

Open to Washington County Seniors 60+

Washington County Senior Picnic

Washington Fair Grounds
in Greenwich, New York
Friday, July 13, 2018
10:00am – 2:00pm

Games
Register Your Team
By July 2, 2018


*Tickets available
June 1, 2018 through July 1, 2018 at
Washington County Office For Aging
and Disabilities Resource Center
383 Broadway – Ft. Edward, NY*

\$5.00 Suggested Donation

We will be serving hamburgers, macaroni salad,
baked beans and strawberry shortcake.
Coffee and Donuts at 10am

Prizes

If participating in the games – please submit the names of the
team and players to our office by July 2, 2018.

 For more information please contact
Mindy Dudley at (518) 746-2565



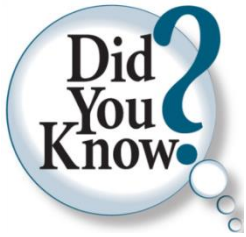
Weekly Bus Trip
Farmers Market at Canal Street
Marketplace, Fort Edward, NY
Each Thursday, 4:00 to 5:00 pm

Happy July 4th



FRESH FOOD PANTRY

Free fresh fruits and vegetables for people struggling to afford fresh produce. Every Friday, July through mid-November. **Bring your own bag.**
(Thanks to Comfort Food Community, Economic Opportunity Council, New York State and Glens Falls Hospital.)

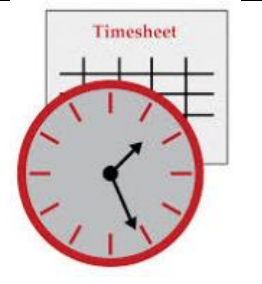


MEMBERSHIP

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 1st of EACH YEAR** Forms are available at the Senior Center. We understand 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

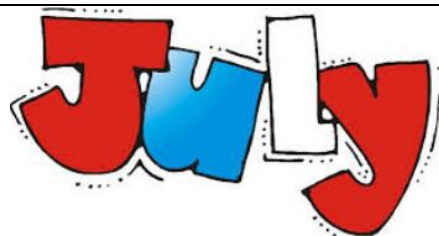


According to a recent Pew Research Center study, 11% of U.S. adults still don't use the Internet. That's a significant change from 48% in 2000, but the study revealed that age remains a major factor, with 34% of senior citizens remaining offline.

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
Wed	7/4	CLOSED	 SENIOR CENTER IS CLOSED
Thurs	7/5	1:15 pm	Bunco
Thurs	7/5	4:00 pm	Canal Street Marketplace, Fort Edward bus trip (see signup sheet at Senior Center) (Each Thursday, 4:00 pm to appx. 5:00 pm)
Monday	7/9	10:00 am	Shopping
Thurs	7/12	11:00 am	Sheila Rivera of MVP presentation about Medicare Advantage
Thurs	7/12	3:00 pm	Senior Center Board of Directors Meeting
Friday	7/13	10:00 – 2:00	Washington County Senior Picnic, Washington County Fair Grounds
Tuesday	7/17	11:15 am	COFFEE WITH A COP With Hudson Falls Police Department, Sgt. John Kibling; Washington County Sheriff's Dept. Investigator Mike McWhorter
Tuesday	7/17	11:00 - Noon	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Wed	7/18	10:00 am	Computer Help with Sarah McFadden, Digital Literacy Resource Educator Cornell Cooperative Extension
Thurs	7/19	1:15 pm	Bunco
Friday	7/20	10:30	Fresh Food Pantry (continues each Friday, through November) <i>Bring your own bag.</i>
Friday	7/20	11:15 am	Cooking Demo with Ashley Pulsoni, Community Nutrition Educator, Cornell Cooperative Ext.
Wed	7/25	11:30	Lunch Tour – 99 Restaurant, Queensbury, NY
		TBD	Falls Prevention presentation with Jill Rock, Physician Liaison HCR Home Care, North Country Region

STANDING WEEKLY EVENTS

Each Weekday	Noon	Washington County Nutrition Program
One Day Each Month	Noon	Birthday Celebration (Sponsored by Visiting Nurse Service of NY and CDPHP) Quarterly birthday celebration and gift
Monday	9:00 am	Silver Sneakers Classic
Monday	1:00 pm	Pool League
Monday & Wed.	10:15 am	Bingo
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
Thursday	4:00	Canal Street Marketplace, Fort Edward, NY (by Bus)
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:30 am	Line Dancing with Jan Young
Friday	10:30	Fresh Food Pantry

**PLEASE NOTE – THERE WILL BE NO ZUMBA CLASSES DURING JULY OR AUGUST.
CLASSES WILL RESUME IN SEPTEMBER**


WEEKLY EXERCISE PROGRAMS AT THE SENIOR CENTER

<p>RSVP (Retired Senior Volunteer Program) “OSTEOBUSTERS EXERCISE & EDUCATION” 9:00 am Tuesday & Thursday</p>		<p>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.</p>
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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)**

<p style="text-align: center;">TAI CHI</p> <p style="text-align: center;">At 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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**LINE DANCING AT THE SENIOR CENTER
 KINGSBURY FORT EDWARD
 EACH FRIDAY AT 10:30 AM**

	<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. For More Information, Call Instructor Lee – 518-409-2832</p>
<p>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.</p>	
<p>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</p>	
<p>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.</p>	

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 CLASSES WILL RESUME 1:30 EACH TUESDAY IN SEPTEMBER**



**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:



America's Most Convenient Bank®

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

