



MOREAU COMMUNITY CENTER

making community connections

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

THE MCC PULSE | MONTHLY NEWSLETTER
ISSUE NO. 0822/August 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

When I start writing for August's newsletter, it already feels like the summer is waning. As someone who likes autumn and winter, that doesn't make me sad, but I know others are impacted by the quick passing of the summer season. A few highlights: send your kids/grandkids over on Tuesday afternoons to the Bulldog Zone – we are here with fun activities. Tai Chi and chair yoga are available for your physical and mental well-being – just show up! We will be planning another Trivia Night in October with a Halloween theme. Stay tuned for details. Most of all, enjoy the remainder of the summer!

Donna C. Nichols
Executive Director

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 | 11:00-1:00—BEGINNER MAHJONG | 1:00—2:00 CHAIR YOGA (COST-\$10.00)

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

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

WEDNESDAY | 2PM-3PM | SUDOKU

WEDNESDAY | 7PM | NARANON

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 are open meetings.

See American Legion ad for contact info.

Need a computer to apply for a job, send an email, talk to your friends on Facebook? We have several laptops available for use by the public. Please call and make an appointment to reserve one.

Thank you!



IMPORTANT !!!

PLEASE REMEMBER: IN ORDER TO RESERVE THE DIAL-A-BUS SERVICE, WE NEED TO RECEIVE A CALL AT LEAST 24 HOURS IN ADVANCE TO ENSURE YOUR RESERVATION. TO PARTICIPATE IN THE LUNCH-TIME CONGREGATE DINING, YOU WILL NEED TO CALL BY 12:30 THE DAY BEFORE TO MAKE A RESERVATION.

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..
- August 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!

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

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.

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.

Friday: Special trips, — suggested donation \$7.00.

August 5th—Crossgates Mall

August 12th—Lunch at The Dockside

**No special bus trips after 8/12 until the second week of September.

September special trips—

9/9—Burlington, VT's Waterfront Park

9/16—Crossgates or Colonie Center

9/23—Hick's Orchard, Granville

9/30—The Garden Barn, Fort Edward

Call the center to sign up for one or all of them!

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The MCC Pulse is mailed out every month to over 2,200 subscribers. Timeliness in preparation for mailing, to ensure that readers get their newsletter on-time is critical. And so, each month a group of dedicated volunteers spend a few days folding, labeling, and sorting the MCC Pulse to make sure that readers receive it by the first of every month. It's a lot of work, but all the volunteers enjoy helping as well as spending time with friends. As with many things at the Center, we could not do what we do without the love, dedication, and hard work of our volunteers. Thank you to all the newsletter volunteers who help 'make it happen' every month!



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!**

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.

ENTERTAINMENT

They call themselves “Ukulele Orchestra” or “Seniors Making Music” from the Kingsbury-Fort Edward Senior Center.” Their motto is “Music played by seniors for seniors”, but all ages are invited to a concert at the Moreau Community Center on August 4th at 12:15. It’s a fun, lighthearted group, with jokes and laughter just as prevalent as the music. Some of their favorites include “This Land is Your Land,” “Puff the Magic Dragon,” “Sweet Caroline”, and “Amazing Grace.” Join us before the concert for “Gather & Dine” senior lunch, bring your own, or just join us. Call Cheryl or Cindy at (518)792-6007 to register and join the fun!



And on August 11 at 12:30 – Tom Burke on the Keyboard!

AARP will be holding their next **Defensive Driving** class here at the center on **Thursday, August 11th**. There are a few slots left, but they will fill up fast! Max number of will be kept at around 32 people. If you don't make it into the August class, we can put your name on the waiting list for the next, which will hopefully be in September. Cost for the class is \$25.00 for AARP members, and \$30.00 for non-members.

To register, call either Gloria at 518-792-6007 ext 14 or Cindy at ext 19.

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.



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South Glens Falls, NY



Mohican Post 553

American Legion Membership
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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!

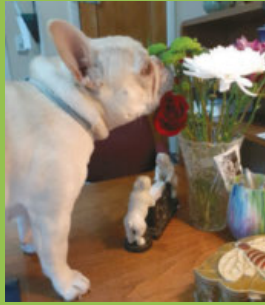
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GIGI SAYS: "TAKE TIME TO STOP AND SMELL THE ROSES"



August Basket Raffle"



August's monthly 'basket raffle' is a LOVELY hand-crafted pine planter container. This unique creation is a thoughtful donation created by Jim Ploof and we can't thank him enough for his kindness. The vine in the planter is really just for decoration, but a nice plant will be included with the basket. A \$75 value, tickets are only 3 for \$5 and all proceeds benefit the Center. Monthly basket raffle donations are always appreciated. Contact Cheryl or Cindy at (518)792-6007 if you would like to make a donation. We can't do what we do without our generous supporters – thank you!

Stay tuned for more...



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!

Paint with Patrice - 518.696.3399

August 11-1:30-3:30 September 8- 1:30—3:30

"Blue Morning Glory" "Whimsical Dragon Fly"

By Georgia 'Keefe



By Patrice



Saratoga County Department of Aging & Youth is in **DES-PERATE** 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.

Board of Directors

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatballs in Sauce Pasta w/Marinara Sauce Spinach Mandarin Oranges	2 Peach Glazed Chicken White Rice Vegetable Trio WW Dinner Roll SF Oatmeal Raisin Cookies	3 Seafood Mac & Cheese Brussels Sprouts Warm Berry Crisp Yogurt	4 BBQ Pork Loin Oven Roasted Sweet Potatoes Cabbage Cornbread Applesauce	5 Turkey Meatloaf w/Mushroom Gravy Mashed Potatoes Corn Fruit Cocktail
8 Pork Loin w/Fiesta Sauce Buttered Egg Noodles Broccoli Pears	9 Baked Fish w/Lemon Herb Sauce White Rice Capri Vegetables WW Dinner Roll Mandarin Oranges	10 Chicken Cacciatore Pasta w/Sauce Wax Beans WW Dinner Roll Fruit Cocktail	11 Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts SF Chocolate Chip Cookies	12 LS Ham & Swiss on Whole Wheat Bread w/Mustard Macaroni Salad Tomato & Cucumber Salad Pineapple
15 Chicken Florentine Buttered Noodles Vegetable Trio Whole Wheat Dinner Roll SF Vanilla Pudding	16 Teriyaki Glazed Pork White Rice Spinach WW Dinner Roll Orange	17 Hot Dog w/Meat Sauce on Bun Mixed Vegetables Cabbage Pineapple	18 Ranch Chicken White Rice Lima Beans Corn Muffin Mandarin Oranges	19 Roast Beef w/Gravy Mashed Potatoes Broccoli WW Dinner Roll Peaches
22 Baked Fish w/Creamy Dijon Sauce White Rice Brussels Sprouts WW Dinner Roll Fresh Peach	23 Chicken Alfredo Buttered Pasta Broccoli Pears	24 Birthday Special Roast Pork w/Gravy Mashed Potatoes Mixed Vegetables Frosted Cake 	25 Chop Steak Parmesan Pasta w/Sauce Green Beans SF Chocolate Pudding	26 Sausage w/Peppers & Onions on Roll Oven Roasted Potatoes Mexican Corn Applesauce
29 BBQ Chicken White Rice Vegetable Trio WW Dinner Roll Yogurt	30 Meatball Sub Mixed Vegetables Cauliflower Fruit Cocktail	31 Breaded Fish Tartar Sauce Oven Roasted Potatoes Peas & Carrots Corn Muffin Peaches		

Menu Subject To Change

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!