



September 2024 News

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC

Happy September! Cooler weather is on the way.



We are happy to announce some new exercise programs starting on September 4th. These classes will begin at 9:30 AM and last 35 to 45 minutes.

Mondays - Strength and Balance. So important to all of us as we age.

Wednesday -Yoga and Meditation. Relax with us in a quiet atmosphere.

Friday - We will continue our walking program at Moran Derby Park weather permitting. We will walk inside to some great walking streaming videos when it's not so nice out.

Updates on our program will come up as the year progresses. Flexible not boring!!

See you all in September!

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

Executive Director: John "Max" McDonnell

Tel. 518-747-9352

email: maxmcdonnell@yahoo.com

Website: seniorcenterkfe.com

Facebook:

[www.facebook.com/
seniorcenterkingsburyfortedward](http://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.

SEPTEMBER EXTRAS!



CHICKEN BBQ FUND RAISER

**At the Senior Center, 78 Oak St., Hudson Falls
Sunday, September 22, 2024 – 12 pm – 4 pm
Pre-sale only.**

**Purchase tickets by September 17th
Cash or check only. Tickets \$15.00**

**Jim Allen's Famous Chicken BBQ:
Half-chicken, baked potato, coleslaw,
roll and dessert included
50/50 Raffle, Door Prizes
TAKE-OUT ONLY Call 518-747-9352**

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

The National Institute for Senior Centers 2024 theme for National Senior Center Month is Powering Connections.

The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment!

THE FREE FOOD RUN

Comfort Food Community's Free Food Run
At the Senior Center, every Wednesday from
July 10th through September 25th
10:30-11 am
Please bring your own bag.



The New York State Citizen Preparedness Corps Training Program

Invites you to participate in a private training event at:

Senior Center Kingsbury & For

78 Oak Street Hudson Falls, NY 12839

September 19, 2024

11:00am - 12:00pm

Point of Contact: John Max McDonnell at (518) 747-9352

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

Note: Disaster Preparedness Kits are not distributed at private training events
Seating will be on a first come, first serve basis. Max Capacity: 60





UKULELE CLUB/ORCHESTRA
Two opportunities for you to enjoy the
Ukulele Orchestra
in September:

September 11th at 2 pm at
Little Theatre on the Farm
&
September 26th at 1 pm at
the Glen at Hiland Meadows



**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



FLU SHOTS ONLY
At the Senior Center
September 24th at 10:00 am

With Karen Johnson of Price
Chopper House Calls.

(Please bring your Medicare and
Insurance Cards)



FUN!



UKULELE CLUB/ORCHESTRA

Max McDonnell teaches ukulele lessons at the senior center each **Thursday, 10:30 am**. 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

CRAFTING WITH SUE!

Sue Donovan leads a craft hour on the first and third Fridays at 10:30 am. Sign up at the Center.

Sept 6th Travel Picture Frames



September 20th
Hot Air Balloon
sun catcher wind chimes



Ukulele Club/Orchestra, Crafting with Sue and Paint with Patrice are made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature and administered by the Lower Adirondack Regional Arts Council.

Monday, September 16 at 10:00 am

Mary Ann & Judy's Crafts



MEMORY CAFÉ
Crafts with Tammy Morehouse
Friday, September 13 at 10:00 am.



Each Thursday
10:00 to 11:30

Whether you're just learning or have been knitting for years, you're welcome to join Sharon's

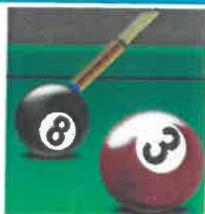
knitting group at the Senior Center. The members knit items for charity, work on their own projects, socialize and make new friends. Beginners are helped by the "pros" and beginner lessons are available. Drop by and make new friends, revisit old skills or learn a new one.

PICKLEBALL



Moran-Derby Park
Mon. and Fri.
9 am to Noon
Beginners welcome.

Call the Senior Center 518-747-9352 or Max at 518 222-6023 or Meleah Vanier at 518 229-3299



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.



Paint with Patrice

Tuesday, September 24, 1:30 - 3:30 pm at the Senior Center Kingsbury & Fort Edward
We will be inspired by this Claude Monet waterscape using acrylic paint on an 8" x 10" canvas. All artistic abilities welcome!

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

Nascentia 
Health

~~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



NY Connects
Your Link to Long Term
Services and Supports

WASHINGTON COUNTY OFFICE FOR AGING AND DISABILITIES RESOURCE CENTER (ADRC)

Join Kristin Stewart at the Hudson Falls Meal Site (Senior Center) **Third Tuesday of March, May, July, Sept, Nov. at 11:30.** No need to sign up or register. We will be doing something fun for nutrition education. Hope to “see” you all there!



Nutrition Counseling: Personalized guidance is offered to individuals who are at nutritional risk because of their health, nutrition history, dietary intake, chronic illness, or medication use. Nutrition Counseling is provided one-on-one by a registered dietician, who evaluates the person’s nutritional needs, develops and implements a nutrition counseling plan, evaluates the individuals outcomes, maintains documentation and distributes appropriate literature.

Washington County Office for Aging contracts with Kristin Stewart for Registered Dietician Services. To qualify for Nutrition Counseling Services you must be a Washington County resident age 60 or older. There is a suggested contribution of \$2 per hour per consultation, however, **no one will be denied a consultation because of an inability or unwillingness to contribute.**

For further information or to schedule a consultation contact Office for Aging at (518) 746-2420 and a NY Connects Information Specialist will assist you.

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 your Warren County Nutrition Outreach and Education Program Coordinator

Ben Driscoll

bdriscoll@swwcc.org

Catholic Charities of Warren County

35 Broad Street • Glens Falls, NY 12801

Office: 518.793.6312 ext. 32 • Mobile: 518.424.7525

Fax: 518.793.9499



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

STRENGTH & BALANCE CLASS

9:30 am Monday Beginning Sept. 9

Maintain your independence by staying strong and stable!

YOGA & MEDITATION CLASS

Wednesday – 9:30 am Beginning Sept. 4

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



**COUNTRY LINE
DANCING -
EACH
WEDNESDAY
1:00 pm – 2:00 pm**

WALKING AT DERBY PARK

Friday – 9:30 am

Walking at Moran Derby Park

(When weather forces us inside, we'll walk to some great walking streaming videos.)

Home of the
Good Shepherd

**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



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



**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.
VITA, A, PH, INC.





SEPTEMBER 2024

CALENDAR

Monday		Labor Day – Center is Closed
Wed. Sept. 11	2:00 pm	Ukulele Orchestra at Little Theatre on the Farm
Fri Sept. 13	10:00 am	Memory Café - Crafts with Tammy Morehouse
Mon Sept. 16	10:00 am	Mary Ann and Judy's Crafts
Thurs. Sept. 19	11:00 am	Citizen Preparedness Program
Sun. Sept. 22	Noon- 4pm	Chicken BBQ Fundraiser (Jim Allen's BBQ)
Tues. Sept. 24	10:00 am	Flu Shots only – with Karen Johnson of Price Chopper House Calls at the Senior Center (please bring your Medicare and Insurance Cards)
Tues. Sept. 24	1:30 pm	Paint With Patrice
Thurs. Sept. 26	1:00 pm	Ukulele Orchestra at the Glen at Hiland Meadows

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 (New - beginning Sept. 9)
Mon – Friday	Daily	Board games and card games
First Monday	10:30 am	Shopping
Mon. & Wed.	9:30 am	Bingo
Mon & Fri	9 -Noon	Pickleball Moran-Derby Park
First Tues	11:15 am	Coffee with a Cop with Hudson Falls Village Police Department – Returns September 3rd
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Every other Third Tuesday	11:30 am	Nutrition program - Kristin Stewart
Wednesday	9:30 am	Yoga and Meditation Class (New – beginning Sept. 4)
Wednesday	10:30 - 11	Comfort Food Community's Free Food Run through September 25
Wednesday	1:00 pm	Line Dancing
Thurs.	10-10:30	Cardio Drumming
Thursday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
Thursday	10-11:30	Knitting with Sharon Karwoski
1 st & 3 rd Fri	10:30 am	Crafting Hour with Sue Donovan
2 nd Friday	10:00	Memory Café – Crafts with Tammy Morehouse
Friday	9:30 am	Walking at Moran Derby Park (Inside Walking in bad weather). (New)
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

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!



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



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.

