



# CELEBRATING

# 50 YEARS

# APRIL 2026

## SENIOR CENTER VOLUNTEERS RECOGNITION DAY

The Senior Center will hold a special Celebration on Thursday, April 23, 2026 at 11:00 am in honor of Volunteer Week, an annual celebration to promote and show appreciation for volunteerism and volunteering. National Volunteer Week in the United States was first established via Presidential Proclamation in 1974. (There will be a gift basket door prize).

### April 1<sup>st</sup> is Dues Time!

If you have already renewed your Senior Center membership, thank you! If not, please renew as soon as possible. New members are welcome at any time!

### Board of Directors:

President: Debbie Beahan,  
Vice President: Jeanie Mullen  
Secretary: Sandy Wheeler  
Treasurer: Cassandra Allen  
Linda Buerkley  
Dave Cutler  
Cynthia Bardin  
Chris Miles  
Paige Zahaba  
Ruth Fish  
Brooke A. Bardin  
Stephen Layden

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.

## APRIL SPECIALS:

---



### SENIOR SOCIAL

Our Senior Center members are invited to enjoy lunch at the Conkling Center on Tuesday, April 21<sup>st</sup> at noon and a fun afternoon of conversation and board/card games.



### UKULELE ORCHESTRA PERFORMANCE

Thursday, April 23 – 9:00 – 10:00 am  
“Just Stringing You Along” at Open Door Mission



### 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 April 17 and May 15 at the Senior Center Kingsbury Fort Edward.

---



## YOU HAVE A VOICE, AND WHAT YOU THINK IS IMPORTANT TO US!

As we celebrate our Senior Center's Fiftieth Anniversary, we continue to strive to make the Center better for you. Please take a few minutes and tell us how we can better serve you. Please give your completed suggestions to Max at the Senior Center.

1. What past events, classes or presentations have you enjoyed most and which would you like to see more of?
2. What additional, different events, classes or presentations would you like added?
3. What do you like best and/or least about our newsletter? What could we add or change to make it better?
4. What other suggestions do you have that would improve our Senior Center and make it suit your needs better?
5. How did you first learn about our Senior Center and what did you hear that made you want to join?



Grief is a natural response to loss—and no one should have to walk that journey alone.

**Whether your loss is recent or some time ago, you are welcome.**

This six week guided and structured grief group is based on Dr. Alan Wolfelt's book, *Understanding your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*.

**NEXT SESSION BEGINS ONLINE VIA ZOOM**

It is designed to help participants better understand their own grief and the guiding principles behind it. This is a safe and supportive environment where you can find support, encouragement and wisdom from others with similar experiences.



**FRI, APRIL 10, 2026  
3:00 PM - 4:00 PM**

Participants will need to register in advance for the entirety of the six week session as each session is designed to build upon the last.

**Space is limited. Contact High Peaks Hospice to learn more or register.**

**Register By April 6th**

**518-891-0606**

[bereavement@highpeakshospice.org](mailto:bereavement@highpeakshospice.org)



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](mailto:thareferral@trinity-health.org)

433 River St, Suite 300  
Troy, NY 12180

[www.trinityhealthalert.org](http://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](http://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](mailto:dmseipel@roadrunner.com) 518-743-0850

Joann Searles, Production Manager: [jojoearles@gmail.com](mailto:jojoearles@gmail.com) 518-281-5383

Lynn Gorham, Assistant Director, Production Manager: [lmg\\_theatre@yahoo.com](mailto: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](mailto: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

**SATURDAY MAY 30**  
**INTERGENERATIONAL**  
**BINGO**  
**CARNIVAL**

**PRIZES | FOOD | FAMILY FUN**  
**IDLE HOUR CLUB**  
**2:00 PM**  
**30 ROGERS ISLAND DR.**  
**FORT EDWARD**



**GIVE.  
ADVOCATE.  
VOLUNTEER.**



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: maxmcdonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward

# ARTS, CRAFTS, GAMES & BOOKS!

## PAINT WITH LAURA BROWN

April 14 and April 28 at 1:30 pm

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

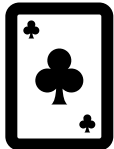
## OPEN POOL

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.



HHN.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 6<sup>th</sup>**

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
<b>NO COST:</b> 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!

**Call Catholic Charities of Warren and Washington Counties  
today for more information!**

### Warren County NOEP

Ben Driscoll

[bdriscoll@swwcc.org](mailto:bdriscoll@swwcc.org)

Office: 518-793-6212 x122

Cell: 518-424-7525

### Washington County NOEP

Ceecee Rockwell

[srockwell@swwcc.org](mailto:srockwell@swwcc.org)

Office: 518-793-6212 x123

Cell: 518-918-9072



## 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*



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





# APRIL CALENDAR

Thurs. April 2	11:00 am	WISHEALTH presentation
Tues. April 7	11:00 am	Eddy Health – Eddy Health Alert with Andrea McGowen
Tues. April 14	10:30 am	MVP Health Care with Jeff Brooks
Tues. April 14	1:30 pm	Paint with Laura Brown
Fri. April 17	9:00 am	Cooking With Seniors
“National Volunteer Week” Celebration April 19 – April 25		
Tues. April 21	12 Noon	“Senior Social” at the Conklin Center – lunch, conversation and board/card games
Thurs. April 23	9-10:00 am	“Just Stringing You Along” – Ukulele Orchestra at Open Door Mission
Thurs. April 23	11:00 am	SCKFE Volunteer Recognition Day
Tues. April 28	1:30 pm	Paint with Laura Brown
<b>Just a peek at May:</b>		
Sat. May 30	2:00 pm	“Intergenerational Bingo Carnival” at the Idle Hour Club, prizes, food, family fun (see flyer on p. 5)

*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
2 <sup>nd</sup> & 4 <sup>th</sup> 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
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.

