

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

August 22, 2017

518-747-9352

Issue # 157



**“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 9/7 1:00pm-2:30pm

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

Mini Golf Tour @ 1:00pm 9/8

September at a Glance

- 9/4 Labor Day – Program Closed**
- 9/5 Zumba Gold Exercise Program @ 1:30pm (9/12 9/19 9/26)**
- 9/6 Bunco @ 1:00pm**
- 9/6 Little Theatre on the Farm – 50’s – 60’s Show @ 2:00pm**
- 9/7 Alzheimer’s Association – Memory Café @ 1:00pm**
- 9/8 Cooking Demonstration with Ashley Pulsoni – Community Nutrition Educator
Cornell Cooperative Ext. @ 11:15am**
- 9/8 Mini Golf @ 1:00pm**
- 9/11 Shopping**
- 9/12 Crafts with Linda @ 10am**
- 9/12 Rite Aid – Hudson Falls “Flu Clinic” 12:30pm – 2:00pm**
- 9/13 Lunch Tour – Talk of the Town @ 11:30am**
- 9/19 Coffee with a Cop @ 11:15am**
Stay Healthy with SNAP – Supplemental Nutrition Assistance Program
- 9/20 Bunco @ 1:00pm**
- 9/21 Lake George Steamboat Co. Lac Du Saint Sacrement “Luncheon Cruise” 11am-2pm**
- 9/22 The 10th Annual Falls Prevention Awareness Day - this year’s theme is
*10 Years Standing Together to Prevent Falls***
- 9/23 6th Annual Senior Center Kingsbury Fort Edward Spaghetti Dinner Fundraiser
seatings at 4:30pm and 6:00pm**
- 9/26 Crafts with Linda @ 10am**
- 9/26 EPIC – Elderly Pharmaceutical Insurance Coverage Program - presentation
with Mark McLaughlin - EPIC Outreach Representative @ 11:15am**
- 9/27 Computer Help with Sarah McFadden – Digital Literacy Resource Educator
Cornell Cooperative Ext. @ 10:00am**
- 9/27 ** Happy Birthday****
- 9/27 Movie Matinee at the Strand Theatre @ 1:00pm**
- 9/28 September 50 / 50 raffle**

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.

<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

Start Booking Now for all your parties and functions



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