

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

**78 Oak Street Hudson Falls NY 12839**

**April 19, 2017**

**518-747-9352**

**Issue # 149**



**“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 4/25 5/9 5/23**

**Painting 4/20 5/19**

**Zumba Gold Exercise Program Tuesday @ 1:30**

**Line Dancing Friday @ 10:30am**

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

## *April at a Glance*

- 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**
- 4/19 Cohoes Falls Trip and Lunch at the Cracker Barrel**
- 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**  
**Cornell Cooperative Ext. @ 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 Travel presentation with Melissa Pagnotta, Travel Activity Director**  
**Queensbury Senior Center @ 11:00am**
- 4/27 Glens Falls National Bank and Trust Company presentation “Choosing a Caregiver”**  
**with Kim Romano, Assistant Vice President / Branch Manager – Hudson Falls 11:00am**
- 4/27 Senior Center Kingsbury Fort Edward “Volunteer Celebration Day”**
- 4/28 The Senior Nutrition Program Volunteer Recognition Luncheon at the Cossayuna**  
**Firehouse @ 11:00am**

## *May at a Glance*

- 5/1 Program and Activity Committee Meeting @ 10:15am**
- 5/1 Senior Center Kingsbury Fort Edward “Senior of the Year” - announcement**
- 5/1 – 5/31 During the Month of May – Hannaford Cause Bag Program at the Burgoyne**  
**Avenue store location. The Senior Center of Kingsbury Fort Edward has been chosen**  
**AGAIN for the program.**
- 5/4 MVP Healthcare presentation with Sheila Rivera MVP Medicare Products Advisor**  
**@ 11:00am**

- 5/4 Senior Center Kingsbury Fort Edward Board of Directors Meeting @ 3:00pm**
- 5/8 Shopping**
- 5/9 Painting with Linda @ 10:00am**
- 5/11 Spring Bake and Craft Sale Fundraiser @ Earl Towers 1:00pm**
- 5/12 Senior Citizen's Day Celebration @ Town of Kingsbury Firehouse 10:00am – 2:00pm**
- 5/16 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**  
**Luncheon at Lake Luzerne Senior Center “Songs and Stories of the Big Woods”**  
**with Joe Bruchac @ 10:00am**
- 5/17 Computer Help with Sarah McFadden – Digital Literacy Resource Educator**  
**Cornell University Cooperative Ext. @ 10:00am**  
**Senior Movie Day at the Strand Theatre @ 1:00pm**
- 5/18 Senior Center Kingsbury Fort Edward – Older Americans Month Celebration**  
**BBQ Luncheon @ 12:00noon**  
**HCR Home Care presentation with Dan Anderson @ 11:15am**
- 5/19 Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator**  
**Cornell University Cooperative Ext. @ 11:00am**
- 5/19 Painting with Linda @ 1:00pm**
- 5/21 Senior Center Kingsbury Fort Edward 4<sup>th</sup> Annual Chicken BBQ Fundraiser**  
**1:00pm – 5pm**
- 5/22 Fundraising Committee Meeting @ 10:15am**
- 5/23 Visiting Nurse Service of NY - Choice Health Plans presentation with**  
**Katiria Romero Account Manager @ 11:15am**
- 5/24 Lunch Tour – The Peppermill Family Restaurant**
- 5/25 Musical performance by singer / guitarist - Samantha Jenkins @ 11:15am**
- 5/29 Memorial Day Holiday – Program Closed**
- 5/30 Saratoga Casino**

**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 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**

**alz.org<sup>®</sup> | alzheimer's  association<sup>®</sup>**

*This newsletter made possible through funding from:*

*Neighbors NY*

**The Seniors' Choice for Companionship and Home Care**

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**518-743.0030**

**www.NeighborsNY.com**

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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.**

*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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