

Senior Center Kingsbury and Fort Edward Area, Inc.

January 12, 2017

518-747-9352

Issue # 145



“Look What’s Happening” at the Senior Center Kingsbury and Fort Edward

Weekly Programs

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

SilverSneakers Classic Mon. and Fri. @ 9:00am

SilverSneakers Yoga Wed. @ 9:00am

OsteoBusters Exercise and Education Program Tues. and Thurs. @ 9:00am

Arts and Crafts Classes with Linda Crafts 1/18, 2/7, 2/21 @ 10:00am

Painting 1/31 @ 10:00am and 2/17 @ 1:00pm

Zumba Gold Exercise Program Tuesday @ 1:30

Board Games / Cards

Pool League Mon. @ 1:00pm

Tai Chi for Arthritis (classes are 2 times a week for 8 weeks Mondays and Fridays @ 1pm)

Bingo Tues. Wed. Thurs. @ 10:15am

Knitting with Betty Thurs. @ 1:00pm

Monthly Programs

Computer Help (Your Questions Answered) 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 3rd Tuesday of the month @ 11:15am

January at a Glance

1/16 Program Closed – Martin Luther King Day

1/17 Stay Healthy with SNAP ! presentation w/ Teresa DePaul @ 11:15am

1/17 Coffee with a Cop Program w/Hudson Falls Police Dept. w/Sgt. John Kibling

@ 12noon

1/18 Arts and Crafts with Linda @ 10:00am

1/18 Tai Chi for Arthritis Program – Washington County Public Health @ 1:00pm

1/20 Wii Bowling Tourney with GF Seniors @ Hudson Falls 10:00am

1/20 Tai Chi for Arthritis Program – Washington County Public Health @ 1:00pm

(1/23 1/25 1/30 and 2/1 @ 1:00pm)

1/23 Fundraising Committee Meeting @ 10:15

1/24 Program and Activity Committee Meeting @ 10:15am

1/25 Need some help with your smartphone / laptop / tablet ?

Computer Help w/Sarah McFadden – Cornell Cooperative Ext. @ 10:00am

1/25 “Senior Center KFE Monthly Film Series” @ the Strand Theatre 1:00pm

feature film “Rebecca” suggested donation \$ 2.00 refreshments will be served

popcorn, coffee, and tea.

1/26 Haynes House presentation w/ Linda Ellingsworth @ 11:15am

1/26 January 50/50 raffle

1/27 “Cooking Demonstration” Cornell Cooperative ext. w/Ashley Pulsoni @ 11:00am

WEEKLY EXERCISE PROGRAMS @ the Senior Center Kingsbury Fort Edward



“SilverSneakers Classic” Mon. and Fri. @ 9:00am “SilverSneakers Yoga” Wed. @ 9:00am
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. Yoga will move your whole body through a complete series of seated and standing yoga poses.



“OsteoBusters Exercise and Education Program” Tues. and Thurs. @ 9:00am
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.



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.

“Safety...Fun...Fitness” Tuesday @ 1:30pm

Monthly Meetings

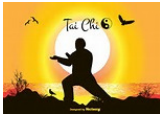
Program and Activity Committee

Fundraising Committee

Trip / Travel Committee

Tai Chi for Arthritis...at the Senior Center Kingsbury Fort Edward

Washington County



Public Health
Prevent. Promote. Protect.



**“Coffee with a Cop Program”
at 11:15am with the Hudson Falls Police Dept.
Meets 3rd 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

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

This newsletter made possible through funding from:



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.

This newsletter made possible through funding from:





Do You Need a Venue for Your Party? / Event or Function? / Celebration?

For All Your Banquet Needs Look No Further...

The Senior Center Kingsbury & Fort Edward Banquet Facility

Full Kitchen...Banquet Seating for 50 People

for facility rental and information...contact Max McDonnell, Director

at 747-9352 maxmcdonnell@yahoo.com

Start Booking Now for all your parties and functions



**78 Oak Street
Hudson Falls, NY 12839**

<http://www.SeniorcenterKFE.com>