

**Senior Center Volunteers
Recognition Day**
Thursday, April 24, 2025
Gift Basket Thanks to CDPHP –
Audrey and Bobbie

April 1st is Dues Time!

If you have already renewed your Senior Center membership, thank you! If not, please renew as soon as possible. New members are welcome at any time!

Board of Directors:

President: Debbie Beahan,
Vice President: Jeanie Mullen
Secretary: Sandy Wheeler
Treasurer: Cassandra Allen
Linda Buerkley
Dave Cutler
Cynthia Bardin
Chris Miles
Mary Beranek
Paige Zahaba

Executive Director: John "Max" McDonnell
Tel. 518-747-9352

email: maxmcdonnell@yahoo.com

Website: seniorcenterkfe.com

Facebook:

[www.facebook.com/
seniorcenterkingsburyfortedward](https://www.facebook.com/seniorcenterkingsburyfortedward)

Open: Monday through Friday
8:30 am to 4:00 pm.

Our Senior Center is funded by the following municipalities and agencies: Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward. The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State, and local funding.



**Senior Living You'll
Love at The Glen!**

Call (518) 832-7800 to schedule your tour.

UKULELE ORCHESTRA TOUR DATES



April 3rd 9:00 am – Open Door Mission
Volunteer Recognition Breakfast
April 30th – 8:30 am – RSVP Recognition Breakfast
at Queensbury Hotel

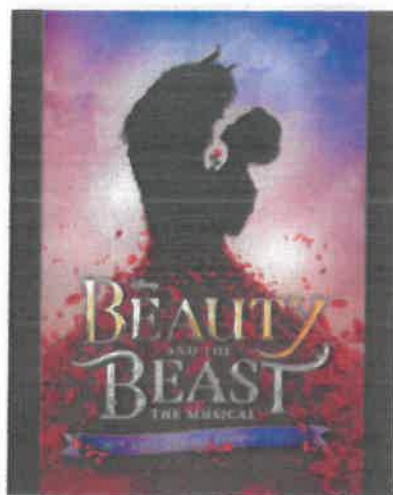
SCKFE
SENIOR OF THE YEAR
Voting takes place
March 19 through April 9



"Rosie is Red and Everybody is Blue" at Capital Rep Theater, 251 North Pearl St. Albany. May 1st at 10:30 am.

Filled with sharp, witty banter, this fast-paced and heartfelt comedy about family will have you in tears...both happy and heartwarming.

Tickets are \$15 each. Transportation is on your own. Payment is due by March 15th. No refunds, but tickets are transferable.



"Beauty and the Beast" at Proctors Theater, 432 State St., Schenectady - Thursday, July 3rd, 1:30pm. Transportation on your own.

Disney's 30th Anniversary production of BEAUTY AND THE BEAST, the breathtaking musical filled with the romance and grandeur audiences know and love. This enchanting and timeless tale has been brought to life like never before, with spectacular new sets and dazzling costumes. The show boasts the Oscar®-winning and Tony Award®-nominated score, including the classic songs "Be Our Guest" and "Beauty and the Beast."

We have reserved seats in the orchestra section. \$70 each. Please sign up at the Senior Center. Payment is due by April 15th. No refunds, but tickets are transferable



TRI-COUNTY
UNITED WAY



Senior Center
Kingsbury Fort Edward

PRESENTS

INTERGENERATIONAL BINGO NIGHT AT THE IDLE HOUR CLUB

PRIZES | FOOD | FUN

FRIDAY, MAY 2, 2025 | 6:00-8:00 PM

Join us for **Intergenerational Bingo Night** this May as we kick off 518 Month celebrations! Enjoy an evening of friendly competition and connection as we bring together local generations to celebrate community, build relationships, and honor seniors and youth. Admission is free, and donations are appreciated.

The Idle Hour Club

30 Drive David Starbuck Lane
Fort Edward, NY 12828

Contact Max McDonnell at maxmcdonnell@yahoo.com or Laura Jensen at Ljensen@tricountyunitedway.org to learn more





Celebrating healthy aging and educating older adults



Wellness Initiative for Senior Education (WISE) Program: An Evidence-based Wellness Program for Older Adults

Free Program Focuses on Educating Seniors

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. This free program is being offered by the [Council for Prevention](#)

The program offers lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors older adults should avoid for good health.
- Examine how alcohol, prescription medications and over-the-counter medications affect adults differently.
- Learn how to help feel more empowered about their health and the healthcare they receive

Free refreshments will be served at each lesson, and all program participants will be eligible to receive free giveaways.

For more information, please contact [Lori Prock, WISE Coordinator](#) at (518) 541-5592 or [lori.prock@tricityunitedway.org](#)



**GIVE.
ADVOCATE.
VOLUNTEER.**

Tri-County
United Way



TRICOUNTYUNITEDWAY.ORG



VOLUNTEER
INCOME TAX
ASSISTANCE

A Tri-County United Way Collaborative

FREE TAX RETURN ASSISTANCE

for families and individuals
whose household income is
\$17,500 or less per year

Call 1-800-211-5128
TO SCHEDULE AN APPOINTMENT



• LOCAL IRS CERTIFIED
• TAX PREPARERS



Daytime, evening & weekend appointments available in
Warren, Washington, and Northern Saratoga Counties
(January - April). Visit Tricityunitedway.org to learn more.

SENIOR CENTER CAR WASH FUNDRAISER



CAR WASH COUPONS AVAILABLE AT THE SENIOR
CENTER - \$10.00 EACH

COUPONS ARE GOOD FOR 12 MONTHS
EACH COUPON VALID FOR ONE
GRAPH-X4 (\$30 value) CAR WASH

The Graph X4: "Our most advanced wash that helps protect your car from dirt and UV rays with a powerful four-layer shield that includes our legendary Ceramic Sea Gloss and Graphene Oxide to give your car space age sparkle and powerful protection."

May be used at any Tidal Wave location!

You can find Tidal Waves locally at :
708 Quaker Rd Queensbury, New York
and 168 Saratoga Ave, South Glens Falls, NY

**KEEP YOUR CAR CLEAN AND HELP THE SENIOR
CENTER AT THE SAME TIME!
WE THANK YOU FOR YOUR SUPPORT!**



SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel. 518-747-9352/Website: seniorcenterkf.com

Email: maxmcdonnell@yahoo.com/Facebook: [@seniorcenterkingsburyfortedward](https://www.facebook.com/seniorcenterkingsburyfortedward)

FUN!



Paint with Patrice

Tuesday, April 29th at 1:00pm

At the Senior Center Kingsbury & Fort Edward

Come paint "Night Moon on Water"

All supplies provided! \$15 fee for members

For more info call 518-747-9352 or email maxmcdonnell@yahoo.com



MEMORY CAFÉ

Crafts with Tammy Morehouse

April 11 - 10:00 am – Second Friday
of the month

CRAFTS WITH JUDY FISH

Thursday April 18 at 10:00 am – Easter Basket
Cupcakes



UKULELE CLUB/ORCHESTRA

Max McDonnell teaches ukulele lessons at the senior center each

Wednesday 1:30 – 3:00

New members are welcome.

*"Everyone should have and play a uke it's so simple to carry with you and it is one instrument
you can't play and not laugh" GEORGE HARRISON*

KNITTING WITH SHARON KARWOSKI

Each Thursday, 1:30 - 3:30

Whether you're just learning or have been
knitting for years, you're welcome to join
Sharon's knitting group at the Senior
Center.



The members knit items for charity, work on their own
projects, socialize and make new friends. Beginners are
helped by the "pros" and beginner lessons are available.
Drop by and make new friends, revisit old skills or learn a
new one.

POOL LEAGUE

Pool League meets each Friday at
10:15 at the Senior Center. New
members welcome.



The pool table is usually open at
other times – check with Max for
availability, 518-747-9352.

GAMES AND BOOKS



The Senior Center stocks a variety of board games and puzzles. There's usually a card game or two to
join or a puzzle in progress. We have a good selection of books to borrow and don't forget to catch a
Bingo game, Mondays and Wednesdays at 9:30 am.

Ballard
& ASSOCIATES, LLC
Casey Bates
Senior Advisor / Consultant
518-268-3320

Medicare Health & Drug Plans
Final Expense, Life Insurance
Critical Illness, Cancer, Health Plans
Legal, ID Theft, Dental, Vision



330 Columbia Turnpike
Rensselaer, NY 12144
www.ballardassoc.com
caseybates@cchub.com

TRANSPORTATION

SENIOR BUS TRANSPORTATION FEES		
\$2.00 donation appreciated	\$2.00 per person/per trip	\$7.00 per person/ per trip
Council of Seniors Spring Luncheon Dinner & Play at Argyle School Senior Citizen's Day Senior Citizen's Picnic Council of Seniors Fall Luncheon Fall Festival/Health Expo	Lunch Tours Small local trips (Little Theatre on the Farm, CR Wood Theatre, Troy Shirt Factory, Glens Falls Thrift Shop, Farmer's Markets, Crandall Library)	Saratoga Schenectady Clifton Park/Albany
NO COST: Shopping, Senior Center Summer Picnic, Senior Center Christmas Luncheon, Daily transportation to Center (within Hudson Falls, Kingsbury & Fort Edward)		
6 people required for bus transportation to an event. Exceptions determined on a case-by-case basis. See Max McDonnell privately if you need to discuss bus transportation fees. We will focus on effective options and solutions to individual needs.		

Warren/Washington RSVP Medical Transportation Program Needs Drivers

The RSVP Medical Transportation Program provides rides for seniors 55 and older who have no other means of getting to medical appointments.

If you are interested in becoming a driver, please call 518.743.9158, Ext 208

Responsibilities Include: Complete one hour training at no cost; Drive client to a medical appointment; Volunteer for at least one ride a month; Maintain a valid driver's license and automobile insurance

Rewards Include: Meet new people and enrich your life; Enable a senior to get necessary medical care; Mileage reimbursement available



Hudson Headwaters Health Network has opened its 22nd health center, Glens Falls Family Health, a state-of-the-art facility at 38 Larose Street, Glens Falls.

The new 30,000 square foot building is also home to PACE (Program of All-Inclusive Care of the Elderly). PACE is a community-based alternative to nursing home care for qualifying individuals ages 55 and older with multiple chronic health conditions. This is the 10th PACE program in New York State and the first in the state sponsored by a Federally Qualified Health Center. Learn more at <https://www.pacehh.org/>.

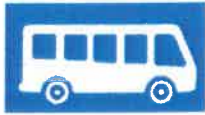


NUTRITION

LUNCH AT THE SENIOR CENTER MONDAY THRU FRIDAY

Washington County Meal Site at Kingsbury Fort Edward Senior Center. Suggested contribution: \$3 for seniors ages 60 and over and \$5 for guests and seniors under 60.

Sign up is required 24 hrs ahead – 518-747-9352



LUNCH TOUR!

Enjoy a different local restaurant for lunch
the third Wednesday of each month



Stay Healthy with SNAP!

For more information on how SNAP can help you, contact
Washington County Nutrition Outreach and Education
Program Coordinator Evan Weihing

eweihing@swwcc.org

Catholic Charities of Saratoga, Warren & Washington Counties

35 Broad Street • Glens Falls, NY 12801

Office: 518.793.6212 ext. 123 • Mobile: 518.918-9072

Fax: 518.793.9499

Home of the
Good Shepherd

CENTER INFORMATION

SENIOR CENTER MEMBERSHIP:



Open to men & women over 50. Washington County residency NOT required. Seniors over 90 have lifetime free membership. Forms available at the Center. Annual dues of \$15 due each April 1st. New members receive a key tag to use when signing in to choosing all activities attending that day. Our funding is based upon total number of activities attended. All volunteers, please log in your time on the touch screen kiosk.

FOR RENT

The Senior Center has a full kitchen and banquet with seating for 50 people, perfect for a baby shower, birthday or anniversary party.



For Rental Information, contact Max McDonnell, Director, at 747-9352, or email at maxmcdonnell@yahoo.com

Please "Like" our Facebook Page & "Share" it. By hitting the "Share" button, you help to promote and advertise our Senior Center. We'll post the current newsletter, photos, event notices, cancellations, etc.

www.facebook.com/seniorcenterkingsburyfortedward



VOLUNTEERS NEEDED

Volunteers are a critical part of our Senior Center. Without them, we wouldn't be able to run as smoothly, or offer as many programs as we do. Please let Max know if you would like to become a volunteer. We always need help in the kitchen, year-round. Your help would be greatly appreciated. Please see Max McDonnell, 518-747-9352

TD BANK'S AFFINITY MEMBERSHIP PROGRAM



Help support our Senior Center by enrolling at TD Bank. The Bank will donate \$10/year/checking account enrolled, plus an additional donation if the personal or business owner has a savings account, CD, IRA and/or money market account with TD. This program takes no money out of your account. Please specify on your enrollment form that you want to support the Kingsbury Fort Edward Senior Center.

GOOGLE CALENDAR:

Visit our webpage seniorcenterkfe.com for information not included in our newsletter, including the Senior Center Calendar. Click on "Calendar" on the menu on the left side of the webpage (print button top right). Add our calendar to your personal Google calendar by clicking on the plus sign in the lower right corner. If you then don't want to view the senior calendar in your personal calendar, simply uncheck it under "Other Calendars". (You will not be able to make any changes to the senior calendar.)



Kelly J. Barlow 518-429-1030, TTY 711

FITNESS FUN

CARDIO DRUMMING

Every Thursday, 10 to 10:30 am.

Cardio Drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do! Come join the fun.

For more information call Debbie at 518-747-9352



OSTEOBUSTERS

EXERCISE & EDUCATION

RSVP (Retired Senior Volunteer Program)

9:00 am Tuesday & Thursday

The OsteoBusters Exercise and Education Program is a community-based program for older adults. It helps you to maintain bone density and strength, increase muscle mass, improve posture and balance and reduce the risk of fall-related fractures.

Marcia McCormack



NEW!

Zumba with Ann Giroux
Tuesdays at 1:30 pm

STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying
strong and stable!

YOGA & MEDITATION CLASS

Wednesday – 9:30 am

Instructor Jenny Hunt

Develop body alignment and breath awareness
Regular meditation improves memory, focus,
attention and concentration.

Need a Medicare plan with dental?

Call Audrey at (518) 641-5756.



A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits, Inc.
Y2019_24_25600_C





APRIL CALENDAR

Tues. April 1		Senior Center Dues (Thank you if you already renewed!)
Thurs. April 3	9:00 am	Ukulele Orchestra – Open Door Mission Volunteer Recognition Breakfast
Fri. April 11	10:00 am	Crafts with Tammy Morehouse – Memory Cafe
Thurs. April 18	10:00 am	Crafts with Judy Fish
Mon. April 21		Special Bingo
Thurs. April 24		Senior Center Volunteers Recognition Day
Tues. April 29	1:00 pm	Paint With Patrice
Wed. April 30	8:30 am	Ukulele Orchestra – RSVP Recognition Breakfast at Queensbury Hotel

MORE INFORMATION SOON ABOUT DAY TRIPS IN 2025!

Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.

WEEKLY ACTIVITIES

Each Weekday	Noon	Washington County Nutrition Program
Monday	9:30 am	Strength and Balance Class
Mon – Friday	Daily	Board games and card games
First Monday	10:30 am	Shopping
Mon. & Wed.	9:30 am	Bingo
First Tues	11:15 am	Coffee with a Cop with Hudson Falls Village Police Department
Tuesdays	1:30 pm	Zumba with Ann Giroux
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Wednesday	9:30 am	Yoga and Meditation Class – Instructor Jenny Hunt
Wed. 1:30 pm		Ukulele Club/Orchestra - Lessons by Max McDonnell
Thurs.	10-10:30	Cardio Drumming
Third Wed.	11:30 am	Lunch Tour
Thursday	1:30 – 3:30	Knitting with Sharon Karwoski
2 nd Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse
Friday	10:15 am	Pool League (See Helen or Nancy for more info)
TBD	TBD	Wii Bowling at the Senior Center – sign up at the senior center

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel. 518-747-9352/Website: seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com/Facebook: [@seniorcenterkingsburyfortedward](https://www.facebook.com/seniorcenterkingsburyfortedward)

THANK YOU TO OUR CONTRIBUTORS!



Kelly J. Barlow 518-429-1030, TTY 711



<https://www.arrowbank.com>

Fort Edward Idle Hour Club
30 Dr David Starbuck Lane
P.O. Box 94
Fort Edward, NY 12828



NY Connects
Your Link to Long Term
Services and Supports

The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State and local funding.



APRIL 2025

Washington County Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL <i>showers - BRING - MAY flowers</i>	April 1 Pork Chop Supreme Sweet Potato Broccoli Apple Sauce	April 2 Spaghetti with Meat Sauce Buttered Peas Dinner Roll Banana	April 3 Chicken Breast Over Stuffing Mashed Potato Wax Beans Orange	April 4 French Toast Casserole Fruit Topping Crispy Potato Yogurt with Berries Orange Juice
April 7 Chicken Marsala Whole Wheat Pasta Italian Blend Dinner Roll Pear	April 8 Meatloaf with Gravy Oven Brown Potatoes California Blend Pineapple	April 9 Turkey and Cheese Sub Homemade Cole Slaw Marinated Cucumbers Apple	April 10 Chef's Choice Beef Teriyaki with Rice Chef's Choice Vegetable Chocolate Pudding	April 11 Lightly Breaded Cod Brown Rice Cauliflower/Peas Berries with Cream
April 14 Rosemary Chicken w/Gravy Brown Rice Collard Greens Orange	April 15 Chicken Caesar Salad Sliced Tomatoes 3 Bean Salad Fig Newtons	April 16 Three Cheese Quiche Peas Dinner Roll Pear	April 17 Cheeseburger on a bun Warm Beets Mixed Vegetables Apricots	April 18 Macaroni and Cheese Stewed Tomatoes Green Beans Mandarin Oranges
April 21 Ham with Pineapple Ring Garlic Mashed Potatoes Carrot Coins Lemon Easter Cake	April 22 Hot Dog with Meat Sauce Corn California Blend Apple	April 23 Stuffed Shells with Meat Sauce Winter Blend Sugar Snap Peas Orange	April 24 Salisbury Steak with Gravy Sweet Baked Potato Rutabaga Strawberries and Cream	April 25 Chef Salad with Egg, Turkey and Swiss Country Style Tomatoes Dinner Roll Fig Newtons
April 28 Chef's Choice Pulled Pork on a Bun Chef's Choice Vegetable Corn Apple	April 29 Lemon Butter Cod Wild Brown Rice Peas Stone Fruit Oatmeal Raisin Cookie	April 30 Roast Pork with Gravy Mashed Potato French Style Green Beans Apricots		<i>Allergen information available upon request.</i>

All meals served with 1% milk, whole wheat bread, butter. Menus subject to change.
 Meals should be eaten when delivered or immediately refrigerated. To reheat microwave for 2-3 minutes.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357
 QUESTIONS/CONCERNS - CALL 518-746-2286

