

**Senior Center Kingsbury Fort Edward Area, Inc.**

**78 Oak Street Hudson Falls NY 12839**

**February 17, 2017**

**518-747-9352**

**Issue # 147**



**“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 2/21 @ 10:00am 3/14 and 3/28 @ 10:00am**

**Painting 2/24 @ 1:00pm and 3/23 @ 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**

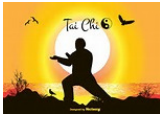
**Coffee with a Cop 3<sup>rd</sup> Tuesday of the month @ 11:15am**

## 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 3<sup>rd</sup> 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**

**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**

## *February*

**2/20 President's Day – Program Closed**

**2/21 Crafts with Linda @ 10:00am (T-shirt scarves)**

**2/21 Stay Healthy with SNAP – Supplemental Nutrition Assistance Program  
presentation with Teresa DePaul**

**2/21 Coffee with a Cop Program with Hudson Falls Police Dept. w/ Sgt. John Kibling  
@ 12 noon**

**2/22 Tai Chi for Arthritis - @ 1:00pm 2/24, 2/27, and 3/1**

**2/22 “Senior Center KFE Monthly Film Series” @ the Strand Theatre @ 1:00pm  
Movie Matinee – “The Searchers” starring John Wayne  
suggested donation \$ 2.00 refreshments will be served popcorn, coffee, tea.**

**2/23 February 50 / 50 raffle**

**2/24 Painting with Linda @ 1:00pm**

**2/27 Fundraising Committee Meeting @ 10:15am**

**2/27 \*\*Happy Birthday\*\***

**2/28 Washington County Sheriff's Office – presentation with Investigator  
Mike McWhorter @ 11:00am**

**2/28 Wii Bowling with GF Seniors @ GF Senior Center 1:00pm**

**2/28 Basket Raffle Drawing “February / Valentine's Day”  
(gift basket donated by JoAnn and Bill Barnes) Thank you !!**

## *March at a Glance*

**3/1 Tai Chi for Arthritis - @ 1:00pm**

**3/2 Memory Café Join Us @ 10:30am Relax, Socialize, & Have Fun**

**Musical Memories (“Sing-o”) and Conversation for more info contact**

**Mary Lou Gaylord at 888-5606 alzheimer’s association**

**3/6 Program and Activity Committee Meeting @ 1:00pm**

**3/7 Saratoga Casino**

**3/7 Zumba Gold Exercise Program – with Ann Giroux @ 1:30pm 3/14, 3/21, and 3/28**

**3/9 Shopping**

**3/10 MVP Health Care presentation “Top 10 Choices for a Healthier You” with**

**Stacie Hebert, M. Ed. CWPM Community Health Educator @ 11:15am**

**3/14 Crafts with Linda @ 10:00am (Resin & Beads)**

**3/14 Supervisors for Meals**

**3/17 “Cooking Demonstration” with Ashley Pulsoni, Community Nutrition Educator**

**Cornell Co-operative Extension @ 11:00am**

**3/17 *Happy St. Patrick’s Day!* Corned Beef & Cabbage, Steamed Potatoes,**

**Steamed Carrots, Irish Tea Cake**

**3/20 Trip Meeting @ 1:00pm**

**3/21 Stay Healthy with SNAP! Supplemental Nutrition Assistance Program presentation with Teresa DePaul @ 11:15am**

## *March at a Glance (continued)*

**3/21 Coffee with a Cop Program with Hudson Falls Police Dept. Sgt. John Kibling**

**@ 12:00 noon**

**3/21 Washington County Sheriff's Office – presentation with Investigator**

**Mike McWhorter @ 11:00am**

**3/22 Computer Help with Sarah McPhadden – Cornell Cooperative Ext. @ 10:00am**

**(sign up in advance)**

**3/23 United Healthcare – “Medicare 101” presentation with Kelly Buell @ 11:00am**

**3/23 Painting with Linda @ 1:00pm**

**3/23 “Preserving Family History” – presentation with author, Elna Butterfield @ 2:00pm**

**3/27 Fundraising Committee Meeting @ 10:15am**

**3/28 Crafts with Linda @ 10:00am (tea cup pin cushions)**

**3/29 “Senior Center KFE Monthly Film Series” Movie Matinee @ the Strand Theatre**

**1:00pm**

**3/30 March 50/ 50 raffle**

**3/30 \*\*Happy Birthday\*\* Quarterly Birthday Celebration !!**

**3/31 Washington Council of Seniors Luncheon @ Hartford Firehouse 10am – 2pm**

*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](mailto:maxmcdonnell@yahoo.com)**

*Start Booking Now for all your parties and functions*



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<http://www.SeniorcenterKFE.com>