July 2021
SENIOR PROJECTS OF RAVENA

9 Bruno Blvd.
Ravena, NY 12143
(518)756-8593

The Senior Projects of Ravena will be opening on July 12th for meals. The hours will be exactly the same prior to Covid. All activities will remain the same, we are also working on new activities. The only changes made that you will see are cosmetic. The art class will resume on July 14th at the same time. The exercise class will be the same, using DVD. The will also be at the same days and time. We anticipate that there will be bingo after dinner on Monday and Thursday nights. Cards also can resume to be played. We look forward to getting up and running again.

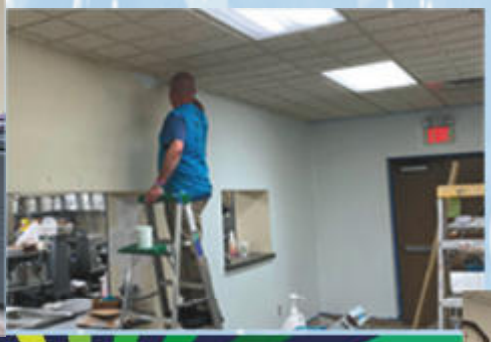
JULY 15TH WILL BE OUR GRAND REOPENING

We will have entertainment, Door prizes, and a special meal to welcome back our seniors.

You are all greatly missed and we can't wait to see you again.

(Dinner to be announced—please register for the meal)

COME SEE OUR NEW LOOK!!



Thank you
TEEN CHALLENGE
for your help and T. Bell
for the volunteering in
getting us a new look.

Anyone that finds all the typos gets a lollypop. Bring into office.

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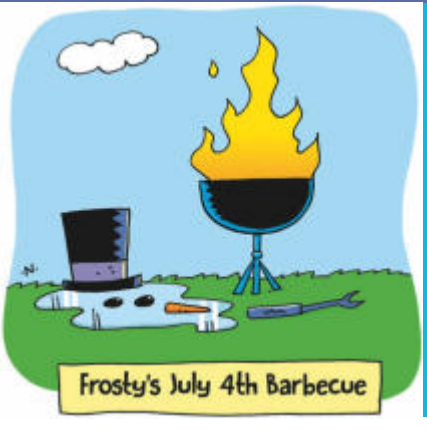
CDTA BUS

Transportation every Tuesday open to all. Pick up at the Senior Projects of Ravena Bus leaves at 9 AM and drops off at Colonie Center, Wal-Mart and Crossgates Mall. Picks up in Albany to bring back to Ravena around 1:20 . No reservations needed just be at the Senior Center by 9 AM for pick up $.75 cents each way. For more info call 756-8593

CATERING
By Senior Projects of Ravena

Cater on premises or off.

Call 756-8593 or email for catering menu (seniors@brow.cc) and ask for Terri.

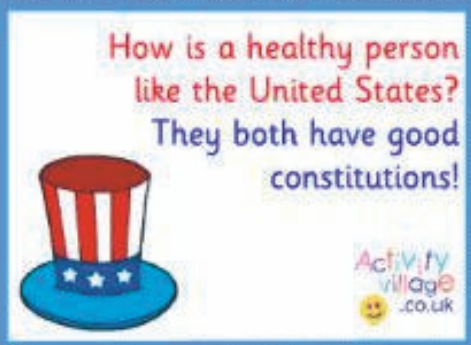


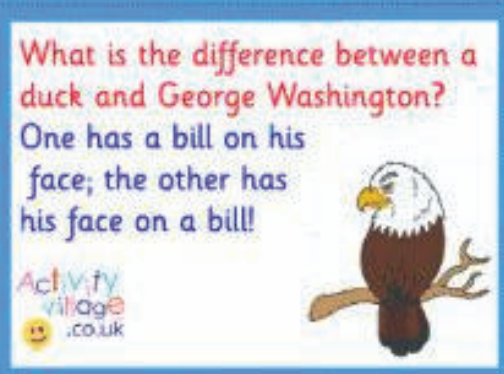
If you would like your birthday or anniversary mentioned, please call or come into the office and give us your birth date (month and day) .

HAPPY BIRTHDAY TO ALL AND TO ALL A GOOD DAY!

3rd—Dan Dorrance
4th—Debbie Grant
8th—Bob Viviano
10th—Joann Irving
18th—Mike Albano
23th—Robert Austen (Parkview)
29th—David Mergendahl

Happy Anniversary
Dan & Elaine Dorrance





Thrift Shop

The senior center has a thrift shop open to the public.

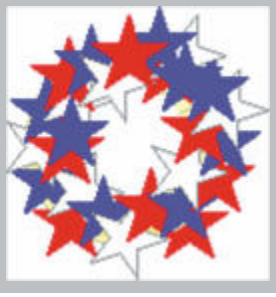
Hours :
TUE,WED AND FRI 7am to 1pm
MON AND THUR 7am to 5pm

We are always accepting items to sell in our thrift shop. This money helps maintain the programs the center provides for our

ART CLASS

ART CLASS

Art class will begin on July 14th. We can't wait to see you all here. Come and



Many older adults aren't able to go out, but would still enjoy participating in holiday celebrations. A wonderful way to enjoy the 4th of July is to bring the festivities to them.

5 great group activities

1. Throw a backyard barbecue at their house. Your older adult can participate when they want or just people-watch. This lets them join the fun, but keeps them from getting overtired or overstimulated, something that's especially important for those with Alzheimer's or dementia.

2. Have a patriotic sing-a-long! Play a karaoke soundtrack from your computer or mobile device – try *America the Beautiful*, *My Country 'Tis of Thee*, *This Land is Your Land*, or *Yankee Doodle Boy*

3. Ooh and ahh together while watching parades and fireworks on TV.

4. Watch a great movie classic like Singin' in the Rain or Lawrence of Arabia.

5. Play simple card games or classic board games.

Involve your older adult in cooking and food preparation as much as they're able and willing. It may help them feel even more involved and included when they're able to contribute to the meal.

1. Make traditional foods like hot dogs, hamburgers, potato salad, and coleslaw.

2. Prepare a simple patriotic dessert – try one of these Jello red, white, and blue holiday recipes or these colorful fruit skewers.

3. Involve them in fruit or veggie preparation or ask them to put prepared salad ingredients in a big bowl.

4. Organize an ice cream social. You could even make it a sundae bar by including a variety of toppings.

1 way to get crafty

Create paper flags and other decorations to hang everywhere. Try this fun star wreath.

756-8593

Most Wednesdays, the Senior Projects of Ravena hosts an art class where you can learn to draw and paint or improve your artistic skills. It meets from 10 am to noon. The cost is $5.00 per class for which you get instructions, art subjects and supplies. Proceeds benefit charity. Adults of all ages and all skill levels (including stick—figure beginners) are welcome! Anyone can do art! The class is friendly, non–competitive and fun. For more information, call the senior center 756-8593.

JULY 14TH WE ARE BACK

Exercise Class

The Ravena senior center offers a exercise class every Tuesday and Thursday at 10:30 am.

This 1 hour class is a great way to improve muscular strength and range of motion while having fun.

Anyone can take the class . Just walk right in and join us. We work out with weights, bands a ball and a chair. First class free!

TRANSPORTATION

The center provides transportation for medical appts. for seniors 60 plus.

Transportation for dinner at the Ravena Senior center is available for 60 plus seniors

Transportation for shopping, and errands locally in the Ravena area

There is a suggested contribution for all transportation programs. No senior 60 plus will be refused a service for the inability to pay. Call for more info 518-756-8593

Legal Aid

There is a lawyer available for consultation by appt. or phone. Please call the Senior Center for more Information, and ask for Terri. 756-8593

Senior Projects of Ravena's Programs

There is a suggested contribution for all services we provide, to seniors 60 plus. No one is refused services for their inability to pay. For more info please call Terri Albano at 756-8593 .

Congregate Meals: Suggested Donations—$3.00

Senior Projects of Ravena – 9 Bruno Blvd Ravena
Monday and Thursday Dinner served at 5PM -CARD GAMES AND DOMINOS PLAYED FROM 2PM TO 5PM ALL WELCOMED
Tuesday, Wednesday and Fri day Lunch served at 12 noon

Parkview Apartments—400 Hudson Ave Albany
Mon—Fri Lunch served at 12 noon

Townsend Park Apartments—45 Central Ave Albany
Mon—Fri Lunch served at 12 noon

Meals on Wheels

Homebound Seniors 60 plus in southern Albany County and Northern Greene County could be eligible to receive Hot meals 5 days per week and frozen meals for the weekend. Also a cold meal is available. Suggested Donations—$3.00.

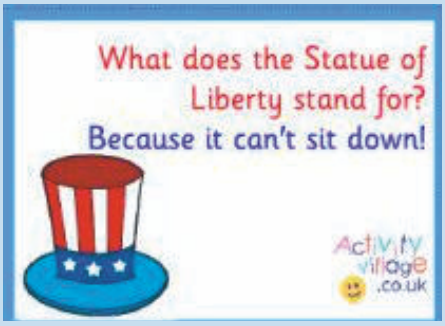
For more info call 756-8593

WANTED:

Volunteers to help deliver a few meals. (50 cents per mile) you can deliver one day a week or as many as you would like. People that have skills they might like to share with a group. Start up a book club or a card game. There are so many opportunities to do good for the community. If you have an idea come and share it with us.

1 pkg. (3 oz.) JELL-O Cherry Flavor Gelatin
1 cup sugar, divided
2 cups boiling water, divided
ice cubes
2 cups cold water, divided
1 pkg. (3 oz.) JELL-O Berry Blue Flavor Gelatin
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

1. Combine dry cherry gelatin mix and 1/2 cup sugar in medium bowl. Add 1 cup boiling water; stir 2 min. until gelatin is completely dissolved. Add enough ice cubes to 1 cup cold water to measure 2 cups. Add to gelatin; stir until ice is completely melted. Pour evenly into 16 (5-oz.) paper or plastic cups, adding about 1/4 cup gelatin to each cup. Freeze 1 hour.
2. Meanwhile, combine dry blue gelatin mix and remaining sugar in medium bowl. Add remaining boiling water; stir 2 min. until gelatin is completely dissolved. Add enough ice cubes to remaining cold water to measure 2 cups. Add to gelatin; stir until ice is completely melted. Refrigerate 1 hour.
3. Spoon about 3 Tbsp. COOL WHIP over red gelatin in each cup; top evenly with blue gelatin, adding about 1/4 cup gelatin to each cup. Freeze 1 hour or until almost firm. Insert wooden pop stick or plastic spoon into center of each cup for handle. Freeze 4 hours or until firm. To remove pops from cups, place bottoms of cups under warm running water for 15 sec. Press firmly on bottoms of cups to release pops. (Do not twist or pull pop sticks.)



July 14th

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This congregate meal / home delivered meal program is supported in part by the Albany County Department for Aging, the New York State Department for Aging and the Administration for Community Living.

Monday and Thursday Dinner @ 5 pm Tuesday, Wednesday, and Friday Lunch @ 12:00 Noon

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*WW = whole wheat *All meals served with bread, milk and Coffee Call and ask about our meal Substitutes *LS = low sodium	Senior Projects of Ravena 9 Bruno Blvd. Ravena, NY 12134 (518)756-8593		1 Stuffed Shells Romaine salad, Tomatoes, and Dressing	2 Potato Crusted Fish Oven Baked Steak Fries Sauteed Zucchini
5 CLOSED	6 BBQ Chicken, Green Peas Rice	7 American Goulash Traditional Mixed Vegetables	8 Macaroni & Cheese Stewed Tomatoes	9 Cheeseburger W/ Lettuce & Tomato Potato Salad
12 Meat Lasagna Romaine Salad, Tomato, Cucumber and Dressing	13 Chicken Teriyaki Asian Blended Vegetable Rice	14 Kielbasa Sweet n' Sour Cabbage German Potato Salad	15 Chicken w/ Gravy Whipped Sweet Potatoes Broccoli Biscuit	16 Cheeseburger W/ Lettuce & Tomato Potato Salad
19 Pork Loin W/ Raspberry Glaze Baked Sweet Potato Green Beans	20 Lemon Pepper Fish Seasoned Oven Roasted Potatoes Coleslaw	21 Chicken Tacos W/ Cheese, Salsa, Sour Cream, Shredded Lettuce & Tomatoes Sauteed Zucchini Tortilla	22 Baked Ham w/ Pineapple sauce Scalloped Potatoes Peas & Carrots	23 Chili Con Carne Brussel Sprouts
26 Meatballs and Spaghetti Italian Blend Vegetables	27 Cold Salad Plate: Tuna W/ Hard Cooked Egg Lettuce w/ Tomato	28 Chicken Parmesan Sandwich California Blend Vegetables	29 Pork Chops Baked Potato Sweet & Sour Cabbage	30 Potato Crusted Fish Sweet Potatoes Spinach