



January 2025 News

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC



Dear Senior Center Family,

As we welcome 2025, we express heartfelt gratitude to our members, volunteers, teachers, associates, and contributors. Our members are our cherished friends and family.

To our tireless volunteers, thank you for your support. Your kindness and generosity make a difference in the lives of our members. To our talented teachers, thank you for sharing your expertise and passion. Your contributions enrich our programs and enhance our members' lives.

We look forward to new programs, services, and opportunities to grow and thrive together. Stay tuned for more information!

Thank you for being part of our senior center family. Here's to a happy, healthy, and fulfilling 2025!

Warm regards, Director Max McDonnell and all Board Members

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

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

The center closes when the Washington County Nutrition Program and local schools are closed due to bad weather. Listen to local radio or TV for school closures.

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.

Highlights!



COOKING DEMO

Carolyn Shapiro, Nutrition Education
Coordinator for Comfort Food Community

Friday, January 24, 2025 at 10:30 am



AARP DRIVER SAFETY COURSE
February 15, 2025, 9:30am to 4:00pm.
at the Senior Center

Course fee is \$25 AARP member / \$30 non-AARP member. Payment by check or money order (made out to AARP) is strongly preferred. No credit or debit cards can be accepted at course. If paying in cash, exact change is needed.

Bring to course driver's license and, if member, AARP member number.

30 minute lunch break, recommend bringing your lunch. Can eat in classroom. The course is composed of four 90-minute sessions
Please arrive 15 minutes early.
Sign up at the Senior Center.



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



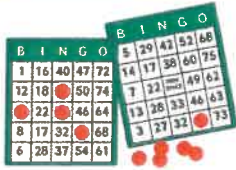
UKULELE CLUB/ORCHESTRA

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

**CRAFTS
WITH JUDY
10:00 am**

January 3 and January 17, 2025



SPECIAL BINGO

JANUARY 27, 2025 – 9:30 am

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.



MEMORY CAFÉ

Crafts with Tammy Morehouse
January 17, 2025 at 10:00 am



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



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330 Columbia Turnpike
Rensselaer, NY 12144
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2025 Is All About the Senior Center



- ICECREAMSOCIAL
- GAMES
- YOGA
- CARDIODRUMMING
- PICKLEBALL
- CHICKEN BBQ
- FITNESS
- KNITTING
- PAINTING
- POOL
- SHOPPING
- NUTRITION
- LUNCH TOUR
- MEDICARE
- CRAFTS
- UKULELE
- BINGO

Play this puzzle online at : <https://thewordsearch.com/puzzle/7861305/>



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

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



YOGA & MEDITATION CLASS

Wednesday – 9:30 am

Instructor Jenny Hunt

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

STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying
strong and stable!

Need a Medicare plan with dental?

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A plan for life.

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

Wed. Jan 1		CENTER IS CLOSED FOR NEW YEAR'S DAY
Fri. Jan 3	10:00 am	Crafts with Judy
Fri. Jan 10	10:00 am	Crafts with Tammy Morehouse – Memory Cafe
Fri. Jan 17	10:00 am	Crafts with Judy
Mon. Jan 20		CENTER IS CLOSED FOR MARTIN LUTHER KING DAY
Fri. Jan 24		National “Just Do it Day”
Fri. Jan 24	10:30 am	Cooking Demo with Carolyn Shapiro, Nutrition Education Coordinator for Comfort Food Community
Jan. 27		National “Chocolate Cake Day”
Jan. 27		Special Bingo
Jan 29		National “Puzzle Day”

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
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Every other 3 rd Tues	11:30 am	Nutrition program - Kristin Stewart
Wednesday	9:30 am	Yoga and Meditation Class – Instructor Jenny Hunt
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	1:30 – 3:30	Knitting with Sharon Karwoski
2 nd Friday	10:00	Memory Café – Crafts with Tammy Morehouse
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!



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



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.

