



Senior Center
Kingsbury Fort Edward

May 2025 News

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

The Senior Center will hold a Special Celebration on Thursday, May 15, 2025 at 10:30 am

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.

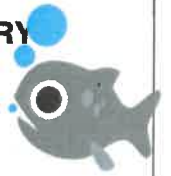
SENIOR CENTER BUS DAY-TRIP

MAY 5, 2025 – 10:00 am
“Round Lake Heart Strings” violin/guitar duo
performance at the Home of the Good Shepherd



Home of the
Good Shepherd

MOBY DICK'S FISH FRY FUNDRAISER



Friday, May 16th
11 am – 7 pm

Full Moby Dick menu available
50/50 raffle and more
(No advance tickets)

at the Argyle Cheese Farmer
2358 Burgoyne Avenue, Hudson Falls
(Former Lewis Supermarket location)



UKULELE ORCHESTRA TOUR DATES

Friday, May 16th – 2:00 pm, at the Argyle Cheese Farmer –
Burgoyne Avenue, Hudson Falls

Saturday, May 31st – Haviland Cove, Glens Falls

Washington County Senior of the Year Celebration

Thursday, May 22, 2025
10:00 am – 2:00 pm
At the American Legion Post #574
Pearl Street, Hudson Falls

Roast Beef Lunch - \$5.00 per person
Coffee and Donuts at 10:00 am

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025



TRI-COUNTY
UNITED WAY



Senior Center
Kingsbury Fort Edward

PRESENTS

INTERGENERATIONAL BINGO NIGHT & ICE CREAM SOCIAL AT THE IDLE HOUR CLUB

PRIZES | FOOD | FUN

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

Join us this May for an exciting Intergenerational Bingo Night to kick off 518 Month celebrations! This fun event brings together local generations for a night of friendly competition, community connection, and honoring our seniors. While the event is geared towards adults, children are welcome to attend with a supervised guardian. Admission is free, and donations are appreciated. And don't forget to bring your little ones to our Ice Cream Social, where they can enjoy delicious ice cream, create their own sundae with plenty of toppings, and participate in fun activities with friends. It's the perfect way to treat your kids to a sweet afternoon of socializing and creativity!

The Idle Hour Club
30 Dr David Starbuck Lane
Fort Edward, NY 12828

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

MANY THANKS TO STEWART'S SHOPS FOR THEIR CONTINUED SUPPORT AND DONATIONS.





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 Pruck, WISE Coordinator](#) at [518-684-4502](tel:518-684-4502).
Email: loripruck@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
\$67,000 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: seniorcenterkfe.com

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

FUN!



UKULELE 101

Want to join in all the fun but don't know how to play?
Max McDonnell teaches ukulele for beginners,
each Thursday at 10:30 at the Senior Center

Created with Image Creator from Designer



MEMORY CAFÉ

Crafts with Tammy Morehouse
May 9- 10:00 am
Second Friday
of the month

CRAFTS WITH JUDY FISH

Friday, May 23 at 10:00 am



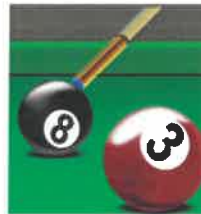
UKULELE CLUB/ORCHESTRA

Practice with Max McDonnell
at the senior center each
Wednesday 1:30 – 3:00

New members are welcome.

(Don't know how to play? Max teaches
Ukulele 101 Thursdays at 10:30 am)

*"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



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.



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 Weiing

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.
Y0019_24_258600_C



MAY CALENDAR

Fri. May 2		National Play Your Ukulele Day
Fri. May 2	6:00 pm	TCUW Intergenerational Bingo & Ice Cream Social - The Idle Hour Club
Mon. May 5	10:00 am	"Round Lake Heart Strings" violin/guitar duo performance at the Home of the Good Shepherd – SCKFE bus day trip
Tues. May 6	11:00 am	NYSCRC Caregiver Wellness and Respite Center presentation with Colleen Salisbury, Outreach Specialist
Wed. May 7		Shopping
Fri. May 9	10:00 am	Crafts with Tammy Morehouse – Memory Cafe
Tues. May 13	10:00 am	The Eddy/Eddy Health Alert presentation with Andrea McGowen, Program Director, St. Peters Health Partners A Member of Trinity Health
Thurs. May 15	10:30 am	Older Americans Day Celebration
Fri. May 16	11:00–7pm	Moby Dick Fish Fry Fundraiser - Argyle Cheese Farmer, Burgoyne Ave.
Fri. May 16	2:00	SCKFE Ukulele Orchestra performance at Argyle Cheese Farmer
Mon. May 19	9:30 am	Special Bingo
Thurs. May 22	10:00 – 2	Washington Co. Senior of the Year – Roast Beef Lunch \$5 at The American Legion Post #574
Fri. May 23	10:00 am	Crafts with Judy Fish
Thurs. May 29	11:30 am	Stay Healthy with SNAP, Wash. Co. Catholic Charities, Evan Weihing
Sat. May 31	8:30 am	Amanda's House at Glens Falls Hosp. – Aloha 5K and 1 mile Fun Walk
Sat. May 31		Ukulele Orchestra performance at Haviland Cove in Glens Falls

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 (1 st Mon. except in May – shopping moved to Wed. May 7 th)
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
Wednesday	1:30 pm	Ukulele Club/Orchestra practice
Thurs.	10-10:30	Cardio Drumming
Thurs.	10:30 am	Ukulele 101 – beginner lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
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

THANK YOU TO OUR CONTRIBUTORS!



<https://www.arrowbank.com>



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



ST PETER'S HEALTH PARTNERS



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.



