



MOREAU COMMUNITY CENTER

making community connections

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

THE MCC PULSE | MONTHLY NEWSLETTER
ISSUE NO. 0322/March 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

Hopefully our cover and today's 50 -degree weather has you thinking about Spring! The May Basket/Crafters are back at it. If you are interested in participating, come in Tuesday mornings and hang out with the ladies (gentlemen welcome too)! We are busy planning our second Trivia Night Fundraiser, applying for grants for our programs, working to launch a job skills training program, and helping people get their taxes done. If you haven't been in to see our renovated kitchen yet, stop in. Better yet, sign up for the Gather and Dine lunch program. We are still requiring masks in the Center but are re-evaluating that on a regular basis.

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 | BULLDOG ZONE TEEN PROGRAM—AFTER SCHOOL UNTIL 7 P.M.

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.



Preschool open house dates for the 2022-2023 school
year will be Wednesdays, March 9th and March 23rd,
10:00 a.m. to 12:00 p.m.

Or by appointment by contacting Jen Smith at 792-6007
ext 15. Email : Jennifer@moreaucommunitycenter.org



#TheMoreauCommunityCenter #KidsKorner before & after school
program has an immediate need for Team Members at the
South Glens Falls elementary schools. A particular need is at
Harrison Avenue Elementary School mornings M-F 7-
8:30am. We also need someone for AM & PM at Moreau as
well as PM at Ballard schools. This job is perfect for someone
who has a little time each day for a little fun and to share a
smile with a child.

We are also looking for full-time staff for Camp Moreau this
summer. This is an 8 week camp, that takes place at one of
the South Glens Falls/Moreau school campuses,. The loca-
tion for this year is yet to be determined.

If either of these positions sounds like a good fit for you, call
Jennifer Rich at (518) 792-6007 x17.

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..
- March's menu is on the back of this news-
letter.
- Tai Chi classes are being offered at the
Center every Monday, 2p-3p. Interested?
Contact
Donna@moreaucommunitycenter.org
- MCC Senior [55+] Bowling League is look-
ing for a few bowlers and subs! Call Marilyn
at: 518-636-5077 if interested!

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, 3/4-Crossgates Mall, 3/11-Clifton Park Mall, 3/18-Wilton Mall, 3/25-Rivers Casino—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

Yvette Robbins, Building Assistant

Jennifer Smith, Preschool Teacher

Maria Piña, Program Assistant

José Rivera, Dial-A-Bus

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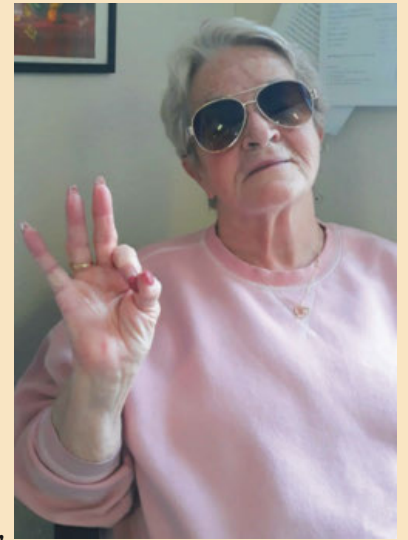
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www.PinesGlensFalls.com | 518-793-5163



VOLUNTEER SPOTLIGHT: GLADYS SEARS

Our Volunteer of the Month is Gladys Sears and we think she's one of the coolest!

Gladys has been volunteering at the MCC Thrift Store and the weekly Backpack Program for about six months. We are so thankful for her hard work and ability to brighten everyone's day. She first became familiar with MCC when five years ago she started helping with the basket raffles. "It was a difficult time for me, and Gloria and Jeanie (staff members) were such a big help." MCC staff member Maria describes Gladys as "fabulous", "will help do anything", "really keeps the store neat and clean" and "she runs circles around me!" After working for the State in support of Autistic children for 25 years, Gladys describes herself as a "habitual volunteer". "I just love to help and meet new people. I really like volunteering at the Center."



Thank you, Gladys, for volunteering, for helping us help others.



All are welcome at the Moreau Community Center.

Stop in anytime for a cup of coffee, a sweet treat, and some friendly conversation.

Relax and read a magazine or the newspaper, and catch up on what's happening at the center and with your friends and neighbors.

We'd love to see you!



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@lpieniors.com today!**

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 at 792-6007 ext. 19. For thrift store, call Rosemary at ext. 12. Thank you!



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

March 8th is International Women's Day. Here are some quotes from some inspiring women.

"To handle yourself, use your head; to handle others, use your heart."

—Eleanor Roosevelt

"A life not lived for others is not a life."

—Mother Theresa

"I am grateful to be a woman. I must have done something good in another life."

—Maya Angelou

"I raise up my voice not so that I can shout, but so that those without a voice can be heard."

—Malala
Yousafzai



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!



Free tax preparation is available for those who qualify through the VITA Program. This is offered based on income—must be below \$58,000/per year w/no rental or stock income..

Appointments are available Mondays & Thursdays-late afternoon/evenings, and Saturday mornings.

Contact Rosemary at 792-6007 ext 12 or Nancy at ext 23.

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.

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South Glens Falls, NY



Mohican Post 553

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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

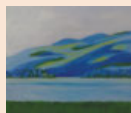
Contact or Visit us at:
Email: Adjutant@mohicanpost553.org
Website: www.mohicanpost.org
Facebook: <https://www.facebook.com/mohicanpost553>

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!



Painting with Patrice - 518.696.3399

March 10,
2022
1:30 to 3:30
"LG North"



April 14, 2022

1:30 to 3:30

"Purple Trillium"



Support the Moreau Community
Center Youth Programs!

March 25th, 6:30-8:30pm

TRIVIA
Night

Food ~ Adult beverages ~ Prizes ~ Raffle ~ FUN!

Teams of 4 forming NOW! \$20 per person/\$10 per spectator

Sponsorships available!

Contact Cheryl x16 or Cindy x19 (518)792-6007 for more information.

March Basket Raffle

"Think Spring"

(consists of various gardening goodies—
estimated value \$75.00)



Come and join us for a fun evening to benefit a good cause—our Youth Programs. Grab your friends and family and form a team, or if you can't round up four players we can put you together with some new friends!

(Pictured below is a child from our Kids Korner visiting with therapy dog "Otter")

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.

AARP DEFENSIVE DRIVING UPDATE

Still no word on when in-person defensive driving classes will resume. We will keep you updated as we get more information.



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**SARATOGA COUNTY OFFICE FOR THE AGING-March 2022
GATHER & DINE AND HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Divan over Brown Rice Peas & Onions Carrots Pears	2 Eggplant Parmesan w/ Marinara Sauce Pasta w/ Marinara Sauce Lima Beans WW Dinner Roll Yogurt	3 Roast Beef w/Gravy over Mashed Potatoes Vegetable Trio Corn Applesauce	4 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Banana
7 Chicken w/Orange Glaze Sauce over Brown Rice Capri Vegetables Spinach Whole Wheat Dinner Roll Pineapple	8 Spanish Beef & Rice Casserole Mixed Vegetables Brussels Sprouts Cornbread Peaches	9 Hot Turkey Sandwich Butternut Squash Broccoli Fruit Cocktail	10 Meatloaf w/Gravy over Mashed Potatoes Corn Green Beans Mandarin Oranges	11 Breaded Fish on Whole Wheat Bun Tartar Sauce Home Fries Peas & Carrots SF Chocolate Pudding Pineapple Juice
14 Swedish Meatballs over Egg Noodles Peas & Onions Carrots Mandarin Oranges	15 Herb Chicken w/Gravy over Stuffing Broccoli Butternut Squash Whole Wheat Dinner Roll Fruit Cocktail	16 Pork Loin w/Cranberry Mustard Sauce over Mashed Potatoes Vegetable Trio Beets Pears	17 St. Patrick's Day Special Corned Beef w/Cabbage Red Bliss Potatoes Carrots WW Dinner Roll Green Frosted Brownie 	18 Baked Fish w/Picatta Sauce Over Brown Rice Lima Beans Capri Vegetables Fresh Orange
21 Chicken Vegetable Stew Wax Beans Broccoli Whole Wheat Dinner Roll Oatmeal Raisin Cookies	22 Apple Glazed Pork Mashed Sweet Potato Cabbage Whole Wheat Dinner Roll Pears	23 Italian Style Meatloaf over Garlic Mashed Potatoes Zucchini & Yellow Squash Spinach Pineapple	24 Goulash Corn Key Biscayne Vegetables Yogurt	25 Breaded Fish over Home Fries Tartar Sauce Carrots Brussels Sprouts Cornbread Peaches
28 Pork w/Fiesta Sauce over Brown Rice California Blend Vegetables Yellow Squash SF Chocolate Chip Cookies	29 Pasta w/Meatballs Mixed Vegetables Spinach Parmesan Cheese Applesauce	30 Birthday Special Five Spice Chicken Cubed Sweet Potato Broccoli Whole Wheat Dinner Roll Frosted Cake 	31 Turkey W/Gravy over Stuffing Beets Butternut Squash Mandarin Oranges	

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!
Warren County OFA: 518-761-6347