



# MOREAU COMMUNITY CENTER

*making community connections*

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

**THE MCC PULSE | MONTHLY NEWSLETTER**  
**ISSUE NO. 0622/June 2022**

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

518-792-6007 | [www.moreaucommunitycenter.org](http://www.moreaucommunitycenter.org)



## A NOTE FROM OUR EXECUTIVE DIRECTOR

Camp Moreau, Bulldog Zone Teen Tuesdays, AARP Defensive Driving (hopefully), Lunch and Learn, Chair Yoga -these are some of the great programs we have going in June. We still don't have control over what COVID is doing, but we are moving forward as much as we can. For those of you who keep asking about trips, we are not planning anything overnight for now but will be working on doing some day trips. Don't forget to check out our basket raffle monthly, and call and sign up for the Gather and Dine Lunch program if you're 60+. I hear the food is really good!

Donna C. Nichols, ED

### Board of Directors

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

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](http://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 HEALTHY BONES | 9:30 -11:30 FLOWER ARRANGING|11:30-2:00—

BEGINNER MAHJONG| 1:00—2:00 |CHAIR YOGA

TUESDAY —**AFTER SCHOOL UNTIL 7 P.M.} BULLDOG**

### **ZONE TEEN PROGRAM**

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

WEDNESDAY | 2PM-3PM | SUDOKU

WEDNESDAY | 7PM | NARANON

FRIDAY 8:30 -9:30 HEALTHY BONES

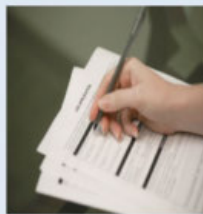
FRIDAY [2ND & 4TH OF MONTH | 10AM | CARD MAKING

FRIDAY |10:00-12:00| PENNY BINGO

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

### DID YOU KNOW??

#### Life Skills & Career Development Services



The Moreau Community Center provides application and forms completion assistance, and other human service referrals for job seekers. Job seekers can access personal, confidential one-on-one assistance with forms completion and technology support assistance at **NO CHARGE**.

*Stay tuned for career support training seminars!*

*For more information, contact Cheryl at (518) 792-6007 x16.*

### WE ARE LOOKING FOR PUBLIC INTEREST PROGRAMS



Do you have a talent, a skill, or expertise on interesting topics that you would like to share with others?

Crafts, technology, health, public interest, local history, art, animals, job skills, health, activities?

The Moreau Community Center would like to hear from you!

Please contact Cheryl or Cindy at (518)792-6007 to share your ideas.

### Updates & Important Info

- To access the Saratoga County Home Delivered Meals program for homebound seniors 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.. Call 792-6007 to make a reservation, must be 24 hours in advance.
- May'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](mailto:Donna@moreaucommunitycenter.org)
- MCC Senior [55+] Bowling League is looking for a few bowlers and subs! Call Marilyn at: 518-636-5077 if interested!

## Chair Yoga for ALL

Are you ready to move your body? In this class you can expect stretching, yoga flow, strengthening, and mobilizing the body. Chair yoga helps...

\*Increases flexibility and strength

\*Makes poses more inclusive and accessible

\*Can be done almost anywhere

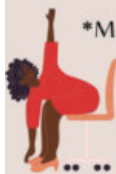
\*Reduces stress

\*Promotes mindfulness

\*Improves concentration

\*Improves range of motion & mobility

\*Increase Circulation



Join us for chair yoga on Tuesdays 1-2pm

### Paint with Patrice - 518.696.3399

June 9—1:30-3:30

July 14-1:30-3:30

"Lake George"



Pansy



By Georgia

O'Keefe

#### 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.kadams@gmail.com](mailto:mia.kadams@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, 6/3** - Racino **6/10** -Colonie Mall **6/17**—Saratoga Auto Museum/lunch **6/24**— Lunch at The Harvest - **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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\*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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And, helps make the service a celebration of a life lived.

Need more information? We welcome you to contact us at any one of our three locations or visit us on our website:

[www.kilmerfuneralhome.com](http://www.kilmerfuneralhome.com)

Email: [mbkilmer@kilmerfuneralhome.com](mailto:mbkilmer@kilmerfuneralhome.com)

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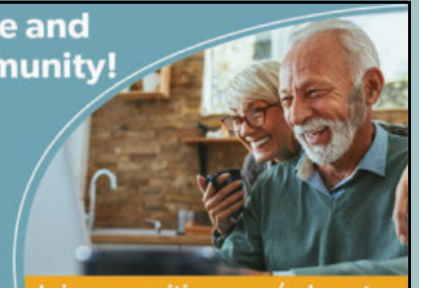
170 Warren Street | Glens Falls, NY 12801  
[www.PinesGlensFalls.com](http://www.PinesGlensFalls.com) | 518-793-5163



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### Lunch and a show!

We're now taking reservations for lunch and a matinee performance of "First Night" by Jack Neary, directed by Jarel Davidow, on Thursday, August 11th at The Holiday Inn Resort in Lake George. Seating begins at 11:15 a.m.

The show is described as "a bright, warm and romantic comedy about life and love.

Danny Fleming had convinced himself that life's dreams can't be anything more than dreams. Then back into his life walks high eight-grade flame, Meredith O'Connor—only now it's Sister Meredith Louise, and it becomes a New Year's Eve to remember.!

The Boston Globe calls the show "a lovely riff of magic."

"What a delight!" - says The Los Angeles Times.

Cost per person will be \$67.50, which includes the show and the meal: your choice of **Medallions of Beef** with mushroom demi-glace, **Chicken Piccata** with lemon caper sauce, **Seared Salmon** with lemon beurre blanc sauce, or **Vegetarian Pasta**. Includes a salad, rolls, fingerling potatoes, vegetables, dessert and hot coffee, tea, or decaf.

Attendance is limited to 50 people, and reservations need to be made by July 15th. (If a minimum of 15 persons are not registered, the price will be an additional \$6.00)

Dial-a-Bus will be available for those who need transportation. (limited seating available)

Contact Cindy at 792-6007 ext 19 to register.



### Eat to Stay Young: Nutrition for Seniors ...(and everyone else!)



#### "LUNCH & LEARN" AT THE CENTER

What we eat and how active we are have a big influence on our health, especially as we grow older. This program will discuss healthy diet patterns, including the Mediterranean Diet, antioxidants, and "Super Foods"; what are they, what they do, and how to get them from your food? We'll also discuss the need for supplements, and the importance of hydration. Last, but not least, we'll look at the types and amount of physical activity recommended to keep your heart and brain healthy, and you feeling young.

**Presented by:**  
Diane Whitten, Nutrition Educator,  
Cornell Cooperative Extension

**When:** Thursday, July 28, 2022  
**Time:** 12:30 – 1:30

Join us for "Gather & Dine" before the presentation or bring your own lunch. Call Cheryl or Cindy at (518) 792-6007 to register for the program and lunch.



#### GRILLED TOMATO-CHEESE SANDWICHES

- 1/2 cup mayonnaise or salad dressing
- 1/2 teaspoon dried dill weed
- 8 slices white bread
- 4 slices of Swiss cheese
- 1 large tomato, thinly sliced
- 1 tablespoon butter or margarine



- In a small bowl, combine mayonnaise and dill weed. Spread on each of the 8 bread slices. Put cheese and tomato slices or the bread slices over dressing. Cover with remaining four bread slices over dressing. Cover with remaining four bread slices dressing side down.
- Preheat skillet, uncovered, at 375°. Melt butter or margarine on both sides until golden brown, about 4 min side. Makes 4 servings.



## Eastern New York Home Fire Campaign



The Red Cross will provide the smoke detectors and also come to your home and install them. Contact your local chapter at 518-792-6545 for more information.



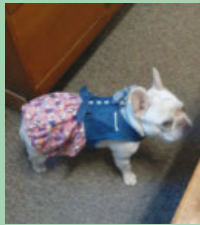
**American Red Cross**



Follow us on Instagram and Facebook,

Consider donating the Center. Contact Donna at 518-792-6007 (x10)

or Cheryl (x16) for information.



Gigi says:  
Get out  
the sunscreen,  
summer's coming!



### June Basket Raffle



June's Basket Raffle is double good! Two lucky winners will win a basket chocked full of sweets, and what's even sweeter is that they include four passes to the Painted Pony Rodeo in Lake Luzerne.

Enjoy a day of family fun with some snacks to sweeten your day. Each basket is a \$100 value. Raffle tickets are **3 for \$5** and can be purchased at the Center or by phone with a credit card. Many thanks to the Moreau Community Center Fundraising Committee and Board of Directors member Gail for this yummy donation. Get your winning tickets today!



And speaking of summer—Our thrift store is now accepting donations of summer clothing.

If you're looking to freshen up your warm weather wardrobe, stop in and check out the amazing deals. We have lot of summer wear, including for babies.



Open daily from 9:00 a.m.—3:00 p.m.

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](mailto:scarpenter@lpiseniors.com) today!**

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South Glens Falls, NY



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December 7, 1941.

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

Contact or Visit us at:  
Email: [Adjutant@mohicanpost553.org](mailto:Adjutant@mohicanpost553.org)  
Website: [www.mohicanpost.org](http://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!

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We call her “Crafty Carol” and for good reason. Have you seen all the beautiful silk floral arrangements at the Center? All of Carol’s beautiful work! Carol Jonietz has been a volunteer at the Center for over three years, sharing her artistic and crafty talents in the making of silk floral arrangements. She is here on Tuesdays and she would welcome some floral helpers. All proceeds from the sale of her handiwork benefit the Center. Carol has a background in graphic design, sewing, and jewelry making. “I went online and did a search when I was looking for a way to volunteer in my community which brought me to MCC,” said Carol about how she began. “I was initially involved in a lot of craft making at the Center including making placemats, potholders, and May Baskets.” Carol is retired from the Crandall Library, but calls herself a “perpetual volunteer”. “I volunteer at the Center because I am impressed with all that they do and are the nicest people. And I love to make flower arrangements!” Thank you, Carol, for volunteering and sharing your talent for floral arrangements that brighten the Center and our lives.

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!

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.  
 -Marjorie Moore

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**SARATOGA COUNTY DEPARTMENT FOR AGING & YOUTH-June 2022**  
**GATHER AND DINE & HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Roast Pork w/Gravy Mashed Potatoes Brussels Sprouts WW Dinner Roll Applesauce	<b>2</b> Chop Steak Parmesan Pasta w/Sauce Wax Beans SF Chocolate Pudding	<b>3</b> Italian Sausage w/Peppers & Onions on Roll Oven Roasted Potatoes Carrots Banana
<b>6</b> BBQ Chicken White Rice Vegetable Trio WW Dinner Roll Yogurt	<b>7</b> Meatball Sub Yellow Squash Cauliflower Fruit Cocktail	<b>8</b> Salmon Cakes White Rice Peas & Carrots Corn Muffin Mandarin Oranges	<b>9</b> Pulled BBQ Pork on Roll Brussels Sprouts Warm Apple Crisp	<b>10</b> Oven Fried Chicken w/Gravy Mashed Potatoes Broccoli WW Dinner Roll Peaches
<b>13</b> Breaded Pork Slice w/Gravy Buttered Noodles Peas & Carrots Mandarin Oranges	<b>14</b> Salisbury Steak w/Gravy Mashed Potatoes Beets Pineapple	<b>15</b> Tuna Salad Sandwich on WW Bread Coleslaw Tomato & Cucumber Salad LS Potato Chips Banana	<b>16</b> Chicken w/Lemon Sauce White Rice Broccoli WW Dinner Roll Peaches	<b>17 Father's Day Special</b> Hot Roast Beef Covered Sandwich Mashed Potatoes Creamed Corn Frosted Chocolate Cake
<b>20</b> Meatballs in Sauce Pasta w/Marinara Sauce Spinach Fruit Cocktail	<b>21</b> Peach Glazed Chicken White Rice Vegetable Trio WW Dinner Roll SF Oatmeal Raisin Cookies	<b>22</b> Macaroni & Cheese Brussels Sprouts Warm Peach Crisp Yogurt	<b>23</b> BBQ Pork Loin Oven Roasted Sweet Potatoes Cabbage Cornbread Applesauce	<b>24</b> Turkey Meatloaf w/Mushroom Gravy Mashed Potatoes Corn Mandarin Oranges
<b>27</b> Pork Loin w/Fiesta Sauce Buttered Egg Noodles Broccoli Pears	<b>28</b> Baked Fish w/Lemon Herb Sauce White Rice Capri Vegetables WW Dinner Roll Mandarin Oranges	<b>29 Birthday Special</b> Chicken Cacciatore Pasta w/Sauce Wax Beans WW Dinner Roll Frosted Cake	<b>30</b> Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts SF Chocolate Chip Cookies	

**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 Department For Aging & Youth, 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.**