

NEWSLETTER

SPECIAL EDITION -JULY 2020 Issue 189

REOPENING PLANS ARE UNDERWAY

What happened? Well, Covid-19 happened. To recap, the Senior Center closed on March 16, 2020. We thought it was going to be for just a week, because of the outbreak of the virus. How naïve were we? Little did we know that we would be forced to remain closed for over 4 months! During the past four months, we have tried to stay in touch with our members. Information has been provided through our Facebook page regarding how to stay safe, how to access Silver Sneakers classes online, where to go for assistance and updates about food drives, closures and cancellations. With the help of volunteers, masks and hand sanitizer have been handed out to members.

Now that New York State has “flattened the curve”, we are exploring possible ways that the Senior Center may be able to safely start to reopen. We’ve had meetings with Senior Center Board members and officials from the Office for the Aging and the County. We’ve reviewed the guidelines mandated by the State of New York and the CDC and are formulating a “NY Forward Safety Plan” to possibly reopen.

It would be a slow and careful reopening. During the initial reopening phases, no meals would be provided at the Center. You may still receive meals-on-wheels at your homes by calling the Office for The Aging at 518-746-2420. Attendance at the Center would be limited and the wearing of face coverings and social distancing would be enforced. Lets face it, we are all in the high risk category! The hours that the Center is open may be reduced. Many of the normal activities would not be allowed in the initial phases. We realize the importance of resuming socialization in any way we can and we know you miss your friends as much as we miss you!

Every precaution would be taken to keep our members, volunteers and staff protected and safe. There would be no-touch temperature tests conducted of everyone entering the building or riding our buses. Masks would be provided or you could wear your own face covering. Hand sanitizer will be readily available. Seating would be spaced 6 feet apart. All surfaces on the buses and at the Center would be cleaned and sanitized. This, of course, would require the assistance of many additional volunteers.

We know how hard these months have been for everyone and we hope that you and your families have remained safe and healthy. With your patience and cooperation, we hope to slowly get back to normal and once again enjoy our great Senior Center, with all the usual fun and activities!

We will keep you updated on our progress. Stay safe!

(Be sure to read about our future fundraising events on the next page.)

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

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SENIOR CENTER FUNDRAISER EVENTS



Make sure and add the following important fundraisers to your calendar:

Sunday, August 16 – noon to 4 pm (or until sold out) Jim Allen’s Famous Chicken BBQ - \$10.00

Sunday, October 18 – 4:30 pm to 6:30 pm Ray VanTassell’s Famous Chicken & Biscuit Dinner

BOTH EVENTS WILL BE CURBSIDE-TAKEOUT ONLY

UKULELE CLUB/ORCHESTRA



We hope you have been practicing, if you are lucky enough to own your own ukulele. Max McDonnell usually teaches beginner ukulele lessons at the Senior Center Tuesdays at 11:00 am.

We are hoping to be able to resume practice sessions in the near future.

NEW WORDS AND PHRASES WE’VE LEARNED (AND WOULD LIKE TO FORGET):

Covid-19, CDC, WHO, PPE, N95, Outbreak, Cluster, Community Spread, Transmission, Incubation period, Droplet transmission, Asymptomatic, Super-spreader, Flattening the Curve, Spikes, Epidemiologists, Endemic, Epidemic, Pandemic, Hand hygiene, Shelter-in-place, Self-isolation, Quarantine, Drive-thru testing; Antibody testing, Anti-viral medicine, Ventilator, and the all-time most annoying of all, “Social Distancing”.

Let’s hope we can forget what these mean in the not-too-distant future.



Please “Like” our Facebook Page & “Share” it with family and friends. As of this date, we have **117** followers! By hitting the “Share” button, you help to promote and advertise our Senior Center. We will post the current newsletter, event notices, cancellations, etc., as well as photos taken at special events and activities. <https://www.facebook.com/seniorcenterkingsburyfortedward>



Kingsbury Fort Edward Senior Center is a meal site for Washington County. Suggested contribution is \$3 for seniors ages 60 and over and \$5 for guests and seniors under 60. **NO MEALS ARE**




PRESENTLY BEING SERVED AT THE SENIOR CENTER. You may receive meals-on-wheels at your homes by calling the Office for The Aging at 518-746-2420.

2020 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 Casino 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 will be determined on a case-by-case basis. Please see Max McDonnell privately if you need to discuss bus transportation fees. We will focus on effective options and solutions to individual needs.		


WASHINGTON COUNTY SENIOR DINING PROGRAM TO PARTNER WITH PRICE CHOPPER/MARKET 32



Washington County Office for Aging & Disabilities Resource Center (ARDC) is partnering with Price Chopper in Granville and Market 32 in Fort Edward on its Senior Dining Program. Vouchers will enable Washington Co. seniors to enjoy a variety of items at Price Chopper/Market 32, including fresh fruit, PICS Yogurt, Triple Play Sandwiches, Grab N' Go Salad entrees and select prepared meals. To participate, Washington County residents 60 years or older can obtain tickets (\$4.00 suggested) from Washington Co. ARDC or by mail. Call 518-746-2420 for information

BLOOD PRESSURE CLINIC Do you know your numbers? Find out at the free blood pressure clinic by Interim Health Care at the Center. TO BE ANNOUNCED



MEMBERSHIP AT THE SENIOR CENTER: Open to men & women over age 50. Washington County residency NOT required. Seniors over 90 have lifetime free membership. Forms available at the Center. Annual dues of \$10 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 the total number of activities attended. All volunteers, please remember to log in your time on the touch screen kiosk



THE PARTY PLACE
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

WHEN THE CENTER WILL BE OPEN AND AVAILABLE IS TBD



ALL EXERCISE CLASSES ARE CANCELLED UNTIL FURTHER NOTICE.

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



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

“Safety...Fun...Fitness” 1:30 p.m. Tuesday

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. Instructed by Ann Giroux.



WARM-UP/BALANCE/STRENGTH/CORE/STRETCH



EXERCISE WITH MARGE – Each Wednesday & Thursday at 2:00 pm

Marge Salerno will lead us with a warmup and balance exercises and aerobics for 25 minutes and then strength training with core and stretch. (Sponsored by CDPHP)



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.

WE SINCERELY THANK OUR GENEROUS SPONSORS AND PARTNERS

 TD BANK'S AFFINITY MEMBERSHIP PROGRAM	You can help support our Senior Center by enrolling at TD Bank. The Bank will donate \$10/year/checking account enrolled, plus an additional donation based on 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.	
		 The Seniors' Choice for Companionship and Home Care. Licensed aides for personal care needs. Companions for errands, transportation & more 518-743-0030, www.NeighborsNY.com
	Fort Edward Idle Hour Club 30 Rogers Island Rd., P.O. Box 94 Fort Edward, NY 12828	
		
		
		
		
		
		Kelly J. Buell 518-429-1030, TTY 711 
		



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.

