

SENIOR CENTER
Kingsbury & Fort Edward



NEWSLETTER

October 2018 Issue 171

Washington County Office for Aging and Disabilities Resource Center

Fall Festival
Wednesday, October 3, 2018
10:00am to 4:00 pm
Kingsbury Firehouse
Burgoyne Avenue - Hudson Falls, NY

PRIZES

- Workshops
- Entertainment
- Various Local Vendors
- Medicare Insurance Options
- Tai Chi

\$5.00 To-Go Meals
Kielbasa with sauerkraut, German Potato Salad, Perogies and Apple Crisp

WASHINGTON COUNTY COUNCIL OF SENIORS
FALL LUNCHEON
Friday, October 12, 2018, 10:00 am to 2:00 pm
At the Hartford Firehouse

Decaf Coffee & Donuts at 10:00 a.m.
Turkey Dinner at 12:00 noon
50/50 Raffle, Door Prizes

Cost: \$5.00 per person suggested donation
Please pay Max McDonnell at time of signup.

VOLUNTEERS NEEDED

The Center is in need of volunteers to form a “Welcome Committee”, to help greet new members, introduce them, explain events, etc. Other volunteer activities are also available.

Volunteers are a critical part of our Senior Center operation. Without them, we wouldn't be able to run as smoothly, or offer as many programs as we do. Their gift is the most valuable of all: their time. Please let Max know if you would like to become a volunteer Your help would be greatly appreciated. Please see Max McDonnell, 518-747-9352.

We hope to have the “My Senior Center” sign-in system up and running during the month of October. All members will gradually be issued a keytag to swipe when signing in, but we are still “working out the kinks”. Until you are issued a keytag you may sign in as you have in the past. We appreciate your patience.

alz.org | alzheimer's association
THE SAVVY CAREGIVER

Fort Hudson Nursing Home, 319 Broadway, Fort Edward, NY
Every Thursday for 5 weeks – Oct. 11, 18, 25 and Nov. 1, 8 - 2:00 to 2:30 pm
Training series for family caregivers to help better understand the changes loved ones are experiencing, how to best provide care for loved ones along the decline associated with Alzheimer's or dementia.

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.
78 Oak Street, Hudson Falls, NY 12839
Tel. 518-747-9352/Website: seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward



BENNINGTON MUSEUM AND MONUMENT OCTOBER 10, 2018

Guided tour of Grandma Moses Gallery, Schoolhouse, and more at Bennington Museum. After lunch, we will go to the Bennington Monument for a historical talk about the Battle of Bennington and an elevator ride up the monument, which was built from Sandy Hill Dolomite or blue stone quarried in Hudson Falls. We will leave the Senior Center at 10am and return approx. 3:30pm. Office of the Aging will provide box lunches for \$3 or you can bring your own lunch. Dress for the weather, as lunch will be in the outdoor pavilion at Bennington Museum. The Museum and Monument are handicapped accessible. \$19 includes admissions, bus & lunch (\$16 if you bring lunch.), due by 10/5. Make checks payable to "Senior Center Kingsbury Fort Edward" and give to Max McDonnell.



Elder Law Summit Oct 30, 2018 8:30 AM to 3:00 PM The Queensbury Hotel

The Conkling Center is partnering with the Elder Law and Special Needs Committee of the Warren County Bar Assoc. to conduct Elder Law Day. Topics include Power of Attorney & Health Care Proxy; Medicaid Funded Home Care in NY; Gifting Laws; Wills, Power of Attorney; Medicaid; Medicare; Long-term Care Insurance; and Veteran's Benefits. Attendees can visit community agency tables to learn about local elder support services... No Fee. Sign up for Bus at the Kingsbury-Fort Edward Senior Center.



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OCTOBER "FUNNY"

I got so fed up with trick or treaters at Halloween that in the end I turned the lights out and pretended I wasn't in.

Forget the ships. My lighthouse, my rules...



FRESH FOOD PANTRY

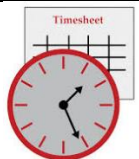
Free fresh fruits and vegetables. Every Friday, July through mid-November. **Bring your own bag.** (Thanks to Comfort Food Community, Economic Opportunity Council, NYS & Glens Falls Hospital.)

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 lifetime free membership Forms are available at the Senior Center. Annual membership dues are \$10

VOLUNTEER TIME SHEETS

If you are one of our *valued* volunteers, please keep a time sheet in the volunteer 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



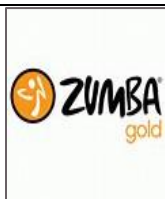
Please "Like" our Facebook Page and "Share" it with your friends. We will post events, cancellations, etc. and there is a link that will take you to the website calendar. <https://www.facebook.com/seniorcenterkingsburyfortedward>

WEEKLY EXERCISE PROGRAMS AT THE SENIOR CENTER

RSVP (Retired Senior Volunteer Program) “OSTEOBUSTERS EXERCISE & EDUCATION”
9:00 am Tuesday & Thursday



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

“Safety...Fun...Fitness” 1:30 p.m. Tuesday

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.



TAI CHI

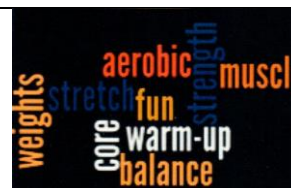
At the Senior Center, Kingsbury Fort Edward Each Wednesday 1:30 pm to 2:30 pm

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.



EXERCISE

Marge Salerno will lead us with a warmup and balance exercises and aerobics for 25 minutes and then strength training with core and stretch. Each Thursday at 2:00 pm



**LINE DANCING AT THE SENIOR CENTER
 KINGSBURY FORT EDWARD
 EACH FRIDAY AT 10:30 AM**



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.

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.

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

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.



**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

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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





Tuesday	10/2	10:00 am	Journaling With Linda Buerkley
Wed	10/3	10:00-4:00	Washington County OFA and DRC Community Fall Festival, Kingsbury Firehouse
Thurs	10/4	11:15-12:00	Alzheimers Presentation with Lindsay Stanislowsky "Understanding and Responding to Dementia-Related Behavior"
Friday	10/5	10:00	Sketching Workshop with Linda Buerkley
Monday	10/8		CENTER IS CLOSED FOR COLUMBUS DAY HOLIDAY
Tuesday	10/9	10:00 am	Saratoga Casino
Tuesday	10/9	11:00 am	Blue Shield Presentation: Stress: Manage Stress Before it Manages You!
Tues	10/9	1:00 pm	Trip/Travel Meeting
Wed	10/10	10:00 -3:30	Bus Trip to Bennington Museum – See information and sign up at the Center
Thurs	10/11	11:00 am	Nutrition Program with Kristin Stewart, a Registered Dietitian Nutritionist with the Washington County ADRC Nutrition Program.
Thurs	10/11	3:00 pm	Senior Center Board Meeting
Friday	10/12	10:00-2:00	Council of Seniors Turkey Dinner Luncheon at the Hartford Firehouse
Monday	10/15	10:00 am	Shopping
Tuesday	10/16	10:00 am	Crafts with Linda Buerkley
Tuesday	10/16	11:00 am	SNAP Nutrition Program - presentation with Jessica Steller, Paralegal Nutrition, Education, Outreach Project – Legal Aid Society NENY
Tuesday	10/16	11:15 am	COFFEE WITH A COP With Hudson Falls Police Department, Washington County Sheriff's Dept. Investigator Mike McWhorter
Thurs	10/18	11:00 am	Blue Shield Presentation: Train for a Healthy Brain: The Lifestyle Connection
Friday	10/19	1:00 pm	Bunco
Mon	10/22	11:00 am	Laura Chadwick of Real Property Tax Services & Kingsbury Town Assessor Colleen Adamec (Star Program, etc.)
Tuesday	10/23	11:00 am	Sheila Rivera of MVP presentation about Medicare Advantage
Wed	10/24	10:00 am	Computer Help with Sarah McFadden, Cornell Cooperative Extension
Wed	10/24	11:30 am	Lunch Tour – Talk of the Town, Glens Falls
Thurs	10/25	11:00 am	Hudson Falls Volunteer Fire Dept. Fire Prevention by Mike Larose
Friday	10/26	11:00 am	Food Demo with Ashley Pulsoni, Community Nutrition Educator, Cornell Coop. Ext.
Friday	10/26	1:00 pm	Bunco
Tues	10/30	1:00 pm	Elder Law Summit, The Queensbury Hotel
Wed	10/31	12:00 noon	HAPPY HALLOWEEN! Pizza Party – Costumes optional!

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	1:30 pm	Zumba
Tuesday & Thurs	9:00 am	OsteoBusters Exercise and Education program
Wednesday	9:00 am	Silver Sneakers Chair Yoga
Wednesday	1:00 pm	Kitting With Sharon Karwoski
Wednesday	1:30 pm	Tai Chi with Mark Tolstrup
Thursday	2:00 pm	Exercise with Marge NEW THIS MONTH
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:30 am	Line Dancing with Jan Young
Friday	10:30	Fresh Food Pantry Through November 9th