

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

September 25, 2017

518-747-9352

Issue # 158



**“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

Board Games / Cards

Pool League Mon. @ 1:00pm

Bingo Wed. Thurs. @ 10:15am

Knitting

Drawing and Coloring

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 – the savvy caregiver 10/4 10/11 10/18 10/25 and 11/1

1:30pm – 3:30pm

Movie Matinee at The Strand Theatre @ 1:00pm 9/27 10/25 11/29

September at a Glance

- 9/26 Crafts with Linda @ 10am**
- 9/26 EPIC – Elderly Pharmaceutical Insurance Coverage Program - presentation with Mark McLaughlin - EPIC Outreach Representative @ 11:15am**
- 9/26 Lake Luzerne Senior Center Luncheon and Musical @ 12noon**
- 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**
- 9/29 Wii Bowling @ HF 10:45am**

October at a Glance

- 10/3 Senior Center KFE 2nd Annual Fall Golf Season “Putting Contest” with your chance to win *Great Prizes...* 10:30am**
- 10/4 Washington County Office for Aging and Disabilities Center Community Fall Festival @ Kingsbury Firehouse – Burgoyne Avenue 10am – 4pm FREE Admission**
- 10/4 Alzheimer’s Association – the savvy caregiver A PROGRAM FOR FAMILY & FRIENDS OF A LOVED ONE WITH ALZHEIMER’S 1:30 – 3:30 pm**
10/11 10/18 10/ 25 and 11/1
- 10/5 Saratoga Casino**
- 10/5 Bunco @ 1:00pm**
- 10/6 Shopping**
- 10/9 *Program Closed Columbus Day Holiday***
- 10/10 Crafts with Linda @ 10:00am**
- 10/11 Today’s Options – Medicare Advantage Health Plans – presentation with Cathy DeGregorio, *Senior Insurance Specialist* @ 11:00am**
- 10/12 Senior Center Kingsbury Fort Edward Board of Directors Meeting @ 3:00pm**
- 10/13 Washington County Council of Seniors Luncheon @ Hartford Firehouse 10am – 2pm**
- 10/17 Coffee with a Cop Program with Hudson Falls Police Dept. @ 11:15am**
- 10/17 Hudson Falls Volunteer Fire Department presentation @ 12:00noon**
- 10/17 Trip Meeting @ 1:00pm**
- 10/18 Lunch Tour - Ambrosia Diner @ 11:30am**
- 10/19 “Apple Taste Test Contest” with prizes presented by:
Kristin Stewart, Registered Dietitian-Nutritionist for Washington County
Office for the Aging @ 11:15am**

- 10/19 **Happy Birthday****
- 10/19 Bunco @ 1:00pm**
- 10/20 Cooking Demonstration with Ashley Pulsoni – Community Nutrition Educator
Cornell Cooperative Ext. @ 11:15am**
- 10/24 Crafts with Linda @ 10:00am**
- 10/24 Fidelis Care presentation with Ed Reilly, *Medicare Marketing Representative*
@ 11:00am**
- 10/24 The Strand Theatre Movie Matinee sponsored by the Senior Center Kingsbury
Fort Edward @ 1:00pm FREE Admission**
- 10/25 Computer Help with Sarah McFadden – Digital Literacy Resource Educator
Cornell Cooperative Ext. @ 10:00am**
- 10/25 CDPHP - seminar / presentation with Mary Jo Murray
Medicare Sales Account Manager 2:00pm – 4:00pm**
- 10/26 October 50 / 50 raffle**
- 10/27 Halloween Pizza Party @ 12:00noon sponsored by CDPHP**

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

alz.org® | alzheimer's association®

This newsletter made possible through funding from:



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



This newsletter made possible through funding from:



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>

This newsletter made possible through funding from:



**Visiting Nurse Service
of New York**



**and Medicare
Working Together**



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



78 Oak Street

Hudson Falls, NY 12839

seniorcenterkfe.com

maxmcdonnell@yahoo.com

<http://www.SeniorcenterKFE.com>