

ANNUAL SENIOR PICNIC



Place: Idle Hour Club

30 Rogers Island, Fort Edward

Thursday, August 9 10:00 am to 2:00 pm

Cost \$5.00 – See Max McDonnell

Coffee & Donuts at 10:00 am

**Lunch: Grilled Hot Dogs, Hamburgers, Sausage,
Onions&Peppers, Potato Salad, Pasta Salad,
Dessert**

Karaoke with Debbie, Door Prizes, 50/50 Raffle

CHICKEN BBQ FUNDRAISER



At the Senior Center, 78 Oak St., Hudson Falls

Sunday, August 26, 2018 Noon to 4:00 p.m.

**Half-chicken, baked potato, coleslaw,
roll and dessert included**

Tickets \$10.00

TAKE-OUT AVAILABLE

JIM ALLEN'S FAMOUS CHICKEN BBQ



The Board has recently met and is excited to report that the Center will soon be utilizing a new software program called **"My Senior Center"**. Each member will be issued a keytag to scan when entering the Center and easily select activities on a touch screen. No more signing in! Several members will be trained in the system and be available to assist until everyone is familiar with process. This system will be greatly beneficial to the Center by generating data reports to include in grant money applications and assist in planning activities that most benefit our members. The system will go into effect in early September and more details will be coming to you soon.



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.)

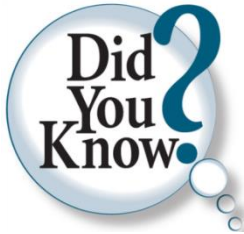


Farmers Market at
Canal Street
Marketplace,
Fort Edward, NY
Thursday, 4:00 to
7:00 pm



Sandy Hill Farmers
Market
Juckett Park Rt 4
Hudson Falls, New York
Sundays 8AM - NOON
Through October 1st

MEMBERSHIP

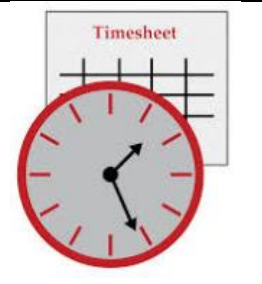


Membership is open to men and women over the age of 50. Washington County residency is NOT required. Seniors over the age of 90 have a lifetime free membership. Just a friendly reminder, **DUES OF \$10 ARE DUE APRIL 1st of EACH YEAR** Forms are available at the Senior Center. We understand you may have 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



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/seniorcenterkingsburyfortedward>



DAY	DATE	TIME	EVENT
Wed	8/1	1:00 pm	Knitting with Sharon
Thurs	8/2	1:00 pm	Bunco
Monday	8/6	10:00 am	Shopping
Tuesday	8/7	12:00 noon	Salad Bar Lunch
Thurs	8/9	10 am-2 pm	ANNUAL SENIOR PICNIC, Idle Hour Club,30 Rogers Island, Fort Edward ALL REGULARLY SCHEDULED ACTIVITIES ARE CANCELLED FOR THIS DAY
Wed	8/15	1:00 pm	Knitting with Sharon
Thurs	8/16	11:00 am	Medicare 101 – Learn Medicare Basics with Mary Jo Murray, Medicare Sales Account Manager, CDPHP
Thurs	8/16	1:00 pm	Bunco
Friday	8/17	11:00 am	Cooking Demo with Ashley Pulsoni, Community Nutrition Educator, Cornell Cooperative Ext
Tuesday	8/21	12:00 noon	NATIONAL SENIOR CITIZENS DAY – Recognizing the contributions senior citizens make in communities across the United States
Tuesday	8/21	11:00 am	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Tuesday	8/21	11:15 am	COFFEE WITH A COP With Hudson Falls Police Department, Sgt. John Kibling; Washington County Sheriff's Dept. Investigator Mike McWhorter
Wed	8/22	11:30 am	Lunch Tour – Ambrosia Diner, ,518 Aviation Road, Queensbury, NY
SUNDAY	8/26	Noon-4 pm	Chicken BBQ fundraiser at the Senior Center
Tuesday	8/28	11:00 am	Understanding Alzheimer's and Dementia, Education program presented by Lindsay Stanislowsky
Thurs	8/30	11:15 am	Nutrition Program with Kristin Stewart, a Registered Dietitian Nutritionist with the Washington County ADRC Nutrition Program. Blueberries are the main ingredients!
Thurs	8/30	1:00 pm	Bunco

STANDING WEEKLY EVENTS

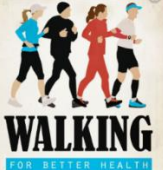
Each Weekday	Noon	Washington County Nutrition Program
One Day Each Month	Noon	Birthday Celebration (Sponsored by Visiting Nurse Service of NY and CDPHP) Quarterly birthday celebration and gift
Monday	9:00 am	Silver Sneakers Classic
Monday	1:00 pm	Pool League
Monday & Wed.	10:15 am	Bingo
Tuesday & Thurs	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
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 AUGUST.
CLASSES WILL RESUME IN SEPTEMBER**

NO COMPUTER HELP IN AUGUST – NEXT SESSION WILL BE SEPTEMBER 19 AT 10:00 AM


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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	<p>GET FIT – JOIN OUR WALKING CLUB</p> <p>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>
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<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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	<p>LINE DANCING AT THE SENIOR CENTER KINGSBURY FORT EDWARD EACH FRIDAY AT 10:30 AM</p>
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	<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.</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

