

NEWS LETTER

April 2019 Issue 177



April 4, 2019
Dinner at 5:00pm
Show to Follow
\$5.00 Suggested Contribution

Open to Washington County Seniors 60+

at Argyle Central School
5023 State Route 40 Argyle, NY 12809



Colonel Mustard's Roast Beef with Gravy
Mystery Mashed Potatoes
Mr. Green's Gully Vegetable
Miss Scarlet Cherry Cheesecake

WASHINGTON COUNTY COUNCIL OF SENIORS
SPRING LUNCHEON

Friday, April 12, 2018, 10:00 am to 2:00 pm
At the Hartford Firehouse

Coffee & Donuts at 10:00 a.m.
Meatless Cheese & Tomato Lasagna Dinner at 12:00 noon

50/50 Raffle, 50/50 Raffle,
Cost: \$5.00 per person. Please pay Max McDonnell at time of signup.



April 8-12, 2019 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 in 1974. The Senior Center will hold a special Celebration on April 11th in honor of Volunteer Week.

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.



The Senior Center is the recipient of a LARAC 2019 Community Arts Grant to present an 8-week Spring workshop series titled, *"A Writers Place: Finding Your Voice"* April 23 – June 11, 2019. Write, sketch, doodle and play with your imagination. Record your feelings, thoughts, interests and intuitions. Develop an ease with writing, art journaling and the habit of writing, simply by using what you already have. Forget all restrictions and requirements that you may have about writing. You don't have to plan what you are going to do – once you have set it down, you discover what you have done. (There will also be a 5-week Fall art journaling workshop series.) All sessions will be presented by Art Educator Linda Buerkley. This project is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of Governor Andrew Cuomo and the NYS Legislature and administered by the Lower Adirondack Regional Arts Council. The first session will be held on April 22, 2019. Signup sheet at the Center.



DAY TRIP TO SARATOGA HISTORY MUSEUM IN CANFIELD CASINO PARK - Wednesday, April 17, 2019 Leaving Senior Center 12:45, return to Senior Center at 4. Costs: Bus \$5, Museum Admission \$8 for a total of \$13 for trip

Three floors of exhibits, the Museum welcomes visitors to learn more about this famous city and the people that made it so. When the Canfield Casino was in operation, the High Stakes Room was for the elite of the elite. Bets in this upstairs parlor ran into the hundreds of thousands of dollars. Today the High Stakes Room is preserved with much of the original furniture from the Casino. It is a look 100 years back at turn of the century gambling, as well as providing a look into the Lake Houses that made Saratoga Springs famous through the 1950's. THE MUSEUM IS NOT HANDICAPPED ACCESSIBLE. "Old Saratoga" includes pictures of residential, commercial, and religious buildings; interiors and exteriors of grand and small hotels; mineral springs, bottling plants, and drink halls; the race track; and people at work, study, and play. Aerial photographs from as early as 1929 document dramatic changes in the shape of the city over a 35-year period.



April 30, 2019 at 1:00 pm a representative of Crandall Library Outreach Services will give a presentation at the Senior Center about all their services, including internet based research, requesting books thru intra-library loan, enlarged test books, e-books, concert and movie schedules



Please "Like" our Facebook Page and "Share" it with your family and friends. As of this date, we have 67 followers. By hitting the "Share" button, you help to promote and advertise our great Senior Center.

We will post the current newsletter, event notices, cancellations, etc., as well as photos taken at special events and activities. <https://www.facebook.com/seniorcenterkingsburyfortedward>



Kingsbury Fort Edward Senior Center is a meal site for Washington County. Suggested donation is \$3 for seniors ages 60 and over and \$5 for guests and seniors under 60. As you all know, our Center is in the process of converting to the My Senior Center sign in system. I want to thank everyone for working with us to get the system up and running. You are all doing an awesome job!! As of January 1, 2019, and until we all get comfortable with the new system, please sign up on the kiosk and on the paper sign-up sheets. Hopefully it won't take long for us to get the hang of it, myself included, and we can eliminate some of the paper. Please let Max know of any cancellations or additions for meals so that we can accommodate everyone. Thanks so much for everyone's cooperation. Debbie Beahan



WASHINGTON COUNTY SENIOR DINING PROGRAM TO PARTNER WITH PRICE CHOPPER/MARKET 32

Washington County Office for Aging & Disabilities Resource Center (ARDC) is partnering with Price Chopper in Granville and Market 32 in Fort Edward on its Senior Dining Program. Vouchers will enable Washington Co. seniors to enjoy a variety of items at Price Chopper/Market 32, including fresh fruit, PICS Yogurt, Triple Play Sandwiches, Grab N' Go Salad entrees and select prepared meals. To participate, Washington County residents 60 years or older can obtain tickets (\$4.00 suggested contribution) from Washington County ARDC or by mail. For more information call Washington County ADRC at 518-746-2420.



Hudson Falls-Fort Edward AARP 1274 is looking for new members. (You must belong to the National AARP before joining the local AARP). Dues are \$5.00/yr. We meet at the Hudson Falls American Legion on 72 Pearl Street the third Monday of the month. If interested, call Betty George at 518/747-7057.



BLOOD PRESSURE CLINIC

Do you know your numbers? Find out at the free blood pressure clinic by Interim Health Care at the Center, April 2, 2019 at 11:30 am.

MEMBERSHIP



Membership is open to men and women over the age of 50. Washington County residency is NOT required. Seniors over the age of 90 have lifetime free membership Forms are available at the Senior Center. Annual membership dues are \$10. All dues become due on April 1, 2019. New members will receive a key tag to use when signing in each day. When you arrive at the Center, you must log in with your key tag and choose ALL ACTIVITIES you will be attending that day. If you forget or decide to participate in something you didn't check when you logged in earlier, please log in again and check that activity. Our funding is based upon the total number of activities attended. All volunteers, please remember to log in your time on the touch screen kiosk.



MEDICAID AND SUPPLEMENTAL NEEDS TRUST INFORMATION SESSIONS

Medicaid eligibility seminars will be offered at the SAIL Queensbury branch in the conference room on the second Tuesday at 6 pm and the third Thursday at 10 am of most months. Call James at 518-792-3537 Ext. 1135 to register. Seminars will explain ways to become Medicaid eligible.



PARTY PLACE:

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

WEEKLY EXERCISE PROGRAMS AT THE SENIOR CENTER

RSVP (Retired Senior Volunteer Program) “OSTEOBUSTERS EXERCISE & EDUCATION”
9:00 am 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. Instructed by Ann Giroux.

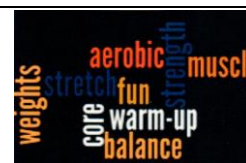


EXERCISE – Each Thursday at 2:00 pm



Marge Salerno will lead us with a warmup and balance exercises and aerobics for 25 minutes and then strength training with core and stretch.

(Sponsored by CDPHP)



NEW BEGINNERS SIMPLIFIED TAI CHI FOR SENIORS

At the Senior Center, Kingsbury Fort Edward

Six-week course each Wednesday, April 24 to May 29 - 11:00 am to 12:00 pm



This six-week class will teach you simple Tai Chi exercises that will improve balance, flexibility and circulation. These movements are fun, easy to learn and can be practiced by anyone, regardless of previous experience or fitness level. This class is for beginners. No cost. No previous experience required. Instructed by Mark Tolstrup, Course Director of The Tai Chi Center, Saratoga Springs.



BEGINNING IN MAY:

LINE DANCING AT THE SENIOR CENTER
 KINGSBURY FORT EDWARD

EACH FRIDAY AT 10:30 AM WITH JAN YOUNG



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 & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & 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.

COFFEE WITH A COP™ 11:15 AM THIRD TUESDAY OF EACH MONTH



**Hudson Falls Police
Department**



**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**

WE SINCERELY THANK OUR GENEROUS SPONSORS



**TD BANK'S AFFINITY
MEMBERSHIP
PROGRAM**

You can help support our Senior Center by enrolling at TD Bank. The Bank will donate \$10/year/checking account enrolled, plus an additional donation based on if the personal or business owner has a savings account, CD, IRA and/or money market account with TD. This program takes no money out of your account. Please specify on your enrollment form that you want to support the Kingsbury Fort Edward Senior Center.



**The Seniors' Choice for
Companionship and Home Care.
Licensed aides for personal care
needs. Companions for errands,
transportation & more
518-743-0030,
www.NeighborsNY.com**





Tues	4/2	10:00 am	Crafts with Linda Buerkley
Tues	4/2	11:30 am	Blood pressure clinic at the Center (Interim Health Care)
Wed	4/3	11:15 am	Nutrition program with Kristin Stewart, Registered Dietitian Nutritionist with Washington County ADRC Nutrition Program, "Planting a Salad"
Thurs	4/4	11:15 am	BCI Consultants Insurance Group presentation by Hannah Strong
Thurs	4/4	5:00 pm	Argyle Central School Play – "Clue" – Dinner and play
Mon	4/8	10:00 am	Shopping
4/8/2019 – 4/12/2019 – National Volunteer Week			
Mon	4/8		"Pizza Day" with Craig Phalen to celebrate National Volunteer Week
Tues	4/9	11:15 am	Alzheimers presentation by Lindsay Stanislawsky
Thurs	4/11	11:15 am	Fort Hudson Care Management Team presentation
Thurs	4/11		Volunteer Recognition Day at the Senior Center -Senior of the Year announcement
Friday	4/12	10:00 am – 2:00 pm	Council of Seniors Spring Luncheon at Hartford Firehouse
Mon	4/15	10:30 am	Rivers Casino in Schenectady bus trip
Tues	4/16	10:00 am	Crafts with Linda Buerkley
Tues	4/16	11:00 am	Food Demo with Ashley Pulsoni, Community Nutrition Educator, Cornell Coop. Ext.
Tues	4/16	11:00 am	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Tues	4/16	11:15 am	COFFEE WITH A COP With Hudson Falls Police Dept., Fort Edward Fire Dept., Washington County Sheriff's Dept. Investigator Mike McWhorter
Tues	4/16	14/15 am	Hudson Falls Fire Dept. and Fort Edward Fire Dept.– informal discussion
Tues	4/16	10:00 am	Crafting with Linda Buerkley
Wed	4/17	12:45 pm	Day trip to Saratoga History Museum in Canfield Casino Park
Tues	4/23	10:00 am	Writing workshop with Linda Buerkley " <i>A Writers Place: Finding Your Voice.</i> "
Wed	4/24	11:30 am	Lunch tour at Papa's Diner
Wed	4/24	11:00 am	Tai Chi (NEW) six-week class, 4/24/19 – 5/29/19
Tues	4/30	1:00 pm	Crandall Library Outreach Services presentation
STANDING WEEKLY EVENTS			
Each Weekday	Noon		Washington County Nutrition Program
One Day Each Month	Noon		Birthday Celebration (Sponsored by CDPHP) Quarterly birthday celebration and gift
Monday	9:00 am		Silver Sneakers Classic
Monday	1:00 pm		Pool League
Monday & Wed.	10:15 am		Bingo
Tuesday	1:30 pm		Zumba with Ann Giroux
Wednesday	11:00 am		Tai Chi with Mark Tolstrup, six-week class, 4/24/19 – 5/29/19
Tues & Thurs	9:00 am		OsteoBusters Exercise and Education program
Wednesday	9:00 am		Silver Sneakers Chair Yoga
Wednesday	1:00 pm		Knitting with Sharon Karwoski
Thursday	2:00 pm		Exercise with Marge Salerno
Friday	9:00 am		Silver Sneakers Circuit
Friday	10:30 am		<i>Line Dancing with Jan Young begins in May</i>
2 nd & 4 th Friday	1:00 pm		Bunco – each second and fourth Friday