



## Happy Healthy Attitudes

November 2025  
Volume 25, Issue 11

### PATRICK'S NEWS

Our annual inspections are now complete—thank you to all residents for your cooperation and efforts to keep your homes in good condition. A quick reminder: please continue to keep hallways, entryways, and living areas **clean and free of clutter**. Clear spaces not only make your home safer and more comfortable, but also help ensure **quick and safe access for first responders** in case of an emergency.

The **maintenance team will be following up on work orders** identified during inspections. We appreciate your patience and cooperation as they work through the list. If you receive a notice or call about a repair, please make arrangements to allow access so we can complete the work efficiently.

With **SNAP benefits currently underfunded or delayed**, we know that some households may be struggling with food costs. If you need assistance, **please contact the HHA office**—we can connect you with local resources and food programs that can help.

Finally, as **snow season approaches**, please take extra care on the roads, parking lots, and sidewalks. Your safety is our priority—slow down, wear appropriate footwear, and report any icy areas to maintenance.

Thank you for helping keep our community safe and well cared for!

— Patrick Murphy

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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

### A Clean Home Is a Safe Home

Keeping your space clean isn't just about looks — it's about keeping you and your home safe. Clutter and mess can easily become tripping hazards or even fire risks, especially around exits or heaters. A clean home also helps keep pests away and makes it easier for our maintenance team to take care of any repairs when needed.

Taking a little time to tidy up each week can make a big difference. You'll breathe easier, feel more comfortable, and help keep our buildings safe for everyone. A clean home really is a happy (and safe!) home.

### 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](mailto: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

### What Are the Potential Health Benefits of a Whole-Foods Diet?

"Whole foods retain their nutrients, phytochemicals, and fiber, which are often removed in processed foods," says Young. Research suggests that there are many reasons to consider making the move toward eating more of this nutrient-rich fresh food and less heavily processed fare, including:

#### Chronic Disease Prevention

Although some animal products are allowed as part of this eating plan, a whole-foods diet will most likely mean an increase in your intake of healthy [plant-based foods](#), because it emphasizes fruits, vegetables, nuts, seeds, and legumes. In one study, people who stuck to a plant-based diet had a 19 percent lower risk of dying from [cardiovascular disease](#) and an 11 percent lower risk of dying from any cause, compared with those whose diet was lower in plant-based foods.

What's more, a review has identified that diets full of whole foods — specifically whole grains, vegetables, fruit, fermented dairy, fish, olive oil, nuts, chocolate, coffee and tea — are associated with a lower risk of cancer, type 2 diabetes, heart disease, and stroke. Meanwhile, consumption of red and processed meats and sugary beverages was linked to a higher risk of those conditions.

#### Chronic Disease Management

A diet that emphasizes plant-based whole foods tends to be packed with nutrients including vitamins, minerals, and antioxidants. Eating this way may also naturally help limit fat and calorie intake. For those reasons, it's a great way to help manage or treat conditions such as type 2 diabetes, heart disease, chronic kidney disease, and [autoimmune diseases](#).

#### Weight Loss

Many processed foods are packed with sugar and salt to enhance flavor. Cutting them out may "save calories, which can lead to weight loss and could extend life and prevent disease," says Young. One randomized controlled trial noted that people who ate a processed diet consumed 500 additional calories per day, compared with people eating an unprocessed diet. This correlated with gaining about two pounds over two weeks; participants then lost that weight when switching over to an unprocessed diet.

This study was small (just 20 adults) and completed over a short period of time (14 days), but larger studies show that diets that include a lot of ultra-processed foods increase the risk of heart disease and stroke.

In another study, six months of following a whole-foods, plant-based diet led to about 10 pounds of weight loss, compared with a control group who lost less than a pound during that time. Participants in both groups were overweight or obese and were living with at least one chronic condition, such as type 2 diabetes or high blood pressure. Overall, the group following the whole-foods diet maintained this weight loss over 12 months.

#### Improved GI Health

By filling your diet with foods that are naturally packed with fiber — whole grains, legumes, fruits, and vegetables — you're more likely to reach your recommended daily fiber intake. (Women should aim for at least 25 grams of fiber per day, while men should aim for at least 38 grams per day.)

"A [diet high in fiber](#) leads to lower rates of chronic disease and improved digestion and gastrointestinal health," says Young.

#### A Stronger Immune System

Eating a healthy, balanced diet supports immune system health. Focusing on variety ensures that you're getting a range of nutrients, such as vitamin C, zinc, and selenium, that are known to boost your body's defenses.

What's more, a diet lacking in fruits and vegetables but filled with ultra-processed foods (which are discouraged or severely limited in this eating plan) may negatively affect gut health and raise inflammation, both of which may have negative effects on your immune system.

<https://www.everydayhealth.com/diet-nutrition/whole-foods-diet/#benefits>

### 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.

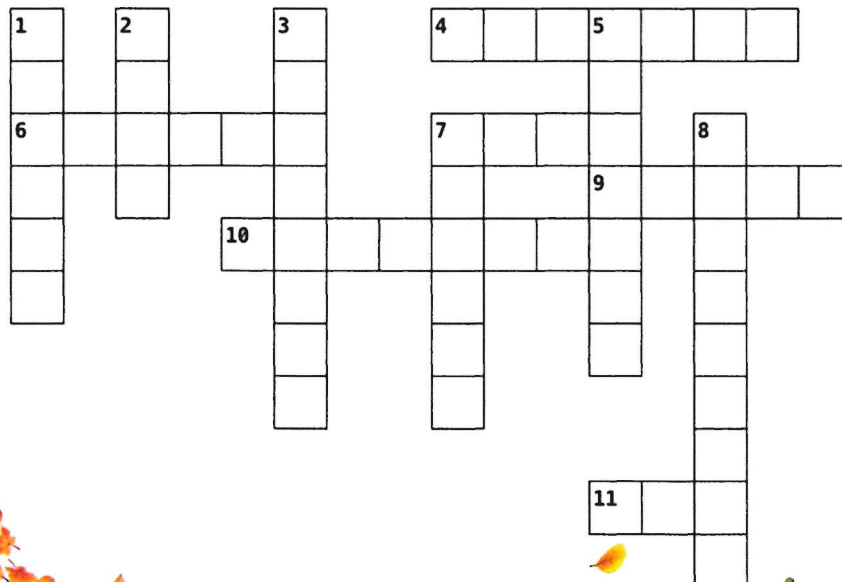
You must be at least 18 years old, and a United States citizen or a non-citizen who has eligible immigration status. Single persons are eligible, as well as households with or without children. HUD commonly refers to a household as a "family," so don't let that term confuse you. A "family" consists of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



# NOVEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	3	 4 2:00 pm Birthday Social	5	6	7	8
9	10	CLOSED ON VETERANS DAY 	12	 14	15	
16	17	18	19 HHA Board Meeting	20		22
23	24	25	 <b>CLOSED THURSDAY &amp; FRIDAY</b> <b>HAPPY THANKSGIVING</b> Have a Wonderful Holiday!		28	29
30					<b>RED: ALGONQUIN COMMUNITY ROOM</b> <b>PURPLE: L.F. COMMUNITY ROOM</b> <b>GREEN: L.F. BOARD ROOM</b>	

## THANKSGIVING CROSSWORD PUZZLE



### Down

- 1 A vegetable that can be mashed or baked.
- 2 A yellow plant with edible grain. Another name for it is maize.
- 3 The place where the pilgrims landed.
- 5 A person who goes on a religious journey.
- 7 People you are related too.
- 8 The ship that brought the pilgrims to North America.

### Across

- 4 A large orange squash with edible flesh and lots of seeds.
- 6 A bird that is eaten on Thanksgiving.
- 7 The season that includes November.
- 9 A sauce made from the juices of meat used for some Thanksgiving meals.
- 10 The 11th month of the year.
- 11 A baked dish made with dough. Filled with ingredients like apples.



## RESIDENT NEWS AND ISSUES...By Tammy Burdt

Wow, it is November already! Hard to believe this year is almost over. We had a beautiful summer and fall, but we all know what is coming next. The days are getting shorter, the colder weather will soon be upon us, and of course those lovely white flakes will be floating down from above. I would like to give a huge shout-out and thanks to the maintenance staff for all their hard work. We have had several units vacated but, unfortunately, they have been left in "rough" condition. It is taking a lot more time and energy to get them ready for occupancy. Plans for the major plumbing project at Lake Flower Apartments are still in the works. Several purchases have been made and donations received for new recreational activities available to the tenants at the Lake Flower Apartments.

**Reminder: Daylight Savings Time Ends Sunday, November 2<sup>nd</sup>. Don't forget to set your clocks back one hour!**

The Housing Authority would like to honor those who have served in the armed forces on this Veteran's Day, Tuesday, November 11<sup>th</sup>.

**The Harrietstown Housing Authority will be closed on Tuesday, November 11<sup>th</sup> in observance of Veteran's Day and Thursday, November 27<sup>th</sup> and Friday, November 28<sup>th</sup> for the Thanksgiving holiday. Happy Thanksgiving to everyone and their families.**

The following are observances for the month of November: All Saint's Day 1<sup>st</sup>, Daylight Savings Time Ends 2<sup>nd</sup>, Election Day 4<sup>th</sup>, Full Moon (Beaver) 5<sup>th</sup>, Veteran's Day and Canada's Remembrance Day 11<sup>th</sup>, World's Kindness Day 13<sup>th</sup>, Great American Smokeout 20<sup>th</sup>, Thanksgiving 27<sup>th</sup>, Native American Heritage Day and Black Friday 28<sup>th</sup>, Small Business Saturday 29<sup>th</sup>, and the First Sunday of Advent 30<sup>th</sup>.

**Lake Flower News:** Lake Flower Apartments had three tenants move-out, and zero tenants move-in during the month of October.

**Algonquin News:** Algonquin Apartments had one tenant family move-out, and zero tenant families move-in during the month of October.

**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.**

Please be kind to others! We are all in this together!

## 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

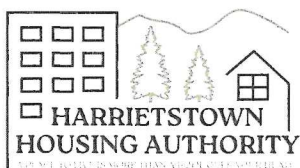
### MAINTENANCE STAFF

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](http://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 [kscriv@harrietstownha.org](mailto:kscriv@harrietstownha.org).

The newsletter is also available on the website:  
[www.harrietstownha.org](http://www.harrietstownha.org)

**After Hours**  
**Emergency Call Number**  
**(518) 619-0720**



# Saranac Lake Adult Center

# Outlook

November - December 2025

## Meals and More

by Diane Peterson

Meals On Wheels (MOW) is a program that delivers meals to individuals at home who are unable to purchase or make their own meals. Founded in the U.K. by the Women's Volunteer Service for Civil Defense after World War II, meals were delivered in prams, carts, bicycles with baskets, and other vehicles to homes lacking cooking facilities.

In Franklin County, these nutritious meals are cooked at seven Adult Centers and delivered by volunteers. The Saranac Lake Adult Center alone prepares and distributes more than 19,000 meals annually to about 40 recipients.

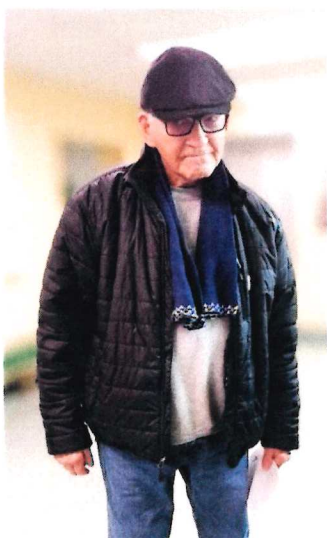
Eligible participants must be at least 60-years old and demonstrate need. A variety of food plans are

delivered on weekdays. Some people get a daily weekday meal and some get two meals a day. Some get food for seven days a week with frozen weekend meals.

There are six drivers, most of whom like Don Essex are retired, and it gives them something meaningful to do. The recipients are very appreciative.

There are four different meal delivery routes. Presently, Donna Dora delivers food to 17 people at DeChantal and the Lake Flower Apartments. Ray has a larger route, including Lake Clear, Paul Smiths and Vermontville.

Sometimes they substitute for other drivers, as well. They enjoy doing the work.



**Don Essex has delivered meals since 2017.**



**Ray and Donna Dora have been delivering meals two days a week since the pandemic when all Adult Center activity was suspended except for Meals on Wheels.**

Drivers also perform a very important Wellness Check. Meals are not left at a home unless the driver sees the recipient or talks with them on the phone to ensure they're safe. If the driver doesn't make contact, this is reported immediately to the Franklin County Office for Aging, which tries to contact the person or their relatives.

Delivering meals to people is very rewarding. The only sad part is that the drivers see some of their people decline or, eventually, pass away.

## We're Golden

The Saranac Lake Adult Center turns 50 next year! Frankie and The Moonlighters will launch the year of festivities with the Golden Holiday Celebration - an evening of dancing, drinks and desserts. Reserve your ticket for Saturday, Dec. 13, 6-9 p.m.

What began as The Senior Citizens Club in 1967, incorporated in 1975, as The Saranac Lake Adult Center. Its programs and meetings were held in various locations before landing at its current home in 1983. Early activities like cards and sewing expanded to lectures, trips, blood pressure clinics and the nutrition program. Today we provide a full fitness center, Meals on Wheels and more.

Here's to another 50 years of service to folks over 50!



**The Center needs drivers. The commitment level is flexible. Volunteers can ride along with drivers to get a feel for the routes and routines. Contact Director Jennifer Preston for information. Call 518-891-2980**



## Saranac Lake Adult Center

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

### Board of Directors

Barb Halla, President  
Cheryl Culotta, Vice President  
Paul Ellis, Treasurer  
Beryl Szwed, Secretary  
Dolores Commo  
James Murnane  
Sue R. Patterson  
Hillary Ryan  
Susan Waters

### Staff

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



## President's Message

Hi Everyone,

The busiest time of year is upon us! November and December greet people with open arms and keep everyone so involved. We will once again partner on the annual free Thanksgiving Day Dinner by hosting it at The Center. Our premier fundraiser, the Holiday Celebration will be held on December 13, featuring Frankie and the Moonlighters. We hope to see you all there!

We did not have the Board of Directors election this year because we had only two approved candidates for the available openings. Paul Ellis will hold a three-year term as the Treasurer of the board. Hillary Ryan is our newest member, also for a three-year term. Susan Waters agreed to accept a one year extension for her board position. Thank You to all of the board members for their commitment and dedication to The Center.

We also want to extend our heartfelt gratitude to Shirley Allen who, after many years of serving the board and The Center in so many ways, has decided to step down.

I will take this opportunity to wish you all a very safe and joyous holiday season now because the next newsletter will be in 2026!!

Until next time,  
Barbara

## Adult Center Membership

At its Oct. 9, 2025 meeting, the Board of Directors changed the SL Adult Center membership policy.

- To give members more flexibility, memberships will expire 12 months *after the purchase date* instead of running the calendar year.
- Open Enrollment begins on **Monday, November 3, 2025.**
- **Current Members:** Your memberships are valid until **December 31, 2025.** Renew *on or after* January 1, 2026.
- Effective November 3, 2025, fees will be:

Membership Type	2026 Fee
Individual	\$20
Family	\$30
Individual + gym	\$120
Family + 1 gym	\$130
Family + 2 gym	\$230

We are working hard to provide more activities and improve facilities for our members, because *you* are the heart and soul of The Center! We appreciate your continued support and look forward to your fellowship.

-Board of Directors

## FREE Thanksgiving Dinner Thursday, Nov. 27, 2025

**Dine In: Noon - 3 p.m.**

**Pick Up: 12:15 - 3 p.m.**

**Deliveries start at 11:30 a.m.**

**Order Deadline:**  
**Monday, Nov. 24 by 3 p.m.**  
**call 518-891-2980**  
**weekdays 8a.m.-3p.m.**

**Roast Turkey**  
**Mashed Potatoes with Gravy**  
**Stuffing Corn Squash**  
**Cranberry Sauce Rolls & Butter**  
**Apple or Pumpkin Pie**





## Happy Anniversary

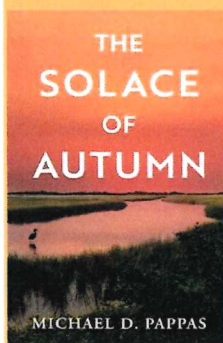
- 11/5 Walter & Charlann Duffy
- 11/17 James & Susan Murnane
- 11/22 Deborah & Gerald Trim
- 11/24 Glenn & Betsy Pond
- 11/25 Peter & Janet Ticcoi
- 12/4 Marina & Jack LaDuke
- 12/17 Jim & Regina Derzon
- 12/29 Michael & Laura Shene

## Happy Birthday to:

- |                            |                         |
|----------------------------|-------------------------|
| 11/2 Beverly McFarland     | 12/4 Paul J. Herrmann   |
| 11/2 Audrey Michael        | 12/8 Michael Shene      |
| 11/4 Avana Forsyth         | 12/12 Arnie Nidecker    |
| 11/5 John McBride          | 12/15 Laura Shene       |
| 11/9 Alison Riley-Clark    | 12/15 Mindy Audlin      |
| 11/11 Susan Steen          | 12/17 Lindy Ellis       |
| 11/13 Kathleen Barlow      | 12/19 Janice Fitzgerald |
| 11/15 Rhonda Meserole      | 12/21 Hillary Ryan      |
| 11/16 Kelly Hass           | 12/22 Pat Pillis        |
| 11/16 Peter Ticcoi Jr.     | 12/24 Dean Martin       |
| 11/20 Cindy Blair          | 12/25 Carol Koller      |
| 11/20 Thomas A. Jacobs     | 12/26 Glenn Pond        |
| 11/21 Deborah J. Donaldson | 12/27 Dick Mose         |
| 11/22 Catherine Beardsley  | 12/27 Carol Niederbuhl  |
| 11/23 Robert Barlow        | 12/28 Cal Schmeichel    |
| 11/23 Tom Clark            | 12/29 Jennifer Zahn     |
| 11/28 Carol Griebisch      | 12/29 Lee Foster        |
| 11/30 Robert Breen         | 12/30 Diane Peterson    |
| 12/1 Jerrilyn Johnson      | 12/30 Jodi Rossi        |
| 12/3 Joseph Szwed          |                         |

## Adult Center Book Club

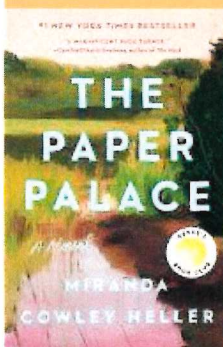
### November selection



*The Solace of Autumn*  
by Michael D. Pappas

Some mysteries are better left unsolved. October 1987, and life gets complicated for Sheriff Wade Thompson when he's asked to assume guardianship over 17-year-old Lily, the daughter of his childhood best friend, Emma Parker, who disappeared just months after Lily was born.

### December selection



*The Paper Palace*  
by Miranda Cowley Heller

It is a perfect August morning, and Elle, a 50-year-old happily married mother of 3, awakens at "The Paper Palace"—the family summer place. But this morning is different... The Paper Palace considers the tensions between desire and dignity, the legacies of abuse, and the crimes and misdemeanors of families' dysfunction.

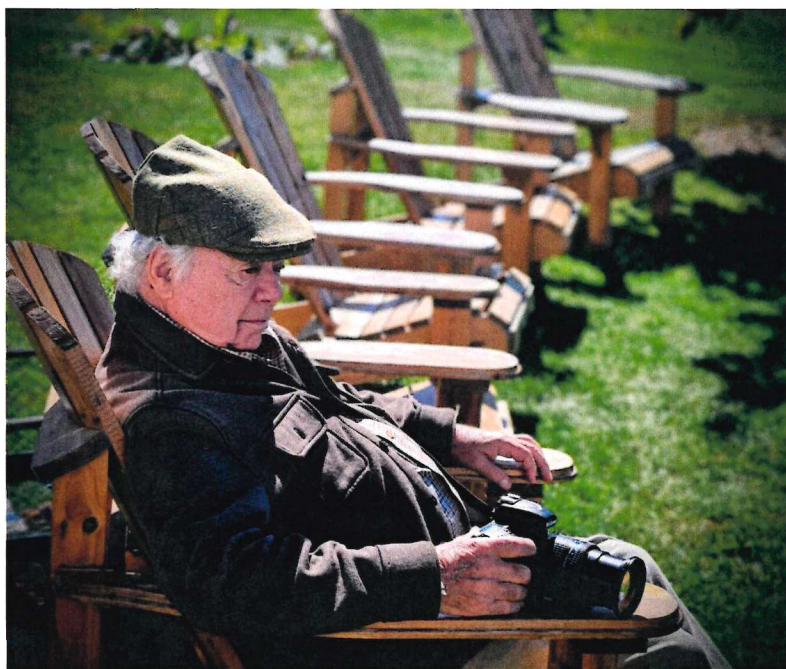
**The book club meets the third Friday of each month at 10 am. All are welcome.**

## Apple Picking in Canada

On Tuesday September 30, a small group of members took a trip across the border to harvest some of Autumn's fine fruits.

They picked and sampled (tasting the goods was encouraged!) pounds of pears as well as apples from the many varieties at Philion's Orchard/Vergers Philion in Hemmingford, Quebec. Some may have even indulged in a little wine tasting. Maybe!

Highlight of the trip? The stop for ice cream at Malone's Bokie's Drive-In on the way home!



Jack La Duke enjoys the sunshine at Philion's Orchard.



Dawn Rowell samples pear wine.



Hillary Ryan picks pears.





## VOLUNTEER SPOTLIGHT

Every weekday Linda Morlino is busy at The Center setting tables for the lunches and lending a hand in various ways. She cared for this plant that brightened our front entrance all summer. Thanks, Linda!

## Girls' Night Out Kick-ass Mule Party!



Josy Delaney & Mary Sojda rode in from Tupper Lake.



Cheryl Culotta and Sue Patterson in their finery complement the decor donated by Willy-Nilly and Moody's Tree Farm. A seltzer station was provided by Anne's Crepes.

## WINTER WELLNESS

Our 10 a.m. fall fitness classes have been a hit with 15-25 people in attendance on most days. Walk-ins are welcome.

**Tai Chi** will continue on Mondays through Dec. 1 thanks to generous support from the Franklin Co. Office for Aging. By popular demand, **Soma Yoga** will be extended through November 19 on Wednesdays.

Winter is a great time to hit the gym for cardio and weight training. Remember, **the gym** is open Saturday mornings 9-11 a.m. now. Even simple routines can make a difference. To get you started, here's one you can do at home.

### HEALTH

## 3 MOVES FOR STRONGER ARMS

AS WE GET older, we may find that our arms aren't as strong as they used to be. But good news: You can build strength at any age.

How? Science says to just squeeze.

### Here's Your 3-Step Plan:

#### 1. Morning: Bicep Boost

At a desk, place your palms underneath facing up, bending elbows. Drop your shoulders and squeeze biceps while pushing against the bottom of the desk. Hold the contraction for 10 seconds.

#### 2. Afternoon: Wall Push

Stand and face a wall with hands at shoulder height. Lean in and press into the wall as hard as you can without moving. Hold for 15 seconds.

#### 3. Evening: Towel Twist

Sit up straight and hold a thick, rolled towel at both ends with arms extended. Twist towel ends in opposite directions, as if wringing water out. Hold the position for up to 20 seconds. Repeat all three exercises four times.

—Barbara Hannah Grufferman, author of Love Your Age



Michele Williams untangles lights for Johnna MacDougall.



LeeAnne Baker in her "git up."

## Afternoon Drag? Try a Nappuccino!

Many people feel their energy flag after lunch. Try this pick-me-up.

Drink a cup of coffee with milk (added to slow the absorption of caffeine) then take a power nap. About 30 minutes later, you'll wake up boosted by both the nap and the caffeine.

Warning: you may have trouble falling asleep later.





# WEEKLY EVENTS See also Special Events Calendar.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Tai Chi (through Dec. 1) 12:45 Movie Matinee	11-1 Food Distribution 12:30 Mahjong	10:00 Soma Yoga (through Nov.19) 1:00 SLAC Singers	10:00 Soma Strengthen (last class: Nov. 20) 11:00 OA	10:00 Crafts 10:00 Chair Yoga -Virtual 1:00 Pinochle

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

## NOVEMBER-DECEMBER SPECIAL EVENTS

Call the Adult Center (518-891-2680) to register unless otherwise noted.

11/2		Daylight Savings Time Ends
11/6	1:15-2:15pm	St. Bernard's Kids Arts & Crafts with Adult Center members.
11/11		Closed Veteran's Day
11/12		Birthday Lunch
11/13	2:00pm	Board Meeting
11/20	1:15-2:15pm	St. Bernard's Kids Arts & Crafts with Adult Center members.
11/21	10:00am	Book Club
11/27	11am-3pm	Thanksgiving Dinner: Free to the public. Dine-in, Pick-up or Delivered. Reservations required: Call 518-891-2980 by 3 pm, November 24.
11/28		Center is Closed
12/4		Franklin County OFA Holiday Party. The Barn at Bracy's, 1580 Cty Rte 23. Call 518-481-1103 to reserve a spot.
12/10		Birthday Lunch
12/11	2:00pm 	Board Meeting
12/13	6:00-9:00pm	Golden Holiday Celebration Party. Open to the public. Tickets required.
12/19	10:00am	Book Club
12/25	and 1/01/26	Closed Christmas and New Year's Days



*Saranac Lake Adult Center*  
**Golden Celebration**  
*Holiday Party*

Saturday Dec 13, 6-9pm  
 Desserts, Drinks, and Dancing to  
*Frankie & The Moonlighters*

\* All ages welcome \* Limited space \*  
 \* Paid Reservations Required \* \$25 (inc. 1 drink) \*  
 Tickets available at 136 Broadway 518-891-2980



## ELECTION DAY

Tuesday November 4

Polls are open 6 a.m. until 9 p.m.

Let your voice be heard:

VOTE!!

## Calling All Characters!



"Cartoonival" is the Winter Carnival theme, so jump into Mr. Peabody's Way-Back Machine and revisit the animated world of your youth. You can be anything you want in the "Cartoon Hall of Fame," our parade entry this year.

The van will be decked out to carry a few passengers, but we need walkers and banner bearers for the parade route - from the Fire Station to Harrietstown Hall.



Bring on your best Betty Boop, slink down Broadway as the Pink Panther or channel a classic: Charlie Brown, Elmer Fudd or Yogi Bear, perhaps? The entourage will be incomplete without a superhero; pick your favorite and sign up at the volunteer desk!

If that's not your thing, please help us with the van decorations!

We won 1st place last year, so we have a reputation to uphold.



# NOVEMBER 2025

## Franklin County Meals Program at SARANAC LAKE ADULT CENTER

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Chef's Choice</b> 	Pork & Veggie Stir- Fry over Rice Pineapple Crisp Cheese	Beef Gravy over Mashed Potato Veg Fruit Crisp Milk	Sausage Sub Mixed Veg Fruit Crisp Cheese	Chicken & Biscuits Mashed Potato Chef's Veg Warmed Brownie Milk
10	11	12	13	14
Goulash WW Roll Chef's Veg Cookie Bar Milk	<div style="text-align: center;">   <b>Center is Closed</b> </div>	Spaghetti w/ Meat Sauce Garlic Bread Tossed Salad Warmed Applesauce Milk	Chili Corn Muffin Veg Pudding Cup Cheese	Cranberry Meatballs Rice Pilaf Mixed Veg Cinnamon Cake Milk
17	18	19	20	21
Chicken Burger Sweet Potato Tots Chef's Veg Cookie Milk	Pasta Fagioli Soup Biscuit Chef's Choice Cake Cheese	<b>Thanksgiving Dinner</b> Turkey, Mashed, Stuffing, Gravy, Fresh Carrots Apple Crisp Milk	Chili Dog Tater Tots Veg Chef's Choice Dessert Cheese	Sausage Gravy & Biscuits Scrambled Eggs Baked Peaches Milk
24	25	26	27	28
Ham & Scalloped Potatoes Green Beans Strawberry Bake Milk	<b>Chef's Choice</b> 	Spaghetti w/ Meat Sauce Garlic Bread Green Beans Fresh Fruit Milk	<b>Happy Thanksgiving</b> 	<b>Center is Closed</b>  Use frozen meal

### 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.

**Certified by: AFH MS RD**