

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

August 2, 2017

518-747-9352

Issue # 156



**“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

Drawing and Coloring with Muriel Thursday @ 1:00pm

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

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 8/3 1:00pm-2:30pm

Movie Matinee at The Strand Theatre @ 1:00pm 8/30 9/27 10/25

Mini Golf Tour @ 1:00pm 8/4 9/8

August at a Glance

- 8/1 Moreau Fun Band - musical performance @ 1:00pm**
- 8/2 The Strand Theatre - Movie Matinee “Fried Green Tomatoes” @ 1:00pm**
- 8/3 Drawing and Coloring with Muriel @ 1:00pm 8/10 8/17 8/24 8/31**
- 8/3 Alzheimer’s Association - Memory Café 1:30pm – 2:00pm**
- 8/4 Fresh Food Pantry - Every Friday FREE fruits and vegetables 10:30am-10:50am**
- 8/4 Line Dancing with Jan @ 10:30am 8/11 8/18 8/25**
- 8/4 Mini Golf Tour @ 1:00pm**
- 8/7 Shopping - Lewis Super**
- 8/9 “Bunco” @ 1:00pm**
- 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**
- 8/11 Cooking Demonstration with Ashley Pulsoni – Community Nutrition Educator
Cornell Cooperative Ext. @ 11:15am**
- 8/16 Computer Help with Sarah McFadden – Digital Literacy Resource Educator
Cornell Cooperative Ext. 10am – 11:00am**
- 8/16 “Healthy Habits Bingo” with Kristin Stewart Registered Dietitian/Nutritionist
for Washington County Office for the Aging @ 10:30am**
- 8/16 Lunch Tour - 11:30am Humbuggs**
- 8/17 Haynes House of Hope presentation with Linda Ellingsworth, Public Relations
Director @ 11:15am**
- 8/18 Humana - Jim Williams 9:00am**
- 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**
- 8/23 Nutrition Education with Kristin Stewart, Registered Dietitian-Nutritionist for
Washington County Office for the Aging “Eat Smart, Live Strong”
last session presentation @ 11:15am**
- 8/23 “Bunco” @ 1:00pm**
- 8/30 The Strand Theatre – Movie Matinee (feature movie TBD) @ 1:00pm**
- 8/31 August 50 / 50**
- 8/31 Murder Mystery Luncheon @ Lake Luzerne Senior Center @ 12noon**

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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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.

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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

Start Booking Now for all your parties and functions



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<http://www.SeniorcenterKFE.com>