



# NEWSLETTER

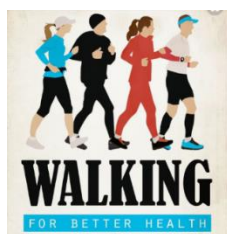
April 2018 Issue 165

**April 15-21, 2018 is National Volunteer Week**, an annual celebration to promote and show appreciation for volunteerism and volunteering. National Volunteer Week in the United States was first established via Presidential Proclamation signed by Richard Nixon in 1974. The Senior Center will hold a special Celebration on April 19<sup>th</sup> in honor of Volunteer Week.



Besides the benefits to society, scientific studies have shown that individuals who **volunteer** enjoy psychological and physical benefits, including increased satisfaction, improved sense of belonging, lower blood pressure, increased protection from Alzheimer's, and decreased mortality.

Our Senior Center relies greatly on its volunteers. Please let Max know if you would like to become a volunteer at the Senior Center. Your help would be greatly appreciated.



## NEW WALKING CLUB STARTS THIS MONTH

We will park at the American Legion on Pearl Street. Park along the fence on the left, near the road and away from the building. From there we cross the road to the bike path.

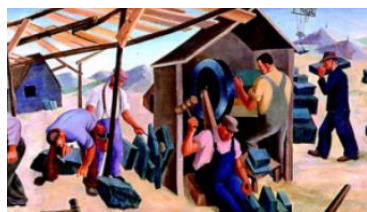
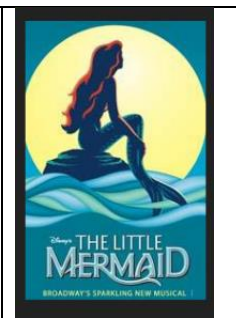
**10:00 am each Wednesday (weather permitting)**

## Dinner Theatre - The Little Mermaid

**Thursday, April 19, 2018, 5:00 p.m. at Argyle Central School**

Open to Washington County Seniors 60+ Dinner includes:  
Sebastian's Crab Stuffed Chicken Breast Grotto Rice Pilaf  
Ariel's Fancy Vegetables King Triton Blueberry and Lemon Trifle

(\$5.00 Suggested Donation)



**BUS TRIP APRIL 27** to the **SLATE VALLEY MUSEUM**, 17 Water St, Granville, NY. The Slate Valley Museum celebrates history and culture of the quarrying community that was established along the New York-Vermont border in the 1800s. See exhibits of historic artifacts from the area's slate quarries and mills; displays revealing the science and art of slate quarrying and its influence on the culture of the Slate Valley; a quarry shanty complete with all the machinery and tools used in traditional slate quarrying; a geological display illustrating the natural history of slate; examples of how slate has been used in the structure and decor of local buildings and as inspiration for artworks in various media; and documentary images of local slate quarries

**Bus leaves at 1:00 pm, arrive at 1:30 pm. \$5 fee Includes guided tour. Please see Dale LaPoint for more information.**

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel. 518-747-9352/Website: seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward

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. Sessions will be held this month on April 3 and 24. Signup sheet at the Center.



WASHINGTON COUNTY  
COUNCIL OF SENIORS  
SPRING LUNCHEON

Friday, April 13, 2018, 10:00 am to 2:00 pm  
At the Hartford Firehouse  
Coffee & Donuts at 10:00 a.m.  
Roast Beef Dinner at 12:00 noon  
50/50 Raffle, Door Prizes  
Cost: \$5.00 per person.  
Please pay Max McDonnell at time of signup.



**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)



Please "Like" our Facebook Page and "Share" it with your friends. We will post events, cancellations, etc. and there is a link that will take you to the website calendar.

<https://www.facebook.com/seniorcenterkingsburyfordedward>

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

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



**Hudson Falls Police  
Department  
Sergeant J.E. Kibling**



**COFFEE WITH A COP™**  
11:15 am Third Tuesday of each month



**Washington County  
Sheriff's Department  
Investigator Michael  
McWhorter**



**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®**






DAY	DATE	TIME	EVENT
Monday	4/2		Early Bird Membership Dues Drawing
Tuesday	4/3	10:00 am	LARAC free workshop series – Journaling and/or sketching with Linda Buerkley
Wed	4/4	10:00 am	<b>NEW! WALKING CLUB</b> EACH WEDNESDAY, weather permitting (Park at the American Legion, Pearl Street)
Thursday	4/5	10:00 am	Shopping
Friday	4/6	11:15 am	Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator Cornell Cooperative Ext.
Tuesday	4/10	10:00 am	Crafts With Linda
Thursday	4/12	10:00 am	Saratoga Casino
Thursday	4/12	3:00 pm	Senior Center Board Meeting
Friday	4/13	10:00-2:00	Council of Seniors Spring Luncheon at Hartford Firehouse
Tuesday	4/17	11:00	Dementia Conversations Workshop. Tips on how to have conversations with family members. Presentation with Lindsay Stanislawsky)
Tuesday	4/17	12:00	COFFEE WITH A COP With Hudson Falls Police Department
Tuesday	4/17	12:00	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Wed.	4/18	11:30 am	Lunch Tour at Red Lobster, Queensbury, NY
Thursday	4/19		NATIONAL VOLUNTEER WEEK CELEBRATION
Thursday	4/19	10:00 am	Happy Stitches, sewing class with Patty Girard
Thursday	4/19	5:00 pm	Dinner Theatre “The Little Mermaid” at Argyle Central School
Friday	4/20	12:00	“Happy Birthday!”
Friday	4/20	1:00 pm	Wii Bowling at Glens Falls Senior Center
Tuesday	4/24	10:00 am	LARAC free workshop series – Journaling and/or sketching with Linda Buerkley
Tuesday	4/24	11:00 am	“Healthy Brain” presentation by Jim Williams of HUMANA
Wed	4/25	10:00 am	Computer Help with Sarah McFadden, Digital Literacy Resource Educator Cornell Cooperative Extension <b>SPECIAL THIS MONTH – INTRODUCTION TO FACEBOOK</b>
Thursday	4/26	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.
Friday	4/27	1:00 pm	Bus Trip to The Granville Slate Valley Museum. Please sign up. \$5 fee


#### STANDING WEEKLY EVENTS

Each Weekday	Noon	Washington County Nutrition Program
Monday	9:00 am	Silver Sneakers Classic
Monday	1:00 pm	Pool League
Monday & Wed.	10:15 am	Bingo
Tuesday	1:30 pm	Zumba Gold
Tuesday & Thurs	9:00 am	OsteoBusters Exercise and Education program
Wednesday	9:00 am	Silver Sneakers Chair Yoga
Wednesday	10:00 am	Walking (Park at American Legion)
Friday	9:00 am	Silver Sneakers Circuit

## WEEKLY EXERCISE PROGRAMS AT THE SENIOR CENTER

	<p><b>“OSTEOBUSTERS EXERCISE AND EDUCATION PROGRAM”</b>  <b>9:00 a.m. Tuesday &amp; Thursday</b></p>	<p><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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	<p><b>ZUMBA GOLD EXERCISE PROGRAM</b></p> <p><b>“Safety...Fun...Fitness” 1:30 p.m. Tuesday</b>  <b>Sponsored by 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>	
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 <p style="text-align: center;">For More Information, Call  <b>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:*



America's Most Convenient Bank®

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)

