



CELEBRATING

50 YEARS

JANUARY 2026

HAPPY NEW YEAR!!

2026 will be a very special year for both America and our senior center! America will be marking the 250th anniversary of the Declaration of Independence on July 4, 2026, while The Senior Center of the Kingsbury & Fort Edward Area, Inc. will celebrate its 50th anniversary in 2026! Please enter our kick-off "Guess Who?" contest – details on page 2.

We're looking forward to a year filled with special events and celebrations, and we sincerely wish for a year filled with good health and happy days for our members and community.

The Center is closed on January 1. (We will be open on Jan 2.) **We will also be closed on January 19th for Martin Luther King Jr. Day.**



The center closes when the Washington County Nutrition Program and local schools are closed due to bad weather. Listen to local radio or TV for school closures.

Board of Directors:

President: Debbie Beahan,
Vice President: Jeanie Mullen
Secretary: Sandy Wheeler
Treasurer: Cassandra Allen
Linda Buerkley
Dave Cutler
Cynthia Bardin
Chris Miles
Mary Beranek
Paige Zahaba
Ruth Fish

Executive Director: John "Max" McDonnell

Tel. 518-747-9352

email: maxmcdonnell@yahoo.com

Website: seniorcenterkfe.com

Facebook:

[www.facebook.com/
seniorcenterkingsburyfortedward](http://www.facebook.com/seniorcenterkingsburyfortedward)

Open: Monday through Friday
8:30 am to 4:00 pm.

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.



Senior Living You'll Love at The Glen!

Call (518) 832-7800 to schedule your tour.



The New York State Citizen Preparedness Corps Training Program

Invites you to participate in a private training event at:

Senior Center Of Kingsbury

78 Oak St, Hudson Falls NY 12839

January 20, 2026

10:45am-11:45am

Point of Contact: Max McDonnell 518-747-9352

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

Note: Disaster Preparedness Kits are not distributed at private training events. Seating will be on a first come, first serve basis. Max Capacity: 63

FIFTIETH ANNIVERSARY

GUESS WHO? CONTEST

We're kicking off our 50th Anniversary year with a special contest. To enter, bring in a photo of yourself as a baby through high school age. The rest of us will guess who it is and whoever correctly identifies the most photos wins the prize!



(Drawing will be held on January 30th.
All photos will be returned.)



Experience peace of mind
knowing you or a loved one has
access to help 24/7!

Trinity Health Alert is proud to be your local
provider of Personal Emergency Response
Systems (PERS)

More than 4,000 local community members
rely on us for 24/7 access to help.

To enroll, contact:

866-948-0589

thareferral@trinity-health.org

433 River St, Suite 300

Troy, NY 12180

www.trinityhealthalert.org



Don't go
alone!

Trinity Health Alert
goes wherever you go.



YOUR PATH TO BETTER BONE HEALTH *Starts Now!*

Don't miss out on the chance to:

- Strengthen your bones and muscles
- Improve your posture and balance
- Reduce the risk of falls and fractures

If you are 55 and older, we invite you to come and look at a class at one of our many locations, where you will get all the information needed and questions answered. Register now and let's start building strength together!

Where can you find a class?

ARDFY GLENS FALLS INDIAN LAKE HAGUE QUEENSBURY FORT ANN	GREENWICH HUDSON FALLS LAKE LUZERNE LAKE PLEASANT SALEM WEST HEBRON
--	--

Contact Us:
transportation@warrenwashingtonrsvp.org
518-743-9158

518-743-9158








OSTEOBUSTERS *senior fitness program*

Ready to boost your bone health and stay active with friends? Join the Osteobusters Exercise and Education Program today! This community-based initiative is specially designed for older adults like you, led by friendly peer volunteers in small groups. And it's FREE.

What can you look forward to?

- Fun exercises that improve balance, strength, and posture
- Expert tips on bone health and staying strong
- A supportive environment to stay active and socialize

Exercise equipment available at each of our 16 sites. CALL US: 518-743-9158





SENIOR CENTER CAR WASH FUNDRAISER



CAR WASH COUPONS AVAILABLE AT THE SENIOR
CENTER - \$10.00 EACH

COUPONS ARE GOOD FOR 12 MONTHS
EACH COUPON VALID FOR ONE
GRAPH-X4 (\$30 value) CAR WASH

The Graph X4: "Our most advanced wash that helps protect your car from dirt and UV rays with a powerful four-layer shield that includes our legendary Ceramic Sea Gloss and Graphene Oxide to give your car space age sparkle and powerful protection."

May be used at any Tidal Wave location!

You can find Tidal Waves locally at :
708 Quaker Rd Queensbury, New York
and 168 Saratoga Ave, South Glens Falls, NY

**KEEP YOUR CAR CLEAN AND HELP THE SENIOR
CENTER AT THE SAME TIME!
WE THANK YOU FOR YOUR SUPPORT!**



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

Embrace the brain you have and
optimize your wellness, wherever
you are in your health journey.

The Center of Excellence for Alzheimer's Disease
(CEAD) is a medical program designed to assess
individuals who have been referred by their
primary care provider.



ALBANY MED Health System

GLENS FALLS HOSPITAL
Center of Excellence for
Alzheimer's Disease

100 Park Street, Pruyn Pavilion, Floor 3
Glens Falls, NY 12801 | 519-926-2940

GlensFallsHospital.org/AlzheimersCenter

This advertisement is supported in part by a grant
from the New York State Department of Health.

BRAIN HEALTH



ALBANY MED Health System

GLENS FALLS HOSPITAL
Center of Excellence for
Alzheimer's Disease

Need a Medicare plan with dental?

Call Audrey at (518) 641-5756.



A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits, Inc.
Y0019_24_25860_C



GIVE. ADVOCATE. VOLUNTEER.



TRICOUNTYUNITEDWAY.ORG

ARTS, CRAFTS, GAMES & BOOKS!

PAINT WITH LAURA BROWN

Every Second Tuesday of the month at 1:30 pm

Paint with acrylic paint.
All supplies will be provided.

In collaboration with High Peaks Hospice

January 13th class: "Winter Cardinal"
See Flyer on Page 5

CRAFTS WITH ELAINE

Every Third Friday at 10:00 am
January 16th Class: "Heart Shaped Door Decoration" for Valentines Day



MEMORY CAFÉ

Crafts with Tammy
Morehouse 10:00 am

Second Friday of the month

PLEASE NOTE: NO CLASS IN JANUARY

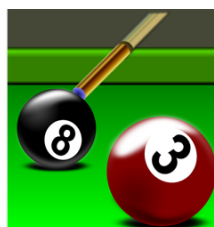


UKULELE CLUB/ORCHESTRA

Practice with Max McDonnell
at the senior center each
Wednesday 1:30 pm

New members are welcome.

"Everyone should have and play a uke it's so simple to carry with you and it is one instrument you can't play and not laugh" GEORGE HARRISON



OPEN POOL

Open pool games each Friday at 10:15 at the Senior Center. New players are welcome.

The pool table is usually open at other times – check with Max for availability, 518-747-9352.



GAMES AND BOOKS

The Senior Center stocks a variety of board games and puzzles. There's usually a card game or two to join or a puzzle in progress.

We have a good selection of books to borrow and don't forget to catch a Bingo game, Mondays and Wednesdays at 9:30 am.



SCKFE BOOK CLUB

(1st Monday of the month at 11:00 am)

All book lovers are welcome!



New Patients Welcome at All Locations

Comprehensive primary care for patients of all ages at health centers throughout the region.



HHHN.org



Paint & Connect

Winter Cardinal

**Tuesday, January 13th
at 1:30 PM**

**The Senior Center of Kingsbury & Fort Edward
78 Oak St, Hudson Falls, NY 12839**



Join **High Peaks Hospice** at the **Senior Center of Kingsbury & Fort Edward** for a collaborative event.

This guided painting session offers a space to learn skills while connecting with others.

Attendees will leave with their own custom winter cardinal painting.



SPECIAL SESSION
FREE TO ATTEND!
EVERYONE WELCOME



RSVP TODAY
Max McDonnell
(518) 747-9352



FITNESS

STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying strong and stable!

CARDIO DRUMMING

Tuesday, 10:00 am

ZUMBA WITH ANN GIROUX

Tuesdays at 1:30

YOGA & MEDITATION CLASS

Wednesday – 9:30 am

Instructor Jenny Hunt

Develop body alignment and breath awareness

Regular meditation improves memory, focus, attention and concentration.

CHAIR PILATES FOR SENIORS

Thursday – 1:30 pm

Instructor Caitlyn Whiting

OSTEOBUSTERS EXERCISE & EDUCATION RSVP (Retired Senior Volunteer Program)

9:00 am Tuesday & Thursday

The OsteoBusters Exercise and Education Program is a community-based program for older adults.

It helps you to maintain bone density and strength, increase muscle mass, improve posture and balance and reduce the risk of fall-related fractures.

Marcia McCormack



CHAIR PILATES FOR SENIORS

MOVE
WITH CAITLYN

Join us for a gentle, effective, and low-impact chair pilates class designed specifically for seniors! This class focuses on improving strength, posture, balance, and flexibility — all while staying safely seated or using the chair for support.

Thursdays 1:30-2:30pm - Starts November 6th

We'll use chairs for stability and light dumbbells to help strengthen muscles around the joints, increase bone density, and enhance mobility.

Benefits include:

- Stronger muscles supporting your joints
- Improved posture, balance, and coordination
 - Increased bone strength
- A sharper mind-body connection through mindful movement and breathing

All levels are welcome, no prior experience needed!
Taught by Certified Pilates Instructor, Caitlyn Whiting

TRANSPORTATION

SENIOR BUS TRANSPORTATION FEES		
\$2.00 donation appreciated	\$2.00 per person/per trip	\$7.00 per person/ per trip
Council of Seniors Spring Luncheon Dinner & Play at Argyle School Senior Citizen's Day Senior Citizen's Picnic Council of Seniors Fall Luncheon Fall Festival/Health Expo	Lunch Tours Small local trips (Little Theatre on the Farm, CR Wood Theatre, Troy Shirt Factory, Glens Falls Thrift Shop, Farmer's Markets, Crandall Library)	Saratoga Schenectady Clifton Park/Albany
NO COST: Shopping, Senior Center Summer Picnic, Senior Center Christmas Luncheon, Daily transportation to Center (within Hudson Falls, Kingsbury & Fort Edward)		
6 people required for bus transportation to an event. Exceptions determined on a case-by-case basis. See Max McDonnell privately if you need to discuss bus transportation fees. We will focus on effective options and solutions to individual needs.		

Warren/Washington RSVP Medical Transportation Program Needs Drivers

The RSVP Medical Transportation Program provides rides for seniors 55 and older who have no other means of getting to medical appointments.

If you are interested in becoming a driver, please call 518.743.9158, Ext 208

Responsibilities Include: Complete one hour training at no cost; Drive client to a medical appointment; Volunteer for at least one ride a month; Maintain a valid driver's license and automobile insurance

Rewards Include: Meet new people and enrich your life; Enable a senior to get necessary medical care; Mileage reimbursement available



Serving the Glens Falls Region

Helping persons age
in their own homes
with dignity



Co-President, Nancy Wilder
518-792-3345

NUTRITION

LUNCH MONDAY THRU FRIDAY

Washington County Meal Site at
Kingsbury Fort Edward Senior
Center.

There is a suggested contribution of
\$3.00 per meal for individuals 60
and over. Individuals under 60 will
be expected to pay \$10 per meal

Sign up is required 24 hrs ahead –
518-747-9352



Welcome to Washington County Nutrition Program

An important part of the funding for Washington County's Nutrition Program comes from contributions made by people like you who use our services to help maintain your health, independence, and quality of daily living. In addition to participant contributions, funding for the Nutrition Program is primarily provided by the Federal Older Americans Act, New York State Office for the Aging and Washington County. The actual cost per meal is \$10.00. No one will be denied a meal because of an inability or unwillingness to contribute.

Stay Healthy with SNAP!

For more information on how SNAP can help you, contact
Washington County Nutrition Outreach and Education

Catholic Charities of Saratoga, Warren & Washington Counties
35 Broad Street • Glens Falls, NY 12801
Office: 518.793.6212 ext. 123 • Mobile: 518.918-9072
Fax: 518.793.9499

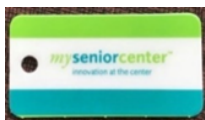


Kelly J. Barlow 518-429-1030, TTY 711



SENIOR CENTER INFORMATION

SENIOR CENTER MEMBERSHIP:



Open to men & women over 50. Washington County residency NOT required. Seniors over 90 have lifetime free membership. Forms available at the Center. Annual dues of \$15 due each April 1st. New members receive a key tag to use when signing in to choosing all activities attending that day. Our funding is based upon total number of activities attended. All volunteers, please log in your time on the touch screen kiosk.



The Senior Center has a full kitchen and banquet with seating for 50 people, perfect for a baby shower, birthday or anniversary party.

For Rental Information, contact Max McDonnell, Director, at 747-9352, or email at maxmcdonnell@yahoo.com

VOLUNTEERS NEEDED

Volunteers are a critical part of our Senior Center. Without them, we wouldn't be able to run as smoothly, or offer as many programs as we do. Please let Max know if you would like to become a volunteer. We always need help in the kitchen, year-round. Your help would be greatly appreciated. Please see Max McDonnell, 518-747-9352

NOTARY PUBLIC

There is a licensed Notary Public at the Senior Center

GOOGLE CALENDAR

Visit our webpage seniorcenterkfe.com for information not included in our newsletter, including the Senior Center Calendar.



Please "Like" our Facebook Page & "Share" it. By hitting the "Share" button, you help to promote and advertise our Senior Center. We'll post the current newsletter, photos, event notices, cancellations, etc. Facebook: @seniorcenterkingsburyfordedward





JANUARY CALENDAR

Jan 1, 2026		CLOSED – HAPPY NEW YEAR!
Mon. Jan 19		CLOSED – MARTIN LUTHER KING DAY
Tues. Jan 20	10:45 am	NYS Citizen Preparedness Corps. - Emergency Preparedness presentation by Lydia Perkins
Tues. Jan 20	12:00 noon	Centers Health Care “Cheesecake Day” – Kathleen Iwaneczko – Community Liason
Tues. Jan 27	11:00 am	The Eddy Eddy Health Alert Andrea McGowen
Fri. Jan 30		GUESS WHO? Contest votes will be tallied and prize awarded
<i>Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.</i>		
WEEKLY ACTIVITIES		
Each Weekday	Noon	Washington County Nutrition Program
First Monday	11:00 am	SCKFE Book Club
Monday	9:30 am	Strength and Balance Class
Mon – Friday	Daily	Board games and card games
First Monday	10:30 am	Shopping
Mon. & Wed.	9:30 am	Bingo
First Tues	11:15 am	Coffee with a Cop with Hudson Falls Village Police Department
Second Tues	1:30 pm	Paint with Laura Brown
Tuesdays	10:00 am	Cardio Drumming
Tuesdays	1:30 pm	Zumba with Ann Giroux
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Wednesday	9:30 am	Yoga and Meditation Class – Instructor Jenny Hunt
Wednesday	1:30 pm	Ukulele Club/Orchestra
Thursday	1:30 pm	Chair Pilates for Seniors w/Caitlyn Whiting
Second Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse NO CLASS IN JANUARY
Third Friday	10:00 am	Crafts with Elaine
Friday	10:15 am	Open Pool (See Helen or Nancy for more info)

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

THANK YOU TO OUR CONTRIBUTORS!

			
	 Kelly J. Barlow 518-429-1030, TTY 711		
	 <small>FORMERLY NAMED</small> GLENS FALLS NATIONAL and SARATOGA NATIONAL https://www.arrowbank.com		
	Fort Edward Idle Hour Club 30 Dr David Starbuck Lane P.O. Box 94 Fort Edward, NY 12828	 Thomas Poultry Farm	
 MANDY'S PIZZA & SUB SHOP	 		
			
	 <small>Center for Nursing & Rehabilitation</small> <small>BEST NURSING HOMES USNews LONG-TERM CARE 2024</small> <small>Great Place to Work Certified</small> <small>5 STAR QUALITY MEASURES</small>		
			
	 ST PETER'S HEALTH PARTNERS		
 NY Connects <small>Your Link to Long Term Services and Supports</small>	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.		