

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

March 29, 2017

518-747-9352

Issue # 148



**“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 with Linda 4/11 4/25

Painting 4/6 4/20

Zumba Gold Exercise Program Tuesday @ 1:30

Board Games / Cards

Pool League Mon. @ 1:00pm

Bingo 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

April at a Glance

4/3 Program and Activity Committee Meeting @ 10:15am

4/6 Painting with Linda Buerkley @ 1:00pm

4/6 United Healthcare – Medicare 101 presentation with Kelly Buell @ 11:00am

4/7 MVP Healthcare – presentation with Sheila Rivera MVP Medicare Products Advisor

@ 10:00am

4/10 Shopping

4/11 Arts and Crafts with Linda Buerkley @ 10:00am (washcloth bunnies)

4/11 Shopping

4/12 Computer Help with Sarah McFadden, Digital Literacy Resource Educator

Cornell University Cooperative Extension @ 10:00am

4/13 Easter Ham raffle

4/13 Senior Center Kingsbury Fort Edward Board of Directors Meeting @ 3:00pm

4/17 Wii Bowling with the Glens Falls Senior Center @ 1:00pm

4/18 Coffee with a Cop with Hudson Falls Police Dept. - Sgt. John Kibling @ 12:00noon

Washington County Investigator - Mike McWhorter @ 11:15am

Stay Healthy with SNAP! Supplemental Nutrition Assistance Program

with Teresa DePaul @ 11:30am

Saratoga Casino

4/20 Painting with Linda Buerkley @ 1:00pm

4/20 ** Happy Birthday **

4/21 Humana - with Jim Williams @ 9:00am

4/21 Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator

Capital Region Eat Smart New York Program Cornell Cooperative Extension

@ 11:00am

4/22 Senior Center Kingsbury Fort Edward Annual Card and Board Game Party

Fundraiser 12:00noon – 3:00pm

4/24 Fundraising Committee Meeting

4/24 – 4/28 “National Volunteer Week”

4/25 Arts and Crafts with Linda Buerkley @ 10:00am

(resin necklace with ribbon and beads)

4/26 Proclamation for “Older Americans Month”

4/26 Senior Center Kingsbury Fort Edward Monthly Film Series “Movie Matinee”

@ the Strand Theatre 1:00pm

4/27 Glens Falls National Bank and Trust Company presentation “Choosing a Caregiver”

with Kim Romano, Assistant Vice President / Branch Manager – Hudson Falls

@ 11:15am

4/27 Senior Center Kingsbury Fort Edward “Volunteer Celebration Day”

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.



****Zumba Gold Exercise Program 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.

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

Monthly Meetings

Program and Activity Committee

Fundraising Committee

Trip / Travel Committee



**“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

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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.**

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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



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