

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.
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“LOOK WHAT’S HAPPENING”
at the Senior Center Kingsbury and Fort Edward

WEEKLY PROGRAMS

Washington County Nutrition Program (meals served Monday through Friday 12 noon)

SilverSneakers Classic 9:00 a.m. Monday

SilverSneakers Yoga 9:00 a.m. Wednesday

Silver Sneakers Circuit 9:00 a.m. Friday

OsteoBusters Exercise and Education Program 9:00 a.m. Tuesday and Thursday

Arts and Crafts with Linda

Painting

Zumba Gold Exercise Program 1:30 p.m. Tuesday

Board Games / Cards

Pool League 1:00 p.m. Monday

Bingo 10:15 a.m. Wednesday and Thursday

Knitting

Drawing and Coloring

MONTHLY PROGRAMS

Computer Help with Cornell Cooperative Extension

Washington County OFA and ADRC Nutrition Services

Senior Center Recreation and Education/Nutrition Education

Stay Healthy with SNAP! (Supplemental Nutrition Assistance Program)

Cooking Demonstrations with Cornell Cooperative Extension

Coffee with a Cop – 11:15 a.m. Third Tuesday of the month

Alzheimer’s Association programs

Movie Matinee at The Strand Theatre

MONTHLY MEETINGS

Program and Activity Committee

Fundraising Committee

Trip/Travel Committee

<http://www.SeniorcenterKFE.com>



JANUARY 2018 CALENDAR

- 1 Monday New Years' Day – Center Closed
- 5 Friday Shopping
- Happy Birthday
- 9 Tuesday 10:00 a.m. Crafts With Linda
- 11 Thursday 1:00 p.m. Bunco
- 15 Monday Martin Luther King, Jr. Day - Center Closed
- 16 Tuesday 11:15 a.m. Coffee with a Cop Program with Hudson Falls Police Dept.
- 17 Wednesday 11:30 a.m. Lunch Tour at Cabin Cafe
- 18 Thursday 10:45-11:45 Fall Prevention Presentation by MVP Health Care
Please pre-register with Max McDonnell 518-747-9352
- 23 Tuesday 11:15 a.m. RSVP Osteobusters Presentation with Harold McKinney
- 10:00 a.m. Crafts With Linda
- 1:00 p.m. Trip/Travel Meeting
- 24 Wednesday 10:00 a.m. Computer Help with Sarah McFadden, Digital Literacy Resource
Educator, Cornell Cooperative Ext.
- 25 Thursday 1:00 p.m. Bunco
- 31 Wednesday 1:00 p.m. The Strand Theatre Movie Matinee, sponsored by the Senior
Center Kingsbury Fort Edward with the Glens Falls Senior Center
(FREE Admission)

We have a new Facebook Page! Please “Like” the Page and “Share” it with your friends. We will post upcoming events, snow closings, etc. and there is a link that will take you to the website calendar.

<https://www.facebook.com/seniorcenterkingsburyfortedward>

<http://www.SeniorcenterKFE.com>

WEEKLY EXERCISE PROGRAMS
Senior Center Kingsbury Fort Edward Area, Inc.
78 Oak Street, Hudson Falls NY 12839
518-747-9352



“OSTEOBUSTERS EXERCISE AND EDUCATION PROGRAM”

9:00 a.m. Tuesday & Thursday

The OsteoBusters Exercise and Education Program is a community-based program for older adults which encourages participants to take steps to build and maintain strong bones.



ZUMBA GOLD EXERCISE PROGRAM

“Safety...Fun...Fitness” 1:30 p.m. Tuesday

Sponsored by **CDPHP A plan for life. Medicare Choices**
Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.





Healthways SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health. Group exercise classes are multi-level, equipment-based, total-body conditioning classes. The overall class objectives are to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting.

Monday 9-10am – SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Hand-held weights elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Wednesday 9-10am – SilverSneakers® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Friday 9-10am – SilverSneakers® Circuit

Increase cardiovascular muscular endurance to great music while standing and completing low-impact choreography alternated with standing upper-body strength work using hand-held weights, elastic tubing with handles and a ball. A chair is available for support.

For more information call instructor Lee - 518-409-2832



“COFFEE WITH A COP PROGRAM”
at 11:15 a.m. with the Hudson Falls Police Dept.
Meets third Tuesday of the month



WASHINGTON COUNTY NUTRITION PROGRAM
Meals served Monday through Friday, 12:00 noon, at the Hudson Falls site
Suggested Contribution is \$3.00
Call 747-9352 for reservations and information

alz.org[®] | **alzheimer's**  **association**[®]



**DO YOU NEED A VENUE FOR YOUR PARTY, CELEBRATION,
EVENT OR FUNCTION?**

For All Your Banquet Needs Look No Further – The Senior Center Kingsbury & Fort Edward Banquet Facility has a full kitchen and banquet with seating for 50 People!

For facility rental and information, contact Max McDonnell, Director, at 747-9352, or email at maxmcdonnell@yahoo.com Start Booking Now for all your parties and functions.

This newsletter made possible through funding from:

Neighbors NY

The Seniors' Choice for Companionship and Home Care, Client-centered assistance. Locally owned and managed. Licensed aides for personal care needs. Companions for errands, transportation, and more 518-743-0030, www.NeighborsNY.com



The Senior Center Kingsbury Fort Edward is enrolled in TD Bank's Affinity Program. Go to any TD office to enroll your account, or see Max to enroll. What a great program! It's TD's way to give back to non-profits, and their members who bank with them.





**Visiting Nurse Service
of New York**



**and Medicare
Working Together**