

Senior Center Kingsbury Fort Edward Area, Inc.

78 Oak Street Hudson Falls NY 12839

October 20, 2017

518-747-9352

Issue # 159



**“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

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 10/25 and 11/1 1:30pm – 3:30pm

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

October at a Glance

- 10/24 Crafts with Linda @ 10:00am “Fall Flowers Table Decorations”**
- 10/24 Fidelis Care presentation with Ed Reilly, *Medicare Marketing Representative* 11:00**
- 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 Cooking Demonstration with Ashley Pulsoni – Community Nutrition Educator
Cornell Cooperative Ext. @ 11:15am**
- 10/27 Halloween Pizza Party @ 12:00noon sponsored by CDPHP,
Neighbors NY, and Visiting Nurse Service of New York**
- 10/31 Senior Center KFE 2nd Annual Fall Golf Season “Putting Contest” with your chance
to win *Great Prizes...* 10:30am**

November at a Glance

- 11/1 Shopping**
- 11/2 Bunco 1:00pm**
- 11/8 Crafts with Linda @ 10:00am “Prospect School Tree Decorations”**
- 11/8 The Aging Eye presentation – with Liz Shriner @ 12:00noon**
- 11/9 “Fun Nutrition Trivia” presented by: Kristin Stewart, Registered Dietitian-
Nutritionist for Washington County Office for the Aging @ 11:15am**
- 11/9 ***Happy Birthday*****
- 11/9 Humana – presentation with Jim Williams @ 1:00pm**
- 11/10 Veterans Day – Program Closed No Meals Today**
- 11/14 Saratoga Casino**
- 11/15 Lunch Tour – Phat Chicks**
- 11/5 Bunco 1:00pm**
- 11/16 Senior Center Board of Directors Meeting @ 3:00pm**
- 11/17 Cooking Demonstration with Ashley Pulsoni – Community Nutrition Educator
Cornell Cooperative Ext. @ 11:15am**
- 11/20 “National Game and Puzzle Week Celebration” with your chance to win *Great Prizes***
- 11/21 “National Game and Puzzle Week Celebration” with your chance to win *Great Prizes***
- 11/23 Thanksgiving – Program Closed No Meal Today**

- 11/24 Program Closed – No Meals Today**
- 11/28 Wii Bowling Tourney with Glens Falls Seniors @ GF 1:00pm**
- 11/29 Computer Help with Sarah McFadden – Digital Literacy Resource Educator
Cornell Cooperative Ext. @ 10:00am**
- 11/29 Chair Exercise Demonstration – with MVP Health Care – Stacie Hebert
1:30pm – 2:30pm This program is FREE, compliments of MVP Health Care**
- 11/29 The Strand Theatre Movie Matinee sponsored by the Senior Center Kingsbury
Fort Edward @ 1:00pm FREE Admission**
- 11/30 November 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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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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