Nights

Country Inn, Lancaster, PA

*Baggage Handling

Kitchen Kettle Village

Full Day Farmlands Tour with Tour Guide with a stop in an Amish Home, Anna and her children will entertain you and you will have a little snack before departing.

*Show Tickets for the performance of "JONAH," at the Sight and Sound Theater

*2 dinners (1 dinner right in a REAL Amish Home-Ruth's Home and 1 Dinner served Family Style)

*2 Full Breakfasts at the Hotel

*Shopping Time at the Outlets: Choice of the Rockvale Outlets OR Tanger Outlets

*Lunch at Miller's Smorgasbord

Price per person: \$410. Double occupancy,

\$530. Single Occupancy.

Insurance Available

November 29, 2017, TRIP TO NYC, will be up to your own discretion. Shop, Dine, Visit a Museum, See a Play, The Christmas Tree will be up in Rockefeller Center. If interested in the Christmas Show with the Rockettes, we will get tickets. There is no place like NYC at Christmastime. Cost \$10.

BEST HOUSEHOLD ADVICE IN A LONG TIME, CON'T.

***To Reheat Pizza:** Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.*

***Easy Deviled Eggs:** Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, and keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.*

***Expanding Frosting:** When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.*

Thanks to Pat Payne for submitting.

THAT'S ALL FOLKS

HAPPY ST. PATRICK'S DAY!!