

## JUNE IS ELDER ABUSE AWARENESS MONTH

Every year, tens of thousands of elderly Americans are abused in their homes, in relative's homes and even in facilities responsible for their care.

Learn the signs and symptoms of elder abuse and how to intercede on behalf of an elderly person who is being abused.

Jodie Smith, Adult Services Supervisor Washington County Office of the Aging and Disabilities Resource Center will give a presentation at the Senior Center on June 14, 2018 at 11:15 am



5		<p><b>Lucky</b> The fiercely independent Lucky is on a journey of enlightenment in this dramedy starring Harry Dean Stanton.</p>
12		<p><b>Black Maria Film + Video Festival</b></p>
19		<p><b>Erie: The Canal That Made America</b> This documentary explores the impact of the building of the Erie Canal.</p>
26		<p><b>The Post</b> A thrilling drama about a publisher and editor collaborating to expose a cover-up of government secrets.</p>

### CRANDALL PUBLIC LIBRARY FILM & VIDEO FESTIVAL SPRING 2018

Films are held each Tuesday in June at 2:30 and 6:30. Our bus will transport Seniors to the 2:30 showing. Handicapped accessible and listening assistive devices supplied upon request. More information about each film and sign up sheet at the Center.

### JOURNALING GROUP WILL CONTINUE!

The LARAC sponsored five-session free workshop series was so well liked arts educator Linda Buerkley continue to hold workshops through June, teaching the fundamentals of journaling and/or sketching. See the calendar for June dates. The class will break for the Summer and resume in September, 2018.



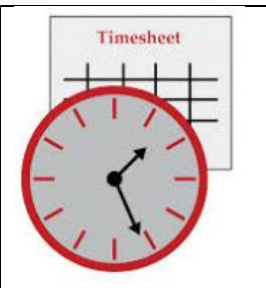
### MEMBERSHIP



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.

### VOLUNTEER TIME SHEETS

Did you assume that once you retired you didn't need to keep time sheets anymore? Wrong – if you are one of our *valued* volunteers, please keep a time sheet in the volunteer book. You may keep a sheet and turn it in at the end of the month or keep it in the book. The reason we need to keep track of our time is that the more volunteer hours we can prove when applying for grant money, the more willing donors are to help us with funding.



### 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)



According to a recent Pew Research Center study, 11% of U.S. adults still don't use the Internet. That's a significant change from 48% in 2000, but the study revealed that age remains a major factor, with 34% of senior citizens remaining offline.

Nonetheless, seniors are more connected than ever. Eighty-six percent of seniors were offline in 2000, but easier-to-use apps and sites — particularly Facebook— brought them online. Pew recently reported that 55% of Americans over the age of 50 use Facebook. If you don't use Facebook, why not get started and see what you are missing?

**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>**





DAY	DATE	TIME	EVENT
Monday	6/4	10:00 am	Shopping
Tuesday	6/5	10:00 am	Journaling and sketching with Linda Buerkley
Tuesday	6/5	11:15 am	Elite Choice – presentation with Wendy Golden-Coulman, Community Outreach Representative
Tuesday	6/5	2:30 pm	Crandall Public Library Film Festival – “Lucky”
Thurs	6/7	11:15 am	Fraud Seminar – presentation with Erin McLaughlin, Assistant Vice President, Branch Manager of Glens Falls National Bank and Trust Company
Thurs	6/7	12:00 noon	Nutrition Program with Kristin Stewart, a Registered Dietitian Nutritionist with the Washington County ADRC Nutrition Program. .
Thurs	6/7	1:15	Bunco
Tuesday	6/12	10:00 am	Journaling and sketching with Linda Buerkley
Tuesday	6/12	10:30 am	Trip to Saratoga Casino
Tuesday	6/12	11:15 am	Falls Prevention presentation with Jill Rock, Physician Liaison HCR Home Care, North Country Region
Tuesday	6/12	2:30 pm	Crandall Public Library Film Festival – “Black Maria Film & Video Festival”
Thurs	6/14	11:15 am	June is Elder Abuse Awareness Month – presentation with Jodie Smith, Adult Services Supervisor Washington County Office of the Aging
Friday	6/15	12:00 noon	Happy Birthday!
Friday	6/15	11:00 am	Cooking Demo with Ashley Pulsoni, Community Nutrition Educator, Cornell Cooperative Ext.
Tuesday	6/19	10:00 am	Crafts With Linda Buerkley
Tuesday	6/19	11:15 am	Effective Communication Strategies - Alzheimers Presentation with Lindsay Stanislowsky
Tuesday	6/19	11:15 am	COFFEE WITH A COP With Hudson Falls Police Department, Sgt. John Kibling; Washington County Sheriff’s Dept. Investigator Mike McWhorter
Tuesday	6/19	11:00 - Noon	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Tuesday	6/19	2:30 pm	Crandall Public Library Film Festival – “Erie: The Canal That Made America”
Wed	6/20	10:00 am	Computer Help with Sarah McFadden, Digital Literacy Resource Educator Cornell Cooperative Extension
Thurs	6/21	1:00 pm	Medicare 101 – Learn Medicare Basics with Mary Jo Murray, Medicare Sales Account Manager, CDPHP
Thurs	6/21	2:00 pm	Bunco
Tuesday	6/26	11:15 am	Brookdale Senior Living presentation by Alisha Hanley
Tuesday	6/26	2:30 pm	Crandall Public Library Film Festival – “The Post”
Wed	6/27	11:30 am	Lunch tour at the Peppermill Family Restaurant
Friday	6/29	1:00 pm	Wii Bowling vs. Glens Falls Senior Center at Hudson Falls Senior Center


**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 with Mark Tolstrup
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:30 am	Line Dancing with Jan Young

## WEEKLY EXERCISE PROGRAMS AT THE SENIOR CENTER


<p><b>RSVP (Retired Senior Volunteer Program) “OSTEOBUSTERS EXERCISE &amp; EDUCATION”</b>  <b>9:00 am 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 style="text-align: center;"><b>ZUMBA GOLD EXERCISE PROGRAM</b>  <b>“Safety...Fun...Fitness” 1:30 p.m. Tuesday</b></p> <p>Sponsored by <b>CDPHP A plan for life. 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 style="text-align: center;"><b>GET FIT – JOIN OUR WALKING CLUB</b></p> <p>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. <b>10:00 am each Wednesday (weather permitting)</b></p>
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<p style="text-align: center;"><b>TAI CHI</b></p> <p>A the Senior Center, Kingsbury Fort Edward Each Wednesday 1:30 pm to 2:30 pm</p> <p>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.</p>	
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	<p style="text-align: center;"><b>LINE DANCING AT THE SENIOR CENTER</b>  <b>KINGSBURY FORT EDWARD</b>  <b>EACH FRIDAY AT 10:30 AM</b></p>
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	<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. <b>For More Information, Call Instructor Lee – 518-409-2832</b></p>
<p><b>Monday 9-10am – <u>SilverSneakers® Classic</u></b> 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.</p>	
<p><b>Wednesday 9-10am – <u>SilverSneakers® Yoga</u></b> Move your whole body through a complete series of seated &amp; standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance &amp; range of movement. Restorative breathing exercises &amp; final relaxation will promote stress reduction and mental clarity</p>	
<p><b>Friday 9-10am – <u>SilverSneakers® Circuit</u></b> 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.</p>	



**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

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*This newsletter made possible through funding from:*



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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.



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](http://www.NeighborsNY.com)

