

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

May 22, 2017

518-747-9352

Issue # 151



**“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 5/23 6/6 6/27

Painting 6/15

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

- 5/23 Visiting Nurse Service of NY - Choice Health Plans presentation / Ice Cream Social at 11:15am with Katiria Romero Account Manager and Veronica Lestage Community Outreach Coordinator**
- 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**
- 5/29 Memorial Day Holiday – Program Closed**
- 5/30 Saratoga Casino**

June at a Glance

- 6/1 Alzheimer’s Association “Memory Café” @ 1:00pm-2:30pm**
- 6/5 Senior Council Advisory Committee Meeting @ 10:00am**
- 6/5 Program and Activity Committee Meeting @ 1:00pm**
- 6/6 Crafts @ 10:00am**
- 6/7 “Good foods for your gut” presentation with Jim Williams, Humana @ 11:15am**
- 6/8 Glens Falls Hospital Center for Acute Rehabilitation “Benefits of Exercise” presentation with Marijo Natale, External Care Coordinator, Rehabilitation Liaison and Rachael Rosati, Exercise Physiologist at Glens Falls Hospital Rehabilitation and Wellness Center @ 11:15am**
- 6/14 Computer Help with Sarah McFadden, Digital Literacy Resource Educator Cornell University Cooperative Extension @ 10:00am**
- 6/14 Learn to play “Bunco” @ 1:00pm**
- 6/15 **Happy Birthday****
- 6/15 Painting @ 1:00pm**
- 6/15 Senior Center Kingsbury Fort Edward Board of Directors Meeting @ 3:00pm**
- 6/16 Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator Cornell University Cooperative Extension @ 11:15am**
- 6/20 Coffee with a Cop with Hudson Falls Police Dept. Sgt. John Kibling @ 12:00noon Washington County Investigator – program with Mike McWhorter @ 11:15am Stay Healthy with SNAP! Supplemental Nutrition Assistance Program with Teresa DePaul @ 11:30am**
- 6/21 Lunch Tour – Bogey’s Pub and Grill at Bay Meadows**
- 6/26 Fundraising Committee Meeting @ 10:15am**
- 6/27 Crafts @ 10:00am**
- 6/29 MVP Health Care presentation with Sheila Rivera, MVP Medicare Products Advisor @ 11:00am**

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

alz.org® | alzheimer's association®

This newsletter made possible through funding from:



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



This newsletter made possible through funding from:



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.

<http://www.SeniorcenterKFE.com>

This newsletter made possible through funding from:



**Visiting Nurse Service
of New York**



**and Medicare
Working Together**



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



78 Oak Street

Hudson Falls, NY 12839

seniorcenterkfe.com

maxmcdonnell@yahoo.com

<http://www.SeniorcenterKFE.com>