



SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

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February 2018

Issue 163

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
- Zumba Gold Exercise Program 1:30 p.m. Tuesday
- Arts and Crafts with Linda
- Drawing and Coloring
- Knitting/Quilting
- Board Games / Cards
- Pool League 1:00 p.m. Monday
- Bingo 10:15 a.m. Wednesday and Thursday
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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



FEBRUARY 2018 CALENDAR

Friday, February 2	HAPPY GROUNDHOG DAY!	
Monday, February 5	10:00 am	Shopping
Tuesday, February 6	10:00 am	Crafts With Linda
Thursday, February 8	11:00 am	Nutrition Program with Kristin Stewart, a Registered Dietitian Nutritionist with the Washington County ADRC Nutrition Program. She provides fun, interactive nutrition education with games, prizes and samples.
Tuesday, February 13	10:00 am	Saratoga Casino
Wednesday, February 14	HAPPY VALENTINES DAY!  Sweetheart's Brunch	
Thursday, February 15	11:00 am	"Know the 10 Signs – Early Detection Matters," a workshop presented by Lindsay Stanislowsky of the Alzheimer's Association
Friday, February 16	HAPPY BIRTHDAY!	
	11:15 am	Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator, Cornell Cooperative Ext.
	1:00 pm	Wi Bowling with the Glens Falls Seniors (at Kingsbury)
Monday, February 19	PRESIDENTS' DAY – CENTER IS CLOSED	
Tuesday, February 20	12:00 pm	Coffee With a Cop
	10:00 am	Crafts With Linda
Thursday, February 22	10:00 am	"Happy Stitches with Patti" - learn how to sew quilt stitches and hand stitches for a variety of projects.
Wednesday, February 28	10:00 am	Computer Help with Sarah McFadden
	11:30 am	Lunch Tour – Buck's Tavern (former Blue Moose, corner of Rt. 9 and Glen Lake Road, Lake George) (order off menu)
	1:00 pm	Strand Theatre Matinee

NOTE: The center is closed when the Washington County Nutrition Program and the local schools are closed because of inclement weather. Listen to your local radio or television stations for school closings.

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/seniorcenterkingsburyfordedward>

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.





SilverSneakers by Tivity Health® 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.

