



Happy Healthy Attitudes

July 2025
Volume 25, Issue 7

PATRICK'S NEWS

Need Help with Bed Bugs? We're Here for You

At Harrietstown Housing Authority, your health and safety are a priority. If you suspect a bed bug issue in your apartment, please don't wait—reach out. We understand how stressful these situations can be, and we are here to listen without judgment and work quickly with you to correct the issue. Prompt reporting is the first and most important step in resolving the problem effectively. You're not alone—we're your partners in keeping your homes safe and comfortable.

Thank You for Brightening the Lake Flower Patio!

We'd like to extend our heartfelt thanks to board members **Johnna MacDougal** and **Carrie Bradley**, and to Lake Flower resident **Marc Wormuth**, for their time and energy in sprucing up the patio at the high-rise. Thanks to their efforts, the space is cleaner, more welcoming, and ready for summer gatherings.

Special thanks also go to **Coakley Home and Hardware** for their generous donation of a brand-new grill for the patio. Your gift helps bring neighbors together and enhances our shared spaces in meaningful ways.

Celebrating the Fourth of July

There's something magical about the Fourth of July in the Adirondacks. The scent of fresh-cut grass, the snap and crackle of fireworks echoing over the lake, kids with red-white-and-blue popsicles, and porch lights glowing into the evening—it's a time that reminds us why home matters.

Whether you're grilling with neighbors, catching a local parade, or simply sitting under the stars, may this Independence Day fill your heart with gratitude—for community, for freedom, and for the beauty of summer in our corner of the world.

Happy Fourth of July from all of us at HHA!

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HHA BOARD OF COMMISSIONERS

Rich Loeber (Chair)
Johnna MacDougall (Vice)
Carrie Bradley
James Edmonds
Rachel Karp
Theresa Landry
David Michael

FROM THE MAINTENANCE DIRECTOR: ERIK SCHUE

Staying Cool This Summer

Summer is here, and with the warmer weather settling in, it's important to find ways to stay cool and comfortable—especially in homes without air conditioning. Our maintenance team is committed to helping residents stay safe during the hotter months and making sure our buildings are in top shape to handle the season.

Here are a few helpful ways to beat the heat:

Keep blinds and curtains closed during the hottest parts of the day to block out direct sunlight.

Open windows in the early morning and evening to let in cooler air and improve airflow.

Use fans to circulate air, especially in rooms where heat tends to build up. Placing a bowl of ice in front of a fan can provide a quick cooling effect.

Avoid using ovens or stovetops during the day, as they can quickly heat up your home.

Stay hydrated—drink plenty of water throughout the day, even if you don't feel thirsty.

If you experience any issues with ventilation, window function, or need help with screen repairs, please don't hesitate to submit a maintenance request. We're here to help keep your home safe and as cool as possible this summer.

Stay safe and cool,
Erik

SUBMITTING WORK ORDERS

No work will be performed without a proper work order request

Call system 518 891 3050, Ext. 106 or Option 3
Email or Text request to hhaworkorder@gmail.com

LEAVE DETAILED MESSAGE, THAT INCLUDES:

◇Name and apartment #

◇Phone number/text-able cell phone number or email address for communication and scheduling

◇Description of problem – attach photo if possible

◇Are any pets in the apartment?

◇Time slot preferred for work to be completed

◇9:00am to 11:00 am, or
◇1:00 pm to 3:00 pm


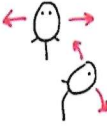










Requests deemed emergency are not subject to 24-hour prior notice to enter apartments

IRENE'S THOUGHTS

BENEFITS OF CHAIR YOGA

Chair yoga offers numerous benefits, including increased flexibility, improved strength, enhanced balance, reduced stress, and better circulation. It's a gentle and accessible form of exercise, making it suitable for people of all ages and abilities, especially those with mobility limitations or those new to yoga.

Chair Yoga

 <p>Three Part Breathing</p> <ul style="list-style-type: none"> • Sit in chair with feet on floor hips distance apart • Place hands on lower belly and breathe into hands (1-2 minutes) • Place hands on rib cage and breathe into hands (1-2 minutes) • Place hands on upper chest and breathe into hands (1-2 minutes) 	 <p>"No" & "Yes" Head Movements</p> <ul style="list-style-type: none"> • From seated position, turn head left and right keeping chin level (Repeat 10 times) • Do not force head to go the same amount on both sides • Lift chin and lower chin without crunching back of neck (Repeat 10 times) 	 <p>Side Neck Stretch</p> <ul style="list-style-type: none"> • Drop right ear to right shoulder • Place right hand on left ear for extra stretch (Hold 5 breaths) • Release head and lift back up to center gently • Repeat on the left side
 <p>Back of the Neck Stretch</p> <ul style="list-style-type: none"> • Turn head to right and drop chin toward shoulder • Place right hand on back of head for extra stretch (Hold 5 breaths) • Release head and lift up before turning back to center • Repeat on the left side 	 <p>Nose Circles</p> <ul style="list-style-type: none"> • With head centered, pretend that you are drawing a circle with your nose • Try to control the circle and keep it round • Repeat to both sides (10 times each) 	 <p>Wrist Figure-Eights</p> <ul style="list-style-type: none"> • Clasp hands together and make figure-eight motions with the hands • Repeat both directions (10 times each)
 <p>Wrist Flexion & Extension</p> <ul style="list-style-type: none"> • Hold right arm in front of torso with palm facing away • Use left hand to gently pull back on palm, stretching underside of wrist • Repeat with palm facing towards you • (Hold 3 breaths each side) 	 <p>Carpal Tunnel Stretch</p> <ul style="list-style-type: none"> • Place right hand on left shoulder • Place left arm behind back • Drop chin to right shoulder, then raise chin up and to the left • (Repeat 10 times, both sides) 	 <p>Arms Overhead</p> <ul style="list-style-type: none"> • With hands clasped together, turn palms toward knees • As you inhale, raise arms overhead, pressing through index finger mounds • Relax shoulders down the back • Release arms to sides and down
 <p>Shoulder Shrugs</p> <ul style="list-style-type: none"> • Roll shoulders forward, up, back and down slowly making a backwards circle • (Repeat 5-10 times) 	 <p>Shoulder Swimming</p> <ul style="list-style-type: none"> • Make backstroke motion with right shoulder, followed by left shoulder • Allow side of waist to get into the motion by swaying torso back and forth • (Repeat 5-10 times) 	 <p>Side Bend</p> <ul style="list-style-type: none"> • Hold chair with right hand and inhale left arm overhead • Lean to right and stretch the left waist • (Hold 3-5 breaths) • Repeat to other side

INTERESTED IN HOUSING ASSISTANCE?

If you are not currently living in the Lake Flower high rise or Algonquin Apartments, and you are not currently participating in the Housing Choice Voucher program, don't be shy!

If you are interested in assistance, you should start the process of determining your eligibility. You can go onto our website to print out an application and either drop it off at the office or in the mail. you can also call us and have us mail you an application or stop by to pick up an application. See contact information on last page.

You must be at least 18 years old, and a United States citizen or a non-citizen who has eligible immigration status. Single persons are eligible, as well as households with or without children. HUD commonly refers to a household as a "family," so don't let that term confuse you. A "family" consists of one or more persons, and having children is not required to be considered a "family."



JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2:00 pm Birthday Social	2	3	4 TH JULY HOLIDAY	5
6	7	8	9	10	11	12
13	14	15	16 HHA Board Meeting 4pm	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	RED: ALGONQUIN COMMUNITY ROOM PURPLE: L.F. COMMUNITY ROOM GREEN: L.F. BOARD ROOM	



RESIDENT NEWS AND ISSUES...By Tammy Burdt

Congratulations to all the students who graduated in June! Now it is time to enjoy the summer! Patrick Murphy, Irene Snyder, Tammy Burdt, and Carrie Bradley attended the annual NYSPHADA Spring Conference June 16-18 in Verona, New York. Lots of interesting topics and latest updates from HUD.

The Harriestown Housing Authority will be closed on Friday, July 4th in observance of the 4th of July, Independence Day holiday.

The following are observances for the month of July: Canada Day 1st, Independence Day 4th, Full Moon (Buck) 10th, Bastille Day 14th, and National Ice Cream Day 20th.

Local events for July: I Love NY Horse Show July 1st-6th, Lake Placid Summit Youth Lacrosse July 7th-9th, Ironman July 20th, CanAm Rugby July 25th-27th, and Lake Placid Summit Lacrosse July 28th-August. 3rd.

Lake Flower News: Plans for the plumbing renovation project continue. The pipes are letting us know they are old and tired and in need of some TLC. Maintenance staff are cleaning up the patio for the tenants to enjoy. Get out and enjoy the beautiful weather, summer concerts, parks, and lakes. Some tenants have already been making use of the barbeque grill. Lake Flower Apartments had zero tenants move-out, and three tenants move-in during the month of June.

Algonquin News: Maintenance is making great progress getting vacant units ready at Algonquin. Many updates to the apartments continue. Algonquin Apartments had zero tenant families move-out, and one tenant family move-in during the month of June.

Reminder: Lake Flower Apartments and the Algonquin Apartments are non-smoking facilities. Smoking **of any kind** is not allowed in apartments, in yards, or anywhere on the property. This is a violation of the terms of the lease agreement.

Remember, be respectful and kind to others! We are all in this together!

****HAPPY 4th of JULY****

Bed Bug Information

Where should you look?

- Mattress (piping, sides, underside)
- Box spring (remove ticking)
- Bed frame
- Linens
- Furniture – seams, pleats, piping, joints
- Corners and drawers of desks, dressers, etc.
- Door, window, and baseboard trim
- Items on the floor

What should you look for?

- All life stages: eggs, nymphs, adults
- Skin casts
- Blood spots

How do you avoid them?

Carefully inspect all used furniture, linens, and clothing before bringing them into your home.

- Wash and dry clothes on hottest setting items can stand. Transport clothes in plastic bags. Do not put clean clothes in bags used to transport dirty clothes. Throw those away!
 - Vacuum frequently.
 - Remove clutter.

If possible, use a high powered flashlight when looking around your unit. If you find a bed bug, notify staff immediately. Staff and you will work together to prepare for any needed treatment. Don't delay. It's much easier to treat one or two than it is twenty or thirty. Again, successful eradication requires resident involvement and cooperation.

The sooner we know, the lower the cost to you.

If a tenant declines any regularly scheduled inspections and/or preventive treatments, the tenant is responsible for the full cost of any treatment of any subsequent infestation that occurs in the next six calendar months.

Our Mission

The mission of the Harrietstown Housing Authority is to provide public housing and tenant-based assistance program residents with clean, safe and affordable housing in a non-discriminatory manner.

The Harrietstown Housing Authority is committed to operating in an efficient, fiscally prudent, ethical and professional manner.

The HHA will encourage and monitor partnerships with appropriate community agencies in order to improve the quality of the resident's lives.

Our Staff

EXECUTIVE DIRECTOR

Patrick Murphy

HOUSING ASSISTANT

Tammy Burdt

HOUSING CHOICE VOUCHER SPECIALIST RESIDENT SERVICES COORDINATOR

Irene Snyder

MAINTENANCE DIRECTOR

Erik Schue

MAINTENANCE STAFF

John Burns
Jeremy Charland

ACCOUNT CLERK

Kathy Scriver



14 Kiwassa Road
Suite 1
Saranac Lake, NY 12983

Phone: 518-891-3050
Fax: 518-891-3630
www.harrietstownha.org

HHA Office Hours
9:00 a.m.-1:00 p.m.

Get the Newsletter Via E-Mail!

We encourage those with access to e-mail to sign up for e-mail delivery of the monthly newsletter. To sign up, send a quick e-mail to kscriver@harrietstownha.org.

The newsletter is also available on the website:
www.harrietstownha.org

After Hours
Emergency Call Number
(518) 619-0720

July – August 2025

TEAMWORK

By Diane Peterson

Avana Forsyth's mother would be very proud.

"I started coming to the Adult Center when mom passed," Avana said. "I wanted to do something to make her proud." So she volunteered to coordinate the newly-adopted Food Distribution program.

The local Youth Center ran the program just for its clientele until a leadership change brought the operation to The Center where it has expanded into a community-wide program. Aleacia Landon from the Youth Center helped with the start up and volunteered for 10 years.

Hannaford grocery in Lake Placid donates the food that has passed its "sell by" date.

The weekly routine begins on Sunday when Avana and her husband Bruce haul the first batch of food to the Adult Center. Then on Tuesdays, Bruce and the Youth Center's Teresa Troy bring another batch from Hannaford. (The Youth Center keeps some food for its use.) When Tuesday's food arrives, Avana and 5-year-volunteer



The crew:
(l to r)

Bruce & Avana
Forsyth

Maureen
MacDowell

Teresa Troy

Maureen MacDowell lay it out carefully on the tables so that people can see all their choices.

From 11 a.m. to 1 p.m. on Tuesdays, the distribution is open to the public. On average, 40 people from all walks of life take advantage of the program each week. Some folks are struggling to make ends meet and sometimes they're embarrassed by their situation Avana says. "I try to lighten things up and offer help."

The food selection varies from week to week. For example, sometimes there is meat, and sometimes there isn't. A recent donation from

the Rocky Mountain show at the Rusty Nail allows Avana to purchase items that may be lacking, such as canned goods or meat.

At 1:00 p.m., Avana and Maureen, sometimes with help from other volunteers, pack up the remaining food, and deliver it to Dechantel Apartments and the Vermontville Food Pantry so none of it will be wasted.

Bruce and Avana spend up to 12 hours weekly on the program, but she is quick to underscore that it takes the whole team to get it done. "We just couldn't do it without them!"



My, oh, my. We sold some pie!

The Pie Sale at Coakley Ace Hardware earned \$1,350 to bring activities like Tai Chi to The Center. Fundraising Committee members who helped with the event (l to r) Johnna MacDougall, Hillary Ryan, Susan Waters, Kathleen Bullard, also Sue Patterson,

Cheryl Culotta, LeeAnne Baker. Many thanks to these creative bakers for their delicious donations: Rhonda Messerole, Kathy Ford, Jerrilyn Johnson, Michele Williams, Kelly Hass, Jordanna Mallach, Farmhouse Pantry and Julia Graves.



President's Message

I hope you are enjoying the very nice weather that has occasionally popped up after some very long wet weather days.

I can't believe it is already time to discuss the Board elections that will take place in October.

The qualifications for anyone interested in seeking a board position are:

1. Current paid membership at The Center
2. Residence within the Saranac Lake School District
3. Completion of 20 volunteer service hours for The Center
4. A written statement of interest expressing how they feel they can contribute to the Board must be submitted by August 31.

The formal list of approved candidates will be posted on September 1, 2025, until elections occur in October. More on voting in the next Outlook.

Have a wonderful summer,
Barbara



LIGHTS OUT! Help us reduce costs & conserve energy. Please turn off lights, fans and other equipment when they're not in use.



From the Director, Jennifer Preston

I've been the Saranac Lake Adult Center Director since the end of March. I was elated when I saw the opening for the position as I love working with older adults and have many years professional and personal experience in doing so.

I grew up in Lake Placid and earned my Community Mental Health Advocate Associate's degree at North Country Community College, then my Bachelor's degree in Psychology at Plattsburgh State University. Since then, I've garnered years of experience in the human service and customer service fields.

I was openly welcomed here and truly adore the employees and members. It's a very busy position and there's never a dull moment!

I don't like being in the spotlight, but prefer to work behind the scenes, improving upon processes and organizing so things run more smoothly for the staff, the folks we serve and the volunteers who do a lot as well. I'm working on bringing events & activities that are fun and educational.

I'm really grateful to be here and truly have a good time with the members, the staff and the volunteers. It makes the work less stressful and I enjoy coming into work to be around such a great group!



Anniversaries

7/2 Johnna & David MacDougall
7/14 Leslie Dame & Paul Van Cott
7/23 Bill & Margo Cooper
7/24 Diane & Rich Loeber
7/29 John & Tina Clark
8/18 Cole & Sandy Campbell
8/24 Dick & Cathy Mose
8/29 John & Darlene Ryan

Birthdays

7/1 Paul Patnode
7/2 Susanne Praeger
7/2 Mary Kent
7/2 Nancy Roberts
7/6 Donna Dora
7/6 Kent Streed
7/7 Regina Derzon
7/7 Claire Thayer
7/8 Stephen DeHond
7/9 Carole Amell
7/9 Maurice Brown
7/11 Cole Campbell
7/19 Joyce Henklein

7/21 Thomas Small
7/24 Glenn Arnold
7/26 James Law
7/26 Beth Bartos-Martin
7/26 Anne Alsina
7/27 Doug Fitzgerald
7/29 Shirley Allen
7/30 Doug Sarr
7/30 Mary Duk
8/1 Joel A. Wit
8/2 Charlann Duffy
8/5 Tim Fortune
8/7 Blake Skinner
8/7 Connie Dennis

8/9 Norma A. Howard
8/11 Diane Tkach
8/14 Virginia Shelhamer
8/16 Betsy Pond
8/21 Margaret Wilcox
8/23 Susan Arnold
8/23 Jim Derzon
8/24 Cathy Mose
8/25 Leslie Dame
8/26 Linda Bashant
8/28 Patricia Isabella
8/31 Pamela Martin
8/31 Sharon Hosler
8/31 Alan Roberts

Saranac Lake Adult Center

136 Broadway
Saranac Lake, NY 12983
518-891-2980

Board of Directors

Barb Halla, President
Cheryl Culotta,
Vice President
Beryl Szwed, Secretary
Paul Ellis, Treasurer

Shirley Allen
Dolores Commo
James Murnane
Sue Patterson
Susan Waters

Staff

Jennifer Preston, Director
Alex Henry, Cook
Julia Graves, Asst. Cook
Kent Streed, Caretaker

GREAT MEAL FOR A GOOD CAUSE

*Splendid evening
supports wellness activities*



Sue Patterson toasts the volunteers and guests who helped raise \$2,354 at the dinner.



Carrot cake artfully baked by Sue Patterson was a sweet finish.



Maureen MacDowell (left) and Avana Forsyth served the delicious meal of rolled pork roast with blackberry sauce prepared by head chef Cheryl Culotta (right.) Hillary Ryan assisted in the kitchen.

Marina LaDuke
Photos



Happy guests at the dinner included (l to r) Deb Mueller, Leigh Ann Smith, Sara Sheldon, Caz & Z Taylor, Pam Lewis.

Making Memory Bears



During their recent presentation on the services they provide, High Peaks Hospice described their "Learn to Make a Memory Bear" program.

What is a "Memory Bear?" It is a stuffed animal made of clothing, jewelry & other belongings of a loved one who has died. It can offer a tangible connection to that person and a reminder of the memories and love shared with them.

If you would like to make one, we can provide a pattern and instructions that even a novice can follow. There's also a YouTube tutorial page.

We would also love to have a group of volunteers who would be willing to sew memory bears for people who lose a loved one but don't sew. If interested or you know people who may be interested, please call The Center or come by to get a packet.



FREE to members:
help yourself to the
"retired" dumbbells in
the check-in room
across from the gym.

Lynne Kemp Passes Pen

Although I have enjoyed helping with the *Outlook* for the past year, this will be my last issue due to unexpected increased personal time constraints.

Susan Waters continues as the experienced and capable Editor-in-Chief. Going forward, she will be assisted by Hillary Ryan, who also has a significant publishing background.

I look forward to seeing their future *Outlook* editions, and I will see you around The Center.

JULY-AUGUST SPECIAL EVENTS

7/7	10 am	Try Dance! Wendy Taylor will hold a sample dance class to gauge interest. Low-impact, beginner level.
7/17	12:30 pm	NY National Guard will present its Citizen Preparedness Training Program, which teaches residents the tools and resources to prepare for any type of disaster.
7/24	12:30 pm	Historic Saranac Lake will present an update on the museum expansion and share current events and information on area history.
7/31	12:45 pm	Christmas in July - Christmas dessert buffet, Make-a-Wish photo with Santa \$1, gift raffle.
8/14	12:45 pm	Make a Memory Book. Free. Registration required. Bring up to 20 photos, mementos, etc.; blank pages will be provided.
8/22	Noon	Family Lunch. Invite a family member or someone special to share lunch. Reservations required before 8/22 at 10 am.

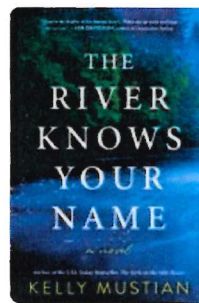
OUTINGS

The following will be scheduled in July/August with dates to be determined by transportation availability:

- Akwesasne Casino
- Shopping-Plattsburgh
- Shopping-Malone
- Visitor Interpretive Center
- Movies-Plattsburgh
- Local Restaurants for Breakfast/Lunch

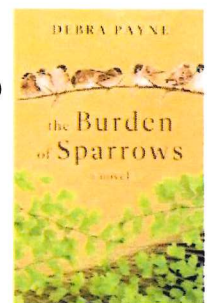
If interested, call Pat McGuane at 518-891-2153 or The Center.

SLAC Book Club



July Selection

The River Knows Your Name
by Kelly Mustian



August Selection

The Burden of Sparrows
by Debra Payne

The book club meets the third Friday of each month at 10 am. All are welcome.



Attendees were guided through a progression of stretching then strengthening in six classes led by Dave MacDougall. From left: Arnie Nidecker, Jim Halla, Linda Bashant

Building Committee Update

The Building Committee has been working hard on projects that will benefit The Center.

All the florescent lights were replaced with LED bulbs and ballasts, which should result in financial savings as well as environmental benefits.




Gutters have been installed to preserve the exterior of the building.

Our front retaining wall has been deteriorating over time and needs to be replaced. We've had an engineering company assess it and draw plans for the project; we have one bid and are waiting for two more. The next step is raising the money for this substantial project.

The most urgent project is the heating system for the first floor. One of the oil boilers is in need of replacement. We are replacing it with propane which is better for the environment and more cost effective. We are also hopeful that we can replace another boiler and our hot water heater with a propane system. Those of you who sit in front of the blower in the dining room will attest to the need for a better system!

All of this is costly, so if any of you have ideas which will help support these projects, please contact The Center.

JULY-AUGUST RECURRING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	July 1 11-1 Food Distribution 12:30 Mahjong	2	3 11:00 OA	4 4th of July Holiday  Center is Closed
7 12:45 Movie Madness	8 11-1 Food Distribution 12:30 Mahjong	9 11:45 Birthday Lunch 	10 11:00 OA 1:00 SLAC Board Meeting	11 10:00 Adult Coloring 1:00 Pinochle
14 10:00 Tai Chi—Online 12:45 Movie Madness	15 11-1 Food Distribution 12:30 Mahjong	16	17 11:00 OA	18 10:00 Book Group 1:00 Pinochle
21 10:00 Tai Chi—Online 12:45 Movie Madness	22 11-1 Food Distribution 12:30 Mahjong	23	24 11:00 OA	25 10:00 Crafts 1:00 Pinochle
28 10:00 Tai Chi—Online 12:45 Movie Madness	29 11-1 Food Distribution 12:30 Mahjong	30	31 11:00 OA	August 1 10:00 Needle Arts 1:00 Pinochle
4 10:00 Tai Chi—Online 12:45 Movie Madness	5 11-1 Food Distribution 12:30 Mahjong	6	7 11:00 OA	8 10:00 Adult Coloring 1:00 Pinochle
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25 10:00 Tai Chi—Online 12:45 Movie Madness	26 11-1 Food Distribution 12:30 Mahjong	27	28 11:00 OA	29 1:00 Pinochle

Please call The Center at 518-891-2980 to confirm that activities are taking place.

July 2025

Franklin County Meals Program

Monday	Tuesday	Wednesday	Thursday	Friday
	¹ Chef's Choice Pizza Vegetable Blend Peanut Butter Bar <i>Milk/Milk alt.</i>	² Chef Salad Muffin Coleslaw Brownie <i>Milk/Milk alt.</i>	³ Chef's Choice 	⁴ 4th of July Holiday  Center is Closed
⁷ Ham Dinner Baked Potato Mixed Veg Pineapple Fluff <i>Milk/Milk alt.</i>	⁸ Tomato Cheddar Quiche Raisin Bran Muffin Beets Chef's Cookie <i>Milk/Milk alt.</i>	⁹ Spaghetti with Meat Sauce Garlic Biscuit Tossed Salad Warm Brownie <i>Milk/Milk alt.</i>	¹⁰ Open Face Turkey Sandwich/Gravy Mashed Potato Broccoli Fresh Fruit <i>Milk/Milk alt.</i>	¹¹ Chicken Sandwich Deluxe Green Beans Warmed Fruit Bake Chips <i>Milk/Milk alt.</i>
¹⁴ Western Egg Tater Tots Chef Veg Black Forest Pudding <i>Milk/Milk alt.</i>	¹⁵ Loaded Steak Potato Vegetable Fruit Crisp <i>Milk/Milk alt.</i>	¹⁶ Grilled Sausage Peppers & Onions Potato Salad Carrot Raisin Salad Fruited Jello <i>Milk/Milk alt.</i>	¹⁷ Lemon Pepper Chicken Rice Pilaf Broccoli Strawberry Shortcake <i>Milk/Milk alt.</i>	¹⁸ Linguini Salad Develed Eggs Mixed Fruit <i>Milk/Milk alt.</i>
²¹ Hawaiian Meatballs Over Rice Carrots Fruit Crisp <i>Milk/Milk alt.</i>	²² Chicken Caprese (chicken patty, tomato, basil and mozzarella cheese) Herbed Potatoes Brussel Sprouts Pudding w/Whip <i>Milk/Milk alt.</i>	²³ Spaghetti with Meat Sauce Garlic Biscuit Tossed Salad Cookie <i>Milk/Milk alt.</i>	²⁴ Maple Garlic Pulled Pork Sweet Potato Mash Green Beans Fruit <i>Milk/Milk alt.</i>	²⁵ Chicken Salad Sub Broccoli Salad Pineapple Upside Down Cake <i>Milk/Milk alt.</i>
²⁸ Seafood Salad Cold Plate Cucumber Salad Cornbread Ice Cream <i>Milk/Milk alt.</i>	²⁹ Pancakes w/ Strawberry Sauce Sausage Scrambled Eggs <i>Milk/Milk alt.</i>	³⁰ Scalloped Potatoes & Ham Mixed Vegetable Bread Pudding <i>Milk/Milk alt.</i>	³¹ Chef's Choice 	

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Reservations requested in advance, but NO LATER than 10 a.m. the day of attendance. Suggested donation is \$2.00 per meal for persons over 60. No senior will be denied services due to an inability or unwillingness to contribute. The charge is \$6.75 per meal for persons under 60. Be aware of your right to voluntarily contribute if your income is at or above the 185% Federal Poverty Level. Services provided in whole or by part, by US Department of Health & Human Services, Administration on Aging, New York State Office for the Aging, and Franklin County. Nutritional analysis is available upon request. Allergen information for menu items is available. Ask an employee for details.