



CELEBRATING

50 YEARS

MARCH 2026

DO YOU KNOW WHY MARCH IS SO SPECIAL?

March is the bridge between winter and spring. On March 3rd, a total lunar eclipse ("blood moon") will be visible across the United States. We move our clocks ahead an hour and "Spring Forward" on March 8th and the vernal equinox brings the first day of spring in the Northern Hemisphere on March 20. Then there's International Women's Day (March 8), Pi Day (March 14), Ides of March (March 15), St. Patrick's Day (March 17), National Puppy Day (March 23) and March Madness! Enjoy your special month!



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
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Ruth Fish
Brooke Bardin

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.

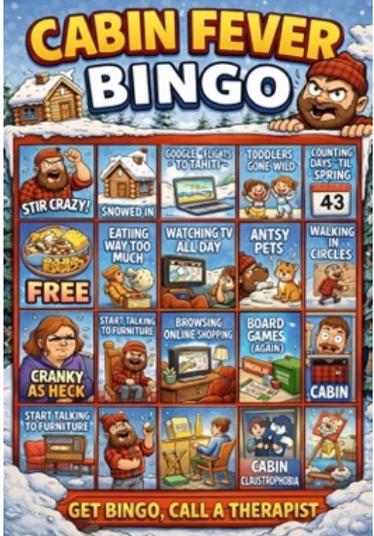
Our Senior Center is funded by the following municipalities and agencies: Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward. The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation 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.

MARCH SPECIALS:

 <p>CABIN FEVER BINGO</p> <p>STIR CRAZY! SNOWED IN! GOOGLE EYEBO TOY TAMIL! TODDLERS GONE WILD! COUNTING DAYS 'TIL SPRING 43</p> <p>EATING WAY TOO MUCH! WATCHING TV ALL DAY! ANTSY PETS! WALKING IN CIRCLES</p> <p>FREE</p> <p>CRANKY AS HECK! START TALKING TO FURNITURE! BROWSING ONLINE SHOPPING! BOARD GAMES (AGAIN)! CABIN</p> <p>START TALKING TO FURNITURE! CABIN CLAUSTROPHOBIA</p> <p>GET BINGO, CALL A THERAPIST</p>	<p>SPECIAL! “Cabin Fever Bingo”</p> <p>Monday, March 16th at 10:00 am</p>	 <p>UKULELE ORCHESTRA PERFORMANCE</p> <p>Home of the Good Shepherd Wednesday, March 11th at 3:00 pm</p>
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COOKING WITH SENIORS COOKING PROGRAM!

All Senior Center KFE members are encouraged to submit recipes that they have made or would like to try, for everyone to taste!!! The more recipes...the more fun!!! You can then participate, if you wish, in the cooking session for your special recipe. (Don't worry, you will have a lot of help in the kitchen!)

The cooking will begin at 9:00 am on the 3rd Friday in March, April and May at the Senior Center Kingsbury Fort Edward. (March 20, April 17 and May 15)





Paint & Connect

Daisies of the Emerald Isle

Tuesday, March 10th 1:30 PM

or

Tuesday, March 31st 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.



These guided painting sessions offers space to learn skills while connecting with others.



Attendees will leave with their own custom daisy themed painting.



FREE TO ATTEND!
RSVP TODAY

Max McDonnell
(518) 747-9352



CARA BEDORE, A.U.D., FAAA
DOCTOR OF AUDIOLOGY
726 BAY ROAD, QUEENSBURY, NEW YORK 12804
TEL: 518-798-4800 FAX: 518-798-4900
WWW.HEARINGBEST.COM



MEREDITH DEVANEY, A.U.D.
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726 BAY ROAD, QUEENSBURY, NEW YORK 12804
TEL: 518-798-4800 FAX: 518-798-4900
WWW.HEARINGBEST.COM

CENTER FOR BETTER HEARING PRESENTS:
HEARING AROUND THE WORLD
IN HONOR OF WORLD HEARING DAY,
TUESDAY MARCH 3, 2026 1pm-2pm

We will discuss the history of hearing through biological evolution, the birth of medical science, and the incredible technical leaps in the last century.

Hearing loss is a massive, often invisible, global health crisis affecting over 1.5 billion people, with projections of nearly 2.5 billion by 2050. Addressing this crisis requires prioritizing hearing health, as it is key to social connection, safety, and overall quality of life.

Doctors of Audiology / Speakers from the Center For Better Hearing include:

Dr. Cara Bedore

Dr. Meredith DeVaney



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.

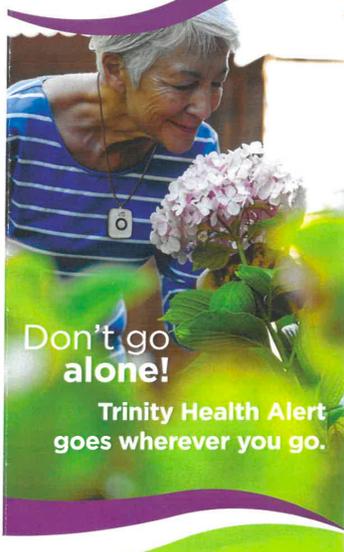
To enroll, contact:

866-948-0589

thareferral@trinity-health.org

433 River St, Suite 300
Troy, NY 12180

www.trinityhealthalert.org



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

LET'S PUT ON A SHOW! COME SEE HOW SENIORS HAVE FUN!!!

Glens Falls Community Theatre presents the 2026 Senior Seminar.....*

Holidays on Parade!



Join us as we take a unique ride "over the river and through the woods" celebrating the years' holidays in songs, stories and skits!

Learn how seniors do theater!

**This is a seminar that ends in a fully staged theatrical production. Participants help choose the numbers to be performed and develop the performance with the guidance of seminar directors and local professionals.*

No experience is necessary! Bring friends, make new friends, have fun, perform or work backstage. The seminar is open to seniors 55+

Performances: THURSDAY, APRIL 16, 2026

2:00 p.m. and 7:00 p.m. ~ Strand Theater, Hudson Falls

Sign Up at the program introduction on March 9, 2026 12-3 p.m. at

Triads Music Center Rehearsal Room at 219 Main St. HF

(Back Entrance in the rear of the building)

Sessions are M, T, W & Th. 12-3 p.m. at Triads Music Center Rehearsal Room

The Workshop fee, which includes education pieces (seminars) relating to theater, is \$40, payable on March 9.

For general information or if you have any questions at all, please email or call us:

Doris Seipel, Director: dmseipel@roadrunner.com 518-743-0850

Joann Searles, Production Manager: jojosearles@gmail.com 518-281-5383

Lynn Gorham, Assistant Director, Production Manager: lmg_theatre@yahoo.com 518-792-8764



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?

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

Contact Us:
transportation@warrenwashingtonnrsvp.org
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 is 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



**GIVE.
ADVOCATE.
VOLUNTEER.**

Tri-County
United Way

United
Way



TRICOUNTYUNITEDWAY.ORG

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: maxmedonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward



ARTS, CRAFTS, GAMES & BOOKS!

PAINT WITH LAURA BROWN

Every 2nd Tuesday of the at 1:30 pm

March 10th (or the bonus class this month, Tuesday March 31) at 1:30 pm: "Daisies of the Emerald Isle, a beautiful white flower over shades of Irish green. (See flyer – page 3)

Paint with acrylic paint.
All supplies will be provided.
In collaboration with High Peaks Hospice

CRAFTS WITH ELAINE

Every Third Friday at 10:00 am



MEMORY CAFÉ

Crafts with Tammy
Morehouse 10:00 am
Second Friday of the month

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

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

Co-President, Nancy Wilder
518-792-3345

Helping persons age
in their own homes
with dignity



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



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



Home of the
Good Shepherd

 **UnitedHealthcare**
Community Plan

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.



PARTY VENUE

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](https://www.facebook.com/seniorcenterkingsburyfordedward)





MARCH CALENDAR

Tues. March 3	1:00 pm – 2:00 pm	“World Hearing Day” with Center for Better Hearing, Dr. Cara Bedore and Dr. Meredith DeVaney. Presentation: “The history of hearing around the world.” (see pg 3 flyer)
Thurs. March 5	11:15 am	“Fraud Presentation”, Arrow Bank Fraud Dept., Janine Macura and Matthew Melucci
Tues. March 10	1:30 pm	Painting with Laura Brown (see pg 3 flyer)
Wed. March 11	3:00 pm	SCKFE Ukulele Orchestra at Home of the Good Shepherd
Mon. March 16	10:00 am	“Cabin Fever” Special Bingo
Tues. March 17	11:00 am	The Eddy – Eddy Health Alert with Andrea McGowen
Fri. March 20	9:00 am	Cooking With Seniors
Tues. March 31	1:30 pm	Painting with Laura Brown (second class this month-see pg 3 flyer)

Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.

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 (A second class this month – March 31st)
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
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



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



JIM ALLEN'S Famous CHICKEN BBQ



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.

