



June 2024 News

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC

June 15th



WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for

the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

If you suspect someone may be abused and may need help, please call Washington County Office for Aging and Disabilities Resource Center at 518-746-2420 or 1-800-848-3303.

NYS OCFS Adult Services Helpline 1-844-697-3505.

Jodie Smith will give a presentation at the Senior Center on June 10

Board of Directors:

President: Debbie Beahan,
Vice President: Jeanie Mullen
Secretary: Sandy Wheeler
Treasurer: Cassandra Allen
Linda Buerkley
Dave Cutler
Cynthia Bardin
Chris Miles
Mary Beranek

Executive Director: John "Max" McDonnell

Tel. 518-747-9352

email: maxmcdonnell@yahoo.com

Website: seniorcenterkfe.com

Facebook:

www.facebook.com/seniorcenterkingsburyfortedward

Open: Monday through Friday
8:30 am to 4:00 pm.

Our Senior Center is funded by the following municipalities and agencies: Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward. The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State, and local funding.



The Glen at
Highland Meadows

Senior Living You'll Love at The Glen!

Call (518) 832-7800 to schedule your tour.

JUNE EXTRAS!



2024 "Old Faithful" Senior Golf League at Bay Meadows starts Wednesday, May 1 at 7:15 am and runs through September 25th.

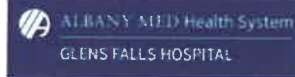
Open to +55 Seniors and Older Men and Women. \$20 league fee includes prizes and special formats.

For more information, contact Ray Van Tassell 518-793-3987 or Max McDonnell 518-222-6023

Hearing Center

On Tuesday, June 25 at 10:30, there will be free Hearing Screening at the Senior Center by Ashley Bucci, AuD, F-AAA, CC-A, Audiologist of The Hearing Center of Glens Falls Hospital

(Another screening will be held on Tues. July 23)



The Senior Center Ukulele Orchestra will be performing at 9:00 am on June 15th at Haviland Cove Beach & Park for the Glens Falls Hospital Aloha Family 5K and 1 Mile Run to benefit Amanda's House



Wellness Initiative for Senior Education (WISE) Program: Free Evidence-based Wellness Program for Adults-55+

The Council for Prevention and the Senior Center Kingsbury Fort Edward Area are offering WISE.

When: May 2, 2024, at 10:30am-11:30am
and
June 6, 2024, at 10:30am-11:30am

Where: Senior Center Kingsbury Fort Edward Area
78 Oak Street, Hudson Falls, NY, 12839

The WISE program celebrates healthy living and educates on a variety of topics. Participants will have an opportunity to meet new people and:

- Learn about getting older and making healthy lifestyle choices.
- Celebrate this exciting stage of life and the benefits that come with it.
- Discuss behaviors older adults should do to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently.
- Learn how to feel more empowered about your health and the healthcare you receive.

Refreshments will be served at each lesson, and all participants will be eligible to receive free giveaways. For more information, please contact Lori Prock, WISE Coordinator at 518-746-1527 or LoriProck@councilforprevention.org



SENIOR CENTER CAR WASH FUNDRAISER



CAR WASH COUPONS AVAILABLE AT THE SENIOR
CENTER - \$10.00 EACH

COUPONS ARE GOOD FOR 12 MONTHS
EACH COUPON VALID FOR ONE
GRAPH-X4 (\$30 value) CAR WASH

The Graph X4: "Our most advanced wash that helps protect your car from dirt and UV rays with a powerful four-layer shield that includes our legendary Ceramic Sea Gloss and Graphene Oxide to give your car space age sparkle and powerful protection."

May be used at any Tidal Wave location!

You can find Tidal Waves locally at :
708 Quaker Rd Queensbury, New York
and 168 Saratoga Ave, South Glens Falls, NY

***KEEP YOUR CAR CLEAN AND HELP THE SENIOR
CENTER AT THE SAME TIME!
WE THANK YOU FOR YOUR SUPPORT!***



SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.
78 Oak Street, Hudson Falls, NY 12839
Tel. 518-747-9352/Website: seniorcenterkfe.com
Email: maxmcdonnell@yahoo.com Facebook: @seniorcenterkingsburyfortedward

ICE CREAM SOCIAL
Thanks to Home of the
Good Shepherd
Thursday, June 6
12:30 pm



ICE CREAM SOCIAL
With Kelly Barlow
United Health Care
Thursday, June 20
(After lunch)

FUN!



UKULELE CLUB/ORCHESTRA

Max McDonnell teaches ukulele lessons at the senior center each **Thursday, 10:30 am**. New members are welcome.

"Everyone should have and play a uke it's so simple to carry with you and it is one instrument you can't play and not laugh" GEORGE HARRISON

CRAFTING WITH SUE!

Sue Donovan leads a craft hour on the first and third Fridays at 10:30 am. Sign up at the Center.

June 7 – Guest Crafter: Linda Buerkley

June 21 – Gnome Shelf Sitter



Paint with Patrice

Tuesday, June 25, 1:30 - 3:30pm

At the Senior Center Kingsbury & Fort Edward

We will be inspired by this Claude Monet waterscape, using acrylic paint on an 8 x 8" canvas. All abilities are welcome! [For more info call 518-747-9352](tel:518-747-9352) or email maxmcdonnell@yahoo.com

maxmcdonnell@yahoo.com



Ukulele Club/Orchestra, Crafting with Sue and Paint with Patrice are made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature and administered by the Lower Adirondack Regional Arts Council.

Monday, June 17 at 10:00 am

Mary Ann & Judy's Crafts



MEMORY CAFÉ

Crafts with Tammy Morehouse
Friday, June 14th 10:00 am.
(Second Friday of each month.)



Knitting With Sharon Karwowski

Each Thursday
10:00 to 11:30

Whether you're just learning or have been knitting for years, you're welcome to join

Sharon's knitting group at the Senior Center. The members knit items for charity, work on their own projects, socialize and make new friends. Beginners are helped by the "pros" and beginner lessons are available. Drop by and make new friends, revisit old skills or learn a new one.



PICKLEBALL

Moran-Derby Park
Mon. and Fri.
9 am to Noon
Beginners welcome.

Call the Senior Center 518-747-9352 or Max at 518 222-6023 or Meleah Vanier at 518 229-3299

POOL LEAGUE



Pool League meets each Friday at 10:15 at the Senior Center. New members welcome.

The pool table is usually open at other times – check with Max for availability, 518-747-9352.



GAMES AND BOOKS

The Senior Center stocks a variety of board games and puzzles. There's usually a card game or two to join or a puzzle in progress. We have a good selection of books to borrow and don't forget to catch a Bingo game, Mondays and Wednesdays at 9:30 am.

~~TRANSPORTATION~~

SENIOR BUS TRANSPORTATION FEES		
\$2.00 donation appreciated	\$2.00 per person/per trip	\$7.00 per person/ per trip
Council of Seniors Spring Luncheon Dinner & Play at Argyle School Senior Citizen's Day Senior Citizen's Picnic Council of Seniors Fall Luncheon Fall Festival/Health Expo	Lunch Tours Small local trips (Little Theatre on the Farm, CR Wood Theatre, Troy Shirt Factory, Glens Falls Thrift Shop, Farmer's Markets, Crandall Library)	Saratoga Schenectady Clifton Park/Albany
NO COST: Shopping, Senior Center Summer Picnic, Senior Center Christmas Luncheon, Daily transportation to Center (within Hudson Falls, Kingsbury & Fort Edward)		
6 people required for bus transportation to an event. Exceptions determined on a case-by-case basis. See Max McDonnell privately if you need to discuss bus transportation fees. We will focus on effective options and solutions to individual needs.		

Warren/Washington RSVP Medical Transportation Program Needs Drivers

The RSVP Medical Transportation Program provides rides for seniors 55 and older who have no other means of getting to medical appointments.

If you are interested in becoming a driver, please call 518.743.9158, Ext 208

Responsibilities Include: Complete one hour training at no cost; Drive client to a medical appointment; Volunteer for at least one ride a month; Maintain a valid driver's license and automobile insurance

Rewards Include: Meet new people and enrich your life; Enable a senior to get necessary medical care; Mileage reimbursement available



Hudson Headwaters Health Network has opened its 22nd health center, Glens Falls Family Health, a state-of-the-art facility at 38 Larose Street, Glens Falls. The new 30,000 square foot building is also home to PACE (Program of All-

Inclusive Care of the Elderly). PACE is a community-based alternative to nursing home care for qualifying individuals ages 55 and older with multiple chronic health conditions. This is the 10th PACE program in New York State and the first in the state sponsored by a Federally Qualified Health Center. Learn more at <https://www.pacehh.org/>.



NUTRITION



NY Connects
Your Link to Long Term
Services and Supports

WASHINGTON COUNTY OFFICE FOR AGING AND DISABILITIES RESOURCE CENTER (ADRC)

Join Kristin Stewart at the Hudson Falls Meal Site (Senior Center) **Third Tuesday of March, May, July, Sept, Nov. at 11:30.** No need to sign up or register. We will be doing something fun for nutrition education. Hope to “see” you all there!



Nutrition Counseling: Personalized guidance is offered to individuals who are at nutritional risk because of their health, nutrition history, dietary intake, chronic illness, or medication use. Nutrition Counseling is provided one-on-one by a registered dietician, who evaluates the person's nutritional needs, develops and implements a nutrition counseling plan, evaluates the individuals outcomes, maintains documentation and distributes appropriate literature.

Washington County Office for Aging contracts with Kristin Stewart for Registered Dietician Services. To qualify for Nutrition Counseling Services you must be a Washington County resident age 60 or older. There is a suggested contribution of \$2 per hour per consultation, however, **no one will be denied a consultation because of an inability or unwillingness to contribute.**

For further information or to schedule a consultation contact Office for Aging at (518) 746-2420 and a NY Connects Information Specialist will assist you.

LUNCH AT THE SENIOR CENTER MONDAY THRU FRIDAY

Washington County Meal Site at Kingsbury Fort Edward Senior Center. Suggested contribution: \$3 for seniors ages 60 and over and \$5 for guests and seniors under 60. Sign up is required 24 hrs ahead – 518-747-9352



LUNCH TOUR!

Enjoy a different local restaurant for lunch
the third Wednesday of each month

Stay Healthy with SNAP!

For more information on how SNAP can help you, contact your
Warren County Nutrition Outreach and Education Program Coordinator

Ben Driscoll

bdriscoll@swwcc.org

Catholic Charities of Warren County
35 Broad Street • Glens Falls, NY 12801
Office: 518.793.6312 ext. 32 • Mobile: 518.424.7525
Fax: 518.793.9499



CENTER INFORMATION

SENIOR CENTER MEMBERSHIP:



Open to men & women over 50. Washington County residency NOT required. Seniors over 90 have lifetime free membership. Forms available at the Center. Annual dues of \$15 due each April 1st. New members receive a key tag to use when signing in to choosing all activities attending that day. Our funding is based upon total number of activities attended. All volunteers, please log in your time on the touch screen kiosk.

FOR RENT

The Senior Center has a full kitchen and banquet with seating for 50 people, perfect for a baby shower, birthday or anniversary party.



For Rental Information, contact Max McDonnell, Director, at 747-9352, or email at maxmcdonnell@yahoo.com

Please "Like" our Facebook Page & "Share" it. By hitting the "Share" button, you help to promote and advertise our Senior Center. We'll post the current newsletter, photos, event notices, cancellations, etc.

www.facebook.com/seniorcenterkingsburyfortedward



VOLUNTEERS NEEDED

Volunteers are a critical part of our Senior Center. Without them, we wouldn't be able to run as smoothly, or offer as many programs as we do. Please let Max know if you would like to become a volunteer. We always need help in the kitchen, year-round. Your help would be greatly appreciated. Please see Max McDonnell, 518-747-9352

TD BANK'S AFFINITY MEMBERSHIP PROGRAM



Help support our Senior Center by enrolling at TD Bank. The Bank will donate \$10/year/checking account enrolled, plus an additional donation if the personal or business owner has a savings account, CD, IRA and/or money market account with TD. This program takes no money out of your account. Please specify on your enrollment form that you want to support the Kingsbury Fort Edward Senior Center.

GOOGLE CALENDAR:

Visit our webpage seniorcenterkfe.com for information not included in our newsletter, including the Senior Center Calendar. Click on "Calendar" on the menu on the left side of the webpage (print button top right). Add our calendar to your personal Google calendar by clicking on the plus sign in the lower right corner. If you then don't want to view the senior calendar in your personal calendar, simply uncheck it under "Other Calendars". (You will not be able to make any changes to the senior calendar.)



Kelly J. Barlow 518-429-1030, TTY 711

FITNESS FUN

**OSTEOBUSTERS
EXERCISE & EDUCATION**
RSVP (Retired Senior Volunteer Program)
9:00 am Tuesday & Thursday

The OsteoBusters Exercise and Education Program is a community-based program for older adults. It helps you to maintain bone density and strength, increase muscle mass, improve posture and balance and reduce the risk of fall-related fractures.

Marcia McCormack



CARDIO DRUMMING

Every Thursday, 10 to 10:30 am.

Cardio Drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do! Come join the fun.

For more information call Debbie at 518-747-9352



SilverSneakers by Tivity Health® is a fun, energizing program that helps older adults take greater control of their health. Group classes are multi-level, equipment-based, total-body conditioning classes. The overall objectives are to minimize age-related physical deterioration, improve health-related and skill-related physical fitness to increase functional activities for daily living, and increase a sense of well-being.

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 & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & 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.



**COUNTRY LINE
DANCING -
EACH WEDNESDAY
1:00 pm – 2:00 pm**

**Need a Medicare plan
with dental?**

Call Audrey at (518) 641-5756.



A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits, Inc.
Y0019_24_25860_C





JUNE 2024

CALENDAR

Wed	7:30 am	“Old Faithful Senior Golf League” at Bay Meadows (each Wed. at 7:30 am through 9/25/24)
Thurs. June 6	10:30 am	Wellness Initiative for Senior Education (WISE) (see flyer, pg. 3)
Thurs. June 6	12:30 pm	Ice Cream Social – (thanks to Home of the Good Shephard)
Mon. June 10		Jodie Smith presentation, World Elder Abuse Awareness Day is June 15th
Fri. June 14	10:00 am	Memory Café - Crafts with Tammy Morehouse
Sat. June 15	9:00 am	SCKFE Ukulele Orchestra will be performing at 9:00 am at Haviland Cove Beach & Park for the Glens Falls Hospital Aloha Family 5K and 1 Mile Run to benefit Amanda's House
Mon June 17	10:00 am	Mary Ann and Judy’s Crafts
Tues. June 18	11:30 am	Nutrition program - Kristin Stewart
Thurs June 20	1 pm appx	Ice Cream Social with Kelly Barlow
Tues. June 25	10:30 am	Free Hearing Screening at the Senior Center by Ashley Bucci, AuD, F-AAA, CC-A, Audiologist of The Hearing Center of Glens Falls Hospital (another screening will be held on Tues. July 23)
Tue June 25	1:30 – 3:30	Paint With Patrice
Thurs. June 27		National Bingo Day Celebration (Special guest bingo caller TBD).

Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.

WEEKLY ACTIVITIES

Each Weekday	Noon	Washington County Nutrition Program
Mon – Friday	Daily	Board games and card games
Monday	9:00 am	Silver Sneakers Classic
First Monday	10:30 am	Shopping
Mon. & Wed	9:30 am	Bingo
Mon & Fri	9 -Noon	Pickleball Moran-Derby Park
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Every other Third Tuesday*	11:30 am	*Nutrition program - Kristin Stewart
Wednesday	9:00 am	Silver Sneakers Chair Yoga
Wednesday	1:00 pm	Line Dancing
Thurs.	10-10:30	Cardio Drumming
Thursday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
Thursday	10-11:30	Knitting with Sharon Karwoski
1 st & 3 rd Fri	10:30 am	Crafting Hour with Sue Donovan
2 nd Friday	10:00	Memory Café – Crafts with Tammy Morehouse
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

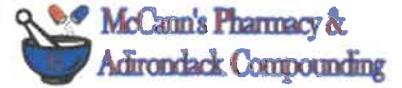
SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel. 518-747-9352/Website: seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward

THANK YOU TO OUR CONTRIBUTORS!



Kelly J. Barlow 518-429-1030, TTY 711



Fort Edward Idle Hour Club
30 Dr David Starbuck Lane
P.O. Box 94
Fort Edward, NY 12828



The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State and local funding.



WASHINGTON COUNTY NUTRITION PROGRAM MAY 2024 MENU IS SUBJECT TO CHANGE***** WITHOUT NOTICE		<i>Meals must be eaten on the Day of delivery!!</i> <i>Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i>		MEAL CONSISTS OF: Protein-3 oz minimum Vegetables-1/2 - 1 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk served daily When gravy is provided, low sodium is always used		Need to cancel or restart your meals? Call(518)746-2357 <i>For the safety of our Drivers please restrain your dog!!!</i> <i>Have questions/concerns? Call (518)746-2286</i>		Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington Cty Board of Supervisors and NYS Office for the Aging.	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)791-5082		ALLERGEN INFORMATION FOR MENU ITEMS IS AVAILABLE. ASK AN EMPLOYEE FOR DETAILS. Please note: Our program is more liberal with meals on <i>holidays and birthdays</i> as is the position of the AND to improve quality of life.		STUFFED SHELLS W/LEAN MEAT SAUCE ITALIAN BLEND VEGGIES SUGAR SNAP PEAS MANDARIN ORANGES 🍊		LEMON BUTTER SCROD WILD BROWN RICE BROCCOLI FLORETS OATMEAL RAISIN COOKIE PINEAPPLE AND CHERRY 🍍		CHEFS SALAD W/TURKEY, SWISS AND EGG OVER FRESH GREENS COUNTRY STYLE TOMATOES WW DINNER ROLL FIG NEWTONS	
BARBECUE CHICKEN BREAST FRESH MASHED SWEET POTATOES STEAMED SPINACH MACINTOSH APPLE 🍏		VEAL W/PEPPERS OVER WW PASTA ITALIAN BLEND VEGGIES WW DINNER ROLL IN TRAY FRESH GRAPES 🍇		HAPPY BIRTHDAY TO YOU!!!! VEGETARIAN LASAGNA BROCCOLI FLORETS WW DINNER ROLL IN TRAY LEMON CAKE 🍰		BEEF STEW W/LS GRAVY GREEN PEAS WW DINNER ROLL N TRAY APRICOTS		TURKEY AND CHEESE ON A CLASSIC SUBMARINE ROLL HOMEMADE COLESLAW/ MARINATED CUCUMBERS FRUITED JELLO	
HAPPY MOTHER'S DAY ITALIAN CHICKEN CACCIATORE OVER WW PASTA CAULIFLOWER/CARROTS PEACH CRISP		PORK CHOP SUPREME BAKED POTATO BROCCOLI FLORETS CINNAMON SLICED APPLES 🍏		SALSBURY STEAK W/LS GRAVY MASHED POTATOES RUTABAGA BLUEBERRIES AND CREAM		SENIOR CITIZENS LUNCHEON DAY 🍷 CHICKEN BREAST OVER STUFFING W/LS GRAVY RICE PILAF MIXED VEGETABLES WW DINNER ROLL/CHEESECAKE 16		TUNA SALAD ON ROMANINE COUNTRY STYLE TOMATOES MIDDLE EASTERN QUINOA SALAD MELON CUP	
BROCCOLI AND CHEESE QUICHE WARM BEETS YELLOW SWEET CORN FRUIT FLUFF-CHEFS CHOICE		ITALIAN BOLOGNESE OVER WW SPAGHETTI BUTTERED PEAS WW DINNER ROLL IN TRAY DICED PEACHES		GARLIC LEMON CHICKEN W/LS GRAVY FRESH SWEET MASHED POTATOES FIESTA BLEND VEGGIES FRESH BANANA 🍌		MEATLOAF W/LS ONION GRAVY OVEN BROWN POTATOES CALIFORNIA BLEND VEGGIES CHILLED PINEAPPLE 🍍		CHICKEN CEASAR SALAD THREE BEAN SALAD COUNTRY STYLE CUCUMBERS WW DINNER ROLL FIG NEWTONS	
PROGRAM CLOSED TODAY 27		HAPPY MEMORIAL DAY CHEESEBURGER ON A WW BUN MIXED VEGETABLES CAULIFLOWER RASPBERRY CRUNCH		OVEN FRIED CHICKEN PARMESAN OVER WW SPAGHETTI GREEN PEAS WW DINNER ROLL IN TRAY BERRIES AND CREAM		MACARONI AND CHEESE BABY CARROTS STEAMED SPINACH APRICOTS		EGG SALAD OVER BABY SPINACH POTATO SALAD COUNTRY STYLE TOMATOES APPLESAUCE JELLO	
27		28		29		30		31	