

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

June 21, 2017

518-747-9352

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“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 6/27

Painting

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

Fresh Food Pantry – Every Friday July 7 through mid-November! @ 10:30am

Monthly Programs

Computer Help 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

Alzheimer’s Association – Memory Café

Movie Matinee at The Strand Theatre @ 1:00pm 6/28 7/26 8/2 8/30

June at a Glance

- 6/22 Lunch Tour – Bogey’s Pub and Grill at Bay Meadows @ 11:30am**
- 6/23 Cooking Demonstration with Ashley Pulsoni, Community Nutrition Educator
Cornell University Cooperative Extension @ 11:15am**
- 6/23 Mini Golf Tour - The Cabins Café @ 1:00pm**
- 6/26 Fundraising Committee Meeting @ 10:15am**
- 6/27 Crafts @ 10:00am**
- 6/28 “Bunco” @ 1:00pm**
- 6/28 The Strand Theatre – Movie Matinee @ 1:00pm**
- 6/29 MVP Health Care presentation with Sheila Rivera, MVP Medicare Products
Advisor @ 11:00am**

July at a Glance

- 7/3 Program and Activity Committee Meeting @ 10:15am**
- 7/4 Program Closed - Independence Day Holiday**
- 7/6 Memory Café 1:00pm – 2:30pm**
- 7/7 Mini Golf Tour**
- 7/7 Fresh Food Pantry @ the Senior Center Kingsbury Fort Edward @ 10:30am**
- 7/9 Sandy Hill Farmers Market @ Juckett Park (senior center information table)**
- 7/10 Shopping**
- 7/12 “Bunco” @ 1:00pm**
- 7/14 Washington County Senior Picnic @ Washington County Fair Grounds 10am – 2pm**
- 7/18 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**
- 7/19 Computer Help with Sarah McFadden – Digital Literacy Resource Educator
Cornell Cooperative Ext. @ 10:00am**
- 7/21 Cooking Demonstration with Ashley Pulsoni - Community Nutrition Educator
Cornell Cooperative Ext. @ 11:00am**
- 7/24 Fundraising Committee Meeting @ 10:15am**
- 7/25 Wii Bowling with GF Seniors @ Senior Center Kingsbury Fort Edward @ 10:00am**
- 7/26 The Strand Theatre – Movie Matinee @ 1:00pm**
- 7/26 “Bunco” @ 1:00pm**
- 7/27 **Happy Birthday****

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.

<http://www.SeniorcenterKFE.com>

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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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