



MOREAU COMMUNITY CENTER

making community connections

144 Main Street
South Glens Falls, NY 12803
Return Service Requested

THE MCC PULSE | MONTHLY NEWSLETTER
ISSUE NO. 0222/FEBRUARY 2022

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
GLENS FALLS, NY 12801
PERMIT NUMBER 501

518-792-6007 | www.moreaucommunitycenter.org



A NOTE FROM OUR EXECUTIVE DIRECTOR

As we enter year three of the pandemic, I am reminded that with adversity comes strength. I see daily examples of people powering through these times to continue to help others. Although we have made decisions to not hold certain events in the interest of public safety, our doors are open to meet the needs of those we can help or provide a program or service. We have postponed Bingo yet again due to the high levels of contagion with this new virus strain. We ask everyone for patience as we continue to do our absolute best to balance wants, needs and safety. There is plenty happening at the Center if you want or need to get out and do something. We continue to require masks for everyone. If you don't have one, we will give you one. Stay warm and safe!

Donna C. Nichols

If you would like to give to the Center, visit our website to give online, or mail checks to:

THE MOREAU COMMUNITY CENTER, 144 MAIN STREET, SO. GLENS FALLS, NY 12803

TO DISCUSS IN-KIND AND OTHER METHODS OF GIVING, PLEASE CONTACT DONNA
518-792-6007 x10

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Happening at the Center | Normal Operating Hours: M-F, 8-4

CURRENT SOCIAL/RECREATIONAL SCHEDULE | 518-792-6007

MON & WED | 10AM | HANNAFORD FOOD OUTREACH PROGRAM

MONDAY [2ND OF EACH MONTH] | 7PM | AMERICAN LEGION MOHICAN POST 553

TUESDAY | 8:30-9:30 OSTEOBUSTERS | 9:30 -11:30 FLOWER ARRANGING | 11:30-2:00—BEGINNER MAHJONG

WEDNESDAY | 12:30-3:30 | CARDS & MAHJONG

WEDNESDAY | 2PM-3PM | SUDOKU

WEDNESDAY | 7PM | NARANON

**THURSDAY | 7PM | IN-PERSON AA
TEMPORARILY CXL'D**

FRIDAY 8:30 -9:30 OSTEOBUSTERS

FRIDAY [2ND & 4TH OF MONTH | 10AM | CARD MAKING

FRIDAY—10:00-12:00 PENNY BINGO

FRIDAY | 12:30-3:30 | BRAIDED RUG MAKING

To reserve your spot at one of the social/recreational programs, please call the Center or the designated contact for your group. 518-792-6007

The currently held meetings of NARANON and AA are open meetings. See American Legion ad for contact info.



LOVE KIDS?
We need PT and Substitute Kids Korner staff!
10-20 hours/wk
AM & PM shifts available!
Inquiries to:
donna@moreaucommunitycenter.org
jabare@moreaucommunitycenter.org
Apply on Indeed!

Free tax preparation is now available for those who qualify, either through AARP or VITA..

For AARP, appointments are for drop off only and pick up the following week—(Thursdays only)-contact Gloria at ext 14 or Cindy at ext 19.

For VITA, based on income— must be below \$58,000/ per year w/no rental or stock income., appointments are available Monday, Thursdays-late afternoon/ evenings, and Saturday mornings. Contact Rosemary at ext 12 or Nancy at ext 23.

Updates & Important Info

- To access Meals-on-Wheels for yourself or a loved one, contact the Saratoga County OFA at 518-884-4100.
- The Saratoga County OFA Congregate Meal site is up and running again..
- February's menu is on the back of this newsletter.
- Tai Chi classes are being offered at the Center every Monday, 2p-3p. Interested? Contact Donna@moreaucommunitycenter.org
- MCC Senior [55+] Bowling League is looking for a few bowlers and subs! Call Marilyn at: 518-636-5077 if interested!

Painting with Patrice - 518.696.3399

February 10, 2022

"Dot Folk Art"

1:30 to 3:30 pm

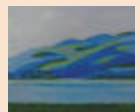


March 10,

2022

"LG North"

1:30 to 3:30



Support for Survivors of Suicide Loss

This is a group for survivors to support survivors. All are welcome in a safe space to share grief and guidance for one another. *Virtual for now* The Third Thursday of each month at 7pm

Contact: Mia Adams at 803-552-6610 or mia.k.adams@gmail.com

Dial-A-Bus | Available to disabled adults and 55+.
To be picked up, you must live in SGF or Moreau.

Other town residents may ride, but must get to the Center on their own.

Suggested donation: \$5 local trips

Disinfecting and cleaning occur daily and between trips.

Trips must be scheduled, and as possible, canceled, 24 hours in advance, by calling the Center at 518-792-6007

Schedule:

Monday: Medical appointments only

Tuesday: Walmart PM

Wednesday: Price Chopper AM, Hannaford PM

Thursday: Open | Misc. Appts., errands, etc.

Friday: Special trips, 2/4-Saratoga Casino, 2/11-Clifton Park Mall, 2/18-Lake George Outlets, 2/25-Colonie Mall—suggested donation \$7.00. Call the center at 792-6007 to register for a trip, or for all of them!

Check out the menu for the congregate meals on the back of the newsletter. Maybe you'd like to come in to the center and have lunch before or after shopping.

Center Staff

Donna Nichols, Executive Director
Rosemary White, Resource Manager

Gloria Osier, Finance Manager

Jennifer Rich, Youth Prog. Director

Cheryl Lawyer, Dir. of Marketing &

Outreach

Cindy Brennan, Events coordinator/
client outreach

Nancy Douglas, Accounting Specialist

Ken Ashe, Facilities Manager

José Pabon, Building Assistant

Jennifer Smith, Preschool Teacher

Maria Piña, Program Assistant

José Rivera, Dial-A-Bus

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*CDPHP Medicare Advantage PPO plans received 5 out of 5 Stars overall from Medicare. (2021) Every year, Medicare evaluates plans based on a 5-star rating system.

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An organization of caring community members working proactively to reduce youth substance use and risky behavior.



Visit us at ccfwsfg.org



NEW TEEN PROGRAM AT MCC

The Bulldog Zone Teen Program meets every Tuesday at the Moreau Community Center, after school until 7 pm for teens aged 12-18 in the South Glens Falls School District. Founded in September 2021 in collaboration with the Community Coalition for Family Wellness (CCFW), refreshments, structured activities or just hanging out with friends are always on the agenda. The Bulldog Zone was the brainchild of some South Glens Falls High School seniors who helped renovate a room to become the "Bulldog Zone" complete with sofas, bean bags, pillows, and games: a comfy safe place to socialize with friends. You can follow the Bulldog Zone on Facebook to see pictures of smiling faces enjoying friendship.



Follow us on Instagram and Facebook,
Consider donating the Center. Contact Donna at 518-792-6007 (x10)
or Cheryl (x16) for information.

Gigi says:

"Happy Valentine's Day.
I love all of my MCC
friends!"





"You can always tell about somebody by the way they put their hands on an animal"

—Betty White



Board of Directors



William (Mac) MacDuff, Kathleen (Kay) Hutt, Craig Seybolt, Joseph Orlow, John Hills, Michael Crowe, Sonya Jurnak, Jodi Ogburn, Gordon Woodworth, Elizabeth (Liz) Wilcox, Shelley Murphy, Gail Crandall

Calling all afghan-makers! The annual SGF Marathon Dance is once again looking for colorful afghans for prizes for the dancers. If you can make one or have one, please deliver it to us at the Community Center. We will keep them until the dance in March or April.

Thank you!



Are you struggling with an addiction? I can help.





My name is Randy Marshall and I am a Certified Recovery Peer Advocate (CRPA) with Healing Springs Recovery Center.

I wish I had known sooner that life could be meaningful again and help is out there. After years of struggling with substance use disorder (SUD) and alcohol use disorder (AUD), spending years in countless jail cells, someone helped me find a new way to live. That is why I am here: to help ANYONE struggling find their way out of the horrific cycle of active addiction.

My services are free and I am available to meet with you at the Moreau Community Center every Tuesday from 12 – 2pm or I can be reached anytime by cell (call or text) at 518.603.1276 or at Healing Springs Recovery Center at 518.306.3048. Please don't be ashamed to ask for help. Save your life!

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South Glens Falls, NY



Mohican Post 553

American Legion Membership
Now open to all members of the Armed Forces that have served since December 7, 1941.

Mohican Post 553
Post Meetings:
2nd Monday of every month
Moreau Community Center
144 Main Street
South Glens Falls

Contact or Visit us at:
Email: Adjutant@mohicanpost553.org
Website: www.mohicanpost.org
Facebook: <https://www.facebook.com/mohicanpost553>

If you have served federal active duty in the United States Armed Forces since December 7, 1941 and have been honorably discharged or are still serving - you are eligible for membership in The American Legion!



CENTERS HEALTH CARE 25

A rehab success story from the heart.

I took a bad fall and fractured my left hip. After surgery, I needed help with bathing, dressing—just about everything. I got that help at Glens Falls Center. The aides on my unit went above and beyond to make sure I had everything I needed. And my therapists—both physical and occupational—were great, helping me get stronger every day! It took three months of hard work, but every minute was worth it. I'm back home now and able to walk.

At Glens Falls Center, the entire team was dedicated to helping me regain my independence.

Arvilla Fuller,
former patient at Glens Falls Center

Essex Center | Elizabethtown, NY Granville Center | Granville, NY Washington Center | Argyle, NY
Glens Falls Center | Glens Falls, NY Slate Valley Center | Granville, NY Warren Center | Queensbury, NY



“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

—Desmond Tutu

Our Holiday Caring program this year was able to provide food and gifts for 98 adults, 125 children, and 36 seniors.

None of this would be possible without the generosity of those who selflessly adopt families and volunteers who donate their time.

So to everyone involved—Thank you!!

Saratoga County Department of Aging & Youth is in **DESPERATE** need for volunteer drivers for the Home Delivered Meals program in the Moreau area. Meals are picked up at 11AM at the Moreau Community Center and delivered between the hours of 11am-1pm Monday through Friday. If you’re interested in volunteering, please call 518-363-4020 and ask for Carly the Home Delivered Meals Volunteer Coordinator.

February’s basket raffle

Consists of: 4 Skidmore drinking glasses, Yankee candle, Angel, Stuffed bear, Orchard Valley candy (individual bags), oil

Approximate value: \$107.00



Thank you to all of the amazing individuals and businesses who choose to support the *MCC Pulse* with their advertising!

If you’d like to help out and join this great group, contact our LPi Representative,

Susanne Carpenter at 508-736-3000 or scarpenter@lpiseniors.com today!

TAX REDUCTION EXPANDED FOR SENIORS

The Town of Moreau and South Glens Falls School District are excited to announce an increase to the income limit for the Senior Citizen’s Exemption! The qualifying income limit has been raised from \$25,900 to \$32,400..

*Requirements must be met to qualify. Please call the Assessor’s Office at (518) 792-1030 x4 for information, or inquire here at The Moreau Community Center.

If you’d like to volunteer at the center, we currently need greeters for our front desk/ reception area, and people to work in our thrift store.

For greeters, please contact Cindy Brennan at 792-6007 ext. 19

For thrift store, call Rosemary White at 792-6007 ext. 12



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SARATOGA COUNTY OFFICE FOR THE AGING-February 2022
GATHER & DINE PROGRAM & HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Herb Chicken w/Gravy & Stuffing Butternut Squash Peas Whole Wheat Dinner Roll Mandarin Oranges	2 Pork Loin w/Cranberry Mustard Sauce over Mashed Potatoes Vegetable Trio Beets Pears	3 Spanish Beef & Rice Casserole Mixed Vegetables Spinach Cornbread Peaches	4 Pasta Bake w/Meat Sauce Mixed Peppers & Onions Lima beans Yogurt
7 Creamy Chicken Vegetable Stew Wax Beans Broccoli Whole Wheat Dinner Roll Mandarin Oranges	8 Apple Glazed Pork Mashed Sweet Potato Cabbage Whole Wheat Dinner Roll Applesauce Pineapple Juice	9 Italian Style Meatloaf over Garlic Mashed Potatoes Zucchini & Yellow Squash Vegetable Trio Fruit Cocktail	10 Breaded Fish with Home Fries Tartar Sauce Carrots Brussels Sprouts Cornbread Pineapple	11 Valentine's Day Special Vegetable Lasagna Peas and Onions Capri Vegetables WW Dinner Roll Frosted Red Velvet Cake 
14 Fish Florentine over Brown Rice California Blend Vegetables Yellow squash SF Oatmeal Raisin Cookie	15 Whole Wheat Pasta w/Meatballs Mixed Vegetables Spinach Parmesan Cheese Fruit Cocktail	16 Five Spice Chicken Cubed Sweet Potato Brussels Sprouts Whole Wheat Dinner Roll Mandarin Oranges	17 Turkey W/Gravy over Stuffing Broccoli Butternut Squash Peaches	18 Tuna Noodle Casserole Peas & Carrots Beets Whole Wheat Dinner Roll Fresh Orange
21 Closed for President's Day/Washington's Birthday	22 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio Whole Wheat Dinner Roll SF Chocolate Cookie	23 Birthday Special Roast Pork w/Gravy over Mashed Potatoes Cabbage Carrots Whole Wheat Dinner Roll Frosted cake 	24 Italian Stew Buttered WW Rotini Green Beans WW Dinner Roll SF Pudding	25 Veggie Breakfast Sausage French Toast Strata w/SF Syrup Home fries Peaches Orange Juice
28 Baked Fish w/Tarragon Sauce over Brown Rice Key Biscayne Vegetables Beets Yogurt				

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. 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 Office for the Aging, 152 West High Street, Ballston Spa, NY 12020**

We encourage our readers who would benefit from the Meals-on-Wheels program to call Saratoga County Office for the Aging at 518-884-4100. If you think someone you love could benefit from this program, do the same!