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Our Senior Center is funded by the following municipalities and agencies:

Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward

The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State and local funding

Open to men and women over age 50

The Senior Center Kingsbury Fort Edward is a not-for-profit organization, located at 78 Oak Street, Hudson Falls, NY.

The mission of our Senior Center is to improve and enhance the quality of life for those 50 and older in our community of Hudson Falls, Kingsbury and Fort Edward, providing fun, educational, health and wellness related programs and activities.

Our center keeps seniors healthy and safe, and its where personal contacts are made.



**SENIOR CENTER
KINGSBURY FORT
EDWARD AREA, INC.**

78 Oak Street
Hudson Falls, NY 12839



**SENIOR CENTER
KINGSBURY
FORT EDWARD
AREA, INC.**

Executive Director: John "Max" McDonnell

Tel. 518-747-9352

email: maxmcdonnell@yahoo.com

Website: seniorcenterkfe.com

Facebook: www.facebook.com/seniorcenterkingsburyfortedward



Our Senior Center mural –Artist Linda Buerkley

Our seniors benefit from a wide variety of classes and activities:

Fitness Classes:

Silver Sneakers
OsteoBusters

Recreation and Activities:

Games (Pool League, Bunco, Bingo, Wii
Bowling, Pickleball)

Knitting and crafting classes

Ukulele Club/Orchestra

Senior-specific educational programs and concerns:

Coffee with a Cop
Nutrition information programs
Medicare information presentations
Alzheimer's Association presentations

Join us to stay healthy and active, make friends and have fun!

Seniors having fun:

A variety of day trips

Shopping trips

Lunch at local restaurants

Summer picnic

Holiday party

Annual BBQs and Fish Fries

Quarterly birthday celebrations

Or just socializing over a morning cup of coffee or tea

The Center is open Monday through Friday from 8:30 am to 4:00 pm.

Kingsbury Fort Edward Senior Center is a meal site for Washington County. Lunch is served Monday through Friday at noon. (Suggested donation is \$3 for seniors ages 60 and over and \$5 for guests and seniors under 60).

Transportation to and from the Center can be arranged in one of our handicapped accessible buses.

For more information, including monthly lunch menus, newsletters and more, visit either the Center's website or Facebook page: Website: seniorcenterkfe.com
Facebook: www.facebook.com/seniorcenterkingsburyfortedward

If you would like to join, contact Max McDonnell at Tel. (518)747-9352, email maxmcdonnell@yahoo.com, or drop by the Center.

If you are interested in making a tax-deductible, greatly appreciated donation, contact us by phone, email or mail to: The Senior Center of the Kingsbury and Fort Edward Area Inc.
78 Oak Street
Hudson Falls, NY 12839