

## Older Americans Month 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.



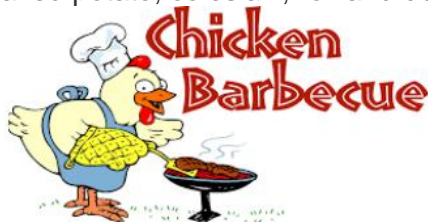
Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

We will celebrate Older Americans Month with our **Washington County Senior of the Year Celebration** on **May 11, 2018 from 10:00 a.m. to 2:00 p.m. at the Kingsbury Firehouse**, 3715 Burgoyne Avenue, Hudson Falls. Coffee and donuts will be served at 10:00 a.m. and a stuffed chicken breast lunch will be served. Tickets are \$12 per person and can be obtained from Senior Club Presidents until May 4, 2018. For more information, call Max McDonnell at 518-747-9352.

## CHICKEN BARBECUE FUNDRAISER

At the Senior Center  
Sunday, May 20, 2018, 1:00 to 5:00 pm  
Tickets \$10.00

Half-chicken, baked potato, coleslaw, roll and dessert included.



SENIOR OF  
THE YEAR IS  
HELEN FLOUTIN  
  
CONGRATUATIONS  
HELEN!



## BEGINNERS INTRODUCTION TO TAI CHI

A the Senior Center, Kingsbury Fort Edward  
Six-week course each Wednesday, May 9, 2018 to June 13, 2018  
1:30 pm to 2:30 pm

Instructed by Mark Tolstrup, Course Director of The Tai Chi Center, Saratoga Springs. Tai Chi is an ancient Chinese discipline involving a continuous series of controlled usually slow movements designed to improve physical and mental well-being.

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

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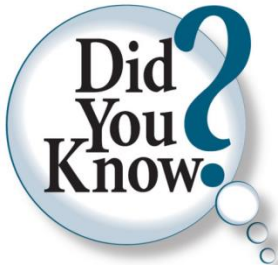
The Senior Center is the recipient of a LARAC 2018 Community Arts Grant to present a five-session free workshop series titled, **"I remember, I am, I Love: Journaling at the Center."** Arts educator Linda Buerkley will present five workshops from March through May, teaching the fundamentals of journaling and/or sketching. Sessions will be held this month on **May 1, May 15 and May 29.** Signup sheet at the Center.



**THE FIRST BAPTIST CHURCH THRIFT SHOP**

100 Maple Avenue, Glens Falls, NY

We will take the bus to visit the thrift shop on Friday, May 4 and Friday, May 18 at 12:15 (lunches will be served at the Senior Center at 11:30 those days.) Thrift shop treasures include books, movies, clothing, shoes, small household items, jewelry and more.



**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 a lifetime free membership.

Just a friendly reminder, **DUES OF \$10 ARE DUE APRIL 1<sup>st</sup> of EACH YEAR** Forms are available at the Senior Center. We realize many of you have been away for the Winter or you may have had a "senior moment" and forgot. Please renew as soon as possible to receive your membership card.

**THE LUCKY WINNER OF THE EARLY BIRD RAFFLE WAS HELEN FLOUTIN! CONGRATULATIONS HELEN!**

**Mexican Train** is a game played with **dominoes**. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station" We will play at the Glens Falls Senior Center on Wednesday, May 2, 2018 at 1:00 pm



**Bunco** is a game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice.

Games are played at the Senior Center every two weeks

beginning Thursday, May 26, 2018



**LINE DANCING**  
AT THE SENIOR CENTER  
KINGSBURY FORT EDWARD  
EACH FRIDAY AT 10:30 AM  
BEGINNING  
FRIDAY, MAY 4, 2018





DAY	DATE	TIME	EVENT
Tuesday	5/1	10:00 am	LARAC free workshop series – Journaling and sketching with Linda Buerkley
Wed	5/2	1:00 pm	Mexican Train dominos game at Glens Falls Senior Center
Friday	5/4	10:00 am	Line Dancing with Jan Young starts (each Friday at 10:00 am)
Friday	5/4	12:15 pm	Visit The First Baptist Church Thrift Shoppe in Glens Falls by Senior Bus
Monday	5/7	10:00 am	Shopping
Tuesday	5/8	10:00 am	Crafts With Linda Buerkley
Wed	5/9	1:30 pm	<b>NEW! Tai Chi each Wednesday (6 week program)</b>
Thurs	5/10	10:30	Trip to Saratoga Casino
Thurs	5/10	1:15 pm	Bunco
Friday	5/11	10:00-2 pm	<b>WASHINGTON COUNTY SENIOR OF THE YEAR at Kingsbury Firehouse</b>
Tuesday	5/15	10:00 am	LARAC free workshop series – Journaling and sketching with Linda Buerkley
Tuesday	5/15	11:15 am	COFFEE WITH A COP With Hudson Falls Police Department
Tuesday	5/15	11:00 - Noon	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Wed	5/16	11:30 am	Lunch tour at O'Tooles, Queensbury
Thurs	5/17	10:00-2 pm	<b>OLDER AMERICANS MONTH CELEBRATION</b>
Friday	5/18	12:15 pm	Visit The First Baptist Church Thrift Shoppe in Glens Falls by Senior Bus
<b>SUNDAY</b>	<b>5/20</b>	<b>12:00-5 PM</b>	<b>CHICKEN BARBEQUE at the Senior Center</b>
Tuesday	5/22	10:00 am	Crafts With Linda Buerkley
Tuesday	5/22	11:00 am	Alzheimers Presentation with Lindsay Stanislawsky
Thurs	5/24	11:15 am	Brookdale Senior Living presentation by Alisha Hanley
Thurs	5/24	1:15 pm	Bunco
Monday	5/28	CLOSED	<b>MEMORIAL DAY – CENTER IS CLOSED – SIGN UP TO RIDE OUR BUSES IN THE PARADE!</b>
Tuesday	5/29	10:00 am	LARAC free workshop series – Journaling and sketching with Linda Buerkley
Wed	5/30	10:00 am	Computer Help with Sarah McFadden, Digital Literacy Resource Educator Cornell Cooperative Extension

**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)
Wednesday	1:30 pm	Tai Chi (Beginning May 9) (Six week program)
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:30 am	Line Dancing with Jan Young



## YOU CAN RIDE IN THE PARADE!

We have been invited to include our senior buses in the Hudson Falls Memorial Day Parade on Monday, May 28, 2018. If you would like to ride a bus in the parade, please sign up at the Senior Center. For more information, call Max McDonnell at 518-747-9352.

The first northern Memorial Day was observed on May 30, 1868. One author claims that the date was chosen because it was not the anniversary of any particular battle. According to a White House address in 2010, the date was chosen as the optimal date for flowers to be in bloom in the North. The preferred name for the holiday gradually changed from "Decoration Day" to "Memorial Day," which was first used in 1882. Memorial Day did not become the more common name until after World War II, and was not declared the official name by Federal law until 1967.

On Memorial Day, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day. The half-staff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all.



### GET FIT – JOIN OUR WALKING CLUB

We park at the American Legion on Pearl Street, 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)**



### 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>

## 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 align="center"><b>ZUMBA GOLD EXERCISE PROGRAM</b></p> <p align="center"><b>“Safety...Fun...Fitness” 1:30 p.m. Tuesday</b></p> <p align="center">Sponsored by <b>CDPHP</b> A plan for life. <b>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><b>For More Information, Call 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.



**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**

*This newsletter made possible through funding from:*



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