



MOREAU COMMUNITY CENTER

making community connections

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

THE MCC PULSE | MONTHLY NEWSLETTER
ISSUE NO. 0722/July 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

July brings heat, fireworks, and hopefully outdoor fun. If you're a golfer, come join us on July 15th for our annual Paul Schultz Memorial tournament at Queensbury Country Club. We are also open to ideas for activities you would like to see here at the Center. We will be bringing back our popular Card Party this year in October for those of you who like cards or board games. Maybe Jeanne Gutheil will even make a guest appearance! Have a safe and fun summer. We will be thinking about the fall soon enough!

Donna C. Nichols

Executive Director

Board of Directors

Kathleen (Kay) Hutt, Craig Seybolt, Joseph Orlow, John Hills, Michael Crowe, 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



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 (COST-\$10.00)

TUESDAY —**BULLDOG ZONE TEEN PROGRAM—SUMMER
HOURS 1:00—5:00**

WEDNESDAY | 12:00-3:00 | CARDS & MAHJONG

WEDNESDAY | 2PM-3PM | SUDOKU

WEDNESDAY | 7PM | NARANON

FRIDAY 8:30 -9:30 HEALTHY BONES

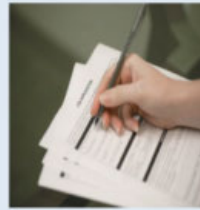
FRIDAY [2ND & 4TH OF MONTH | 10AM | CARD
MAKING

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
- 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

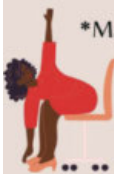
*Reduces stress

*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

July 14-1:30-3:30

August 11—1:30 to 3:30

"Pansy"



"Blue Morning Glory"



By Georgia O'Keefe

BINGO at St. Michael's Church in South Glens Falls will resume on Thursday, July 7th.

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

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, 7/1-Colonie mall - 7/8 - lunch at The Docksider- 7/15-No trip-bus not available -Clifton Park Mall- 7/22 -Lunch at The Olive Garden & Chapman Museum- 7/29 - Rivers Casino—suggested donation \$7.00. Call the center at 792-6007 to register for a trip, or for all of them!

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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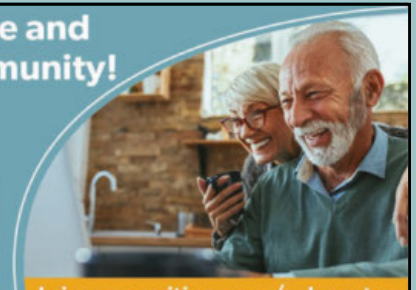
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Lunch and a show!

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.



Save the date!
MCC will be holding our annual block party on Saturday, September 10, 2022.

Join us again this year for this fun-filled community event.
Put it on your calendar now, so you don't miss it.

Details to follow.

If you'd like to participate as a vendor, please contact Cindy at 792-6007 ext. 19 or Cheryl at ext. 16.

Hope to see you there!

CHEESE-TOMATO SCRAMBLE

- 1/4 cup butter or margarine
 - 10 to 12 eggs, well beaten
 - 1 cup dairy sour cream
 - 1 cup grated cheddar cheese
 - 2 large tomatoes, peeled and diced
 - 4 green onions, thinly sliced
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
1. Preheat skillet at 250°. Add butter or margarine; heat until it sizzles. Beat eggs well in a mixing bowl. Add sour cream and stir to combine. Pour egg mixture into skillet.
 2. When eggs begin to set, add cheese, tomatoes, onion, salt and pepper. Stir until eggs are completely set and cheese is melted. Reduce heat to "warm" for serving. Makes 8 servings.



Saratoga Office for the Aging will be here on Wednesday, July 13th from 12:00 to 1:00 handing out coupons for local Farmer's Markets to residents of South Glens Falls and the Town of Moreau. (Please bring a piece of mail showing your address)

What's better than fresh fruits & veggies and supporting local farmers at the same time?

Come on in and get yours.



Need an air conditioner?

The Home Energy Assistance Program (HEAP) Cooling Assistance Component benefit provides a limited number of air conditioners or fans on a first-come, first-served basis to eligible applicants. The 2021-2022 Cooling Assistance Component benefit application period opened on May 2, 2022. To see if you qualify, call HEAP at 518-884-4140.



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

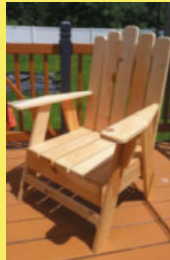
Gigi says:

Happy Independence Day,
when is the barbecue?



July Basket Raffle

July's month basket raffle is perfect for summer! A beautiful, hand-crafted Adirondack chair has been donated by Brian Brown of BB's Wooden Designs and Wayne Havens of Platt Street Wood Shop of Glens Falls. "We craft our chairs with pride," says Brian. "Our chairs are a little different than a traditional Adirondack chair because they sit more upright which some people prefer." Thank you to Brian and Wayne for their generosity in supporting the Center! Tickets are 3 for \$5 and can be purchased at the Center or over the phone with a credit card. The winning ticket will be drawn on July 29th.



Proceeds Benefit



Save the Date

10th Annual
Paul Schultz
Memorial Golf
Tournament

For more information,
contact Cheryl of Cindy
at (518) 792-6007

July 15, 2022
Queensbury Country Club

Premier Sponsor
PARKER

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!**

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South Glens Falls, NY



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Website: www.mohicanpost.org
Facebook: <https://www.facebook.com/mohicanpost553>

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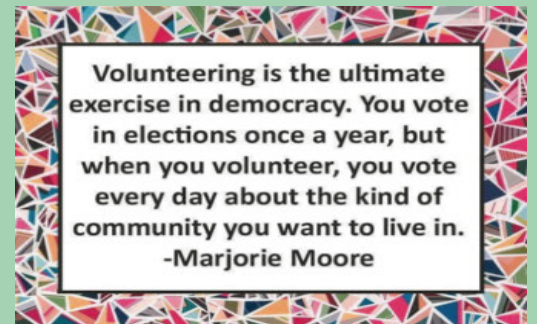




Every Friday, volunteers and staff at the Center prepare 120 bags of food for students of the South Glens Falls School District to take home for the weekend. Once again, a recipient of the South High Marathon Dance, the Backpack Program provides students who receive free lunch program meals at school with a supply of food for the weekend. It's a busy time packing up all the bags of food and we couldn't do it without the hard work and dedication of volunteers Jaine, Brianna, Lea, and Stacey from the CWI Employment Program. The CWI team has been helping the Center for years. They report the work is "enjoyable and meaningful" and the Center is one of their favorite places to work. Volunteers Carlene and Dom (pictured outside left) are active Center volunteers helping in many ways every day. "Our Backpack Program depends on these special volunteers. They are dependable, caring, and hard workers!" says Backpack Coordinator Maria, pictured on the right. Thank you to all our wonderful volunteers!

URGENT REQUEST: #VOLUNTEERSNEEDED

The Saratoga County Office for the Aging is in DESPERATE need of volunteer drivers for the Home Delivered Meals program in the Wilton/Moreau area and the "Gather & Dine" lunch programs. Those interested in delivering in the Wilton area do receive mileage reimbursement! 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.



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SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH-JULY 2022
GATHER & DINE & HOME DELIVERED MEALS 518-363-4020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
|  | Hello Summer  | | |  |
| 1 July 4 th Special Hot Dog w/Meat Sauce on Bun Baked Beans Creamed Corn Patriotic Frosted Cake | 4 CLOSED  | 5 Teriyaki Glazed Pork White Rice Spinach Orange | 6 Chicken Florentine Buttered Noodles Vegetable Trio WW Dinner Roll SF Vanilla Pudding | 7 Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables WW Dinner Roll Peaches |
| 8 Ranch Chicken White Rice Lima Beans Corn Muffin Mandarin Oranges | 11 Baked Fish w/Dijon Sauce White Rice Broccoli WW Dinner Roll Banana | 12 Chicken Alfredo Buttered Pasta Brussels Sprouts Pears | 13 Roast Pork w/Gravy Mashed Potatoes Spinach WW Dinner Roll Pineapple | 14 Chop Steak Parmesan Pasta w/Sauce Wax Beans SF Chocolate Pudding |
| 15 Italian Sausage w/Peppers & Onions on Roll Oven Roasted Potatoes Carrots Applesauce | 18 BBQ Chicken White Rice Vegetable Trio WW Dinner Roll Yogurt | 19 Meatball Sub Yellow Squash Cauliflower Fruit Cocktail | 20 Breaded Fish Tartar Sauce White Rice Peas & Carrots Corn Muffin Mandarin Oranges | 21 Pulled BBQ Pork on Roll Brussels Sprouts Warm Berry Crisp Fresh Peach |
| 22 Oven Fried Chicken w/Gravy Mashed Potatoes Broccoli WW Dinner Roll Pears | 25 Chicken w/Lemon Sauce White Rice Mixed Vegetables WW Dinner Roll Mandarin Oranges | 26 Breaded Pork Slice w/Gravy Buttered Noodles Broccoli Peaches | 27 Birthday Special Tuna Salad Sandwich on WW Bread Coleslaw Tomato & Cucumber Salad LS Potato Chips Frosted Cake | 28 Salisbury Steak w/Gravy Mashed Potatoes Beets Pineapple |
| 29 Baked Fish w/ Dill Sauce White Rice Vegetable Trio WW Dinner Roll SF Chocolate Pudding | | | | |

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.