

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

April 28, 2017

518-747-9352

Issue # 150



**“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 3rd Tuesday of the month @ 11:15am

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**
- 5/9 Audio Books / E Books / Podcasts utilizing the library system an informal presentation with Beverly LaLonde @ 11:15am**
- 5/10 “Good foods for your gut” presentation with Jim Williams, Humana @ 1:00pm**
- 5/11 ***Happy Birthday*****
- 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**
- 5/17 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 4th 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**

May at a Glance

continued

- 5/23 “Eat Smart, Live Strong” Enjoy fun and lively activities with other older adults! presentation with Kristin Stewart, Registered Dietitian-Nutritionist for Washington County Office for the Aging @ 1:00pm**
- 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 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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**Visiting Nurse Service
of New York**



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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