

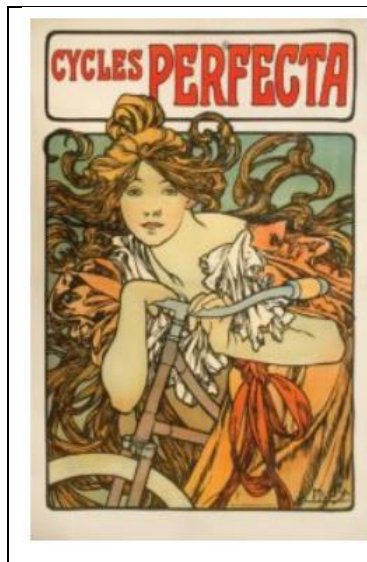


# NEWSLETTER

March 2018 Issue 164



The Senior Center is the recipient of a LARAC 2018 Community Arts Grant to present a five-session free workshop series titled, **“I remember, I am, I Love: Journaling at the Center.”** Arts educator Linda Buerkley will present five workshops from March through May, teaching the fundamentals of journaling and/or sketching. The first two sessions will be held on March 6 and 27. Sign up sheet at the Center.



## **BUS TRIP: WE WILL VISIT THE HYDE COLLECTION ON WEDNESDAY, MARCH 14, 2018**

*Alphonse Mucha: Master of Art Nouveau* examines how Mucha exploited the advertising poster to create a new movement in art. His work helped shape the aesthetics of French art at the turn of the twentieth century and formed the cornerstone of the international Art Nouveau movement.

Sign up sheet at the Center.



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>

**NOTE:** Sadly, even though The First Day of Spring is March 20<sup>th</sup>, there is still a chance of snow. 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



## **DO YOU NEED A VENUE FOR YOUR NEXT PARTY?**

The Senior Center has a full kitchen and banquet with seating for 50 People. For Rental Information, contact Max McDonnell, Director, at 747-9352, or email at [maxmcdonnell@yahoo.com](mailto:maxmcdonnell@yahoo.com)

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.



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# MARCH 2018 CALENDAR

DAY	DATE	TIME	EVENT
Monday	3/5	10:00 am	Senior Council Advisory Committee Meeting
Tuesday	3/6	10:00 am	LARAC free workshop series – Journaling and/or sketching with Linda Buerkley
Thursday	3/8	10:00 am	SHOPPING
Tuesday	3/13	10:00 am	CRAFTS WITH LINDA
		11:00 am	ALZHEIMER'S PROGRAM – THE BASICS (memory loss, dementia and Alzheimer's Disease presentation with Lindsay Stanislawsky)
Wednesday	3/14	10:00 am	BUS TRIP TO THE HYDE COLLECTION (Wednesdays are free for Seniors)
Friday	3/16	11:15 am	Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator Cornell Cooperative Ext.   <b>"HAPPY ST. PATRICK'S DAY"</b> – Corned Beef & Cabbage, Steamed Potatoes, Steamed Carrots and Irish Tea Cake
Tuesday	3/20		<i>FIRST DAY OF SPRING!</i>   11:15 COFFEE WITH A COP with Hudson Falls Police Department  SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY  1:00 pm Trip Meeting
Wednesday	3/21	10:00 am	Computer Help with Sarah McFadden, Digital Literacy Resource Educator Cornell Cooperative Extension
		11:30 am	LUNCH TOUR – Red Lobster, Queensbury
Thursday	3/22	10:00 am	MUSIC THERAPY PROGRAM with Patti Girard – Learn how to relax, meditate and soothe the spirit with music.
Tuesday	3/27	10:00 am	LARAC free workshop series – Journaling and/or sketching with Linda Buerkley
Wednesday	3/28	1:00 pm	STRAND THEATRE MATINEE – Free Admission "HAPPY BIRTHDAY!"
Thursday	3/29		Easter Ham Raffle

**SENIOR CENTER MEMBERSHIP DUES OF \$10 ARE DUE APRIL 1, 2018**

**Renewal forms are available at the Senior Center. Pay by April 1, 2018 to be entered in an early bird drawing. The early bird drawn will win a PRIZE!**

## REGULARLY SCHEDULED 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
- Bunco
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## REGULARLY SCHEDULED 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




**“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

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## WEEKLY EXERCISE PROGRAMS AT THE SENIOR CENTER

	<p style="text-align: center;"><b>“OSTEOBUSTERS EXERCISE AND EDUCATION PROGRAM”</b>  <b>9:00 a.m. Tuesday &amp; Thursday</b></p>	<p style="text-align: center;"><b>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.</b></p>
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	<h3>ZUMBA GOLD EXERCISE PROGRAM</h3> <p><b>“Safety...Fun...Fitness” 1:30 p.m. Tuesday</b>          Sponsored by <b>CDPHP A plan for life. Medicare Choices</b> 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.</p>	 <p style="font-size: small;">Capital District Physicians' Health Plan, Inc.          CDPHP Universal Benefits,® Inc.</p>
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 <p><b>For More Information, Call Instructor Lee – 518-409-2832</b></p>	<p>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</p>
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**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.

*This newsletter made possible through funding from:*



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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.



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](http://www.NeighborsNY.com)

