

**Senior Center Kingsbury Fort Edward Area, Inc.**

**78 Oak Street Hudson Falls NY 12839**

**July 10, 2017**

**518-747-9352**

**Issue # 154**



**“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**

**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 3<sup>rd</sup> Tuesday of the month @ 11:15am**

**Alzheimer’s Association – Memory Café 7/6 8/3 1:00pm-2:30pm**

**Movie Matinee at The Strand Theatre @ 1:00pm 7/26 8/2 8/30 9/27**

## *July at a Glance*

- 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 Humana – presentation with Jim Williams @ 9:00am**
- 7/12 “Bunco” @ 1:00pm**
- 7/13 Drawing and Coloring with Muriel @ 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**
- 7/19 Lunch Tour - O’Toole’s Restaurant @ 11:30am**
- 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\*\***

## *August at a Glance*

- 8/1 Moreau Fun Band - musical performance @ 1:00pm**
- 8/3 The Strand Theatre - Movie Matinee @ 1:00pm**
- 8/3 Alzheimer’s Association - Memory Café 1:30pm – 2:00pm**
- 8/4 Mini Golf Tour**
- 8/10 Senior Center Kingsbury Fort Edward Picnic @ the Idlehour Fort Edward 10-2**
- 8/10 Senior Center Kingsbury Fort Edward Board of Directors Meeting @ 2:00pm**
- 8/16 Computer Help with Sarah McFadden – Digital Literacy Resource Educator**  
**Cornell Cooperative Ext. 10am – 11:00am**
- 8/22 Coffee with Cop with Hudson Falls Police Dept. Sgt. John Kibling @ 12noon**  
**Washington County Investigator – program with Mike McWhorter @ 11:15am**  
**Stay Healthy with SNAP! Supplemental Nutrition Assistance Program with**  
**Teresa DePaul @ 11:30am**
- 8/30 The Strand Theatre – Movie Matinee @ 1:00pm**

**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 3<sup>rd</sup> 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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*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.**

<http://www.SeniorcenterKFE.com>

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*Do You Need a Venue for Your Party? / Event or Function? / Celebration?*

**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](mailto:maxmcdonnell@yahoo.com)**

*Start Booking Now for all your parties and functions*



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