



**Senior Center**  
Kingsbury Fort Edward

# July 2025 News

**Washington County Senior Picnic**

Washington County Fair Grounds  
Easton, New York  
Friday, July 11th, 2025  
10:00am – 2:00pm

**Games!**  
Teams of Five  
Register your team!

**Music & Fun!**

**Tickets available**  
June 2nd through June 30th  
at Washington County Office for Aging  
383 Broadway - Fort Edward, NY  
518-746-2578

**\$5.00 Suggested Contribution**  
\$10.00 for guests under age 60

Coffee, donuts, and watermelon at 10:00am.  
Lunch will be lemonade, hot dogs with meat sauce, pasta salad, baked beans, potato chips, and strawberry shortcake for dessert.  
Bottled water provided throughout the day.

**To get in on the games, gather your team of five!**  
Game participants will need to register in advance at the Washington County Office for Aging.  
Please submit the name of your team and players by July 3rd.

**Exhibitors!**

For more information, please contact  
Mindy Dudley at (518) 746-2565

**Raffle**  
Presented by Home Ir

## 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.

Check out our new updated Senior Center KFE website, now phone and tablet friendly!  
Many thanks to Tom Darfler for the new design!

<https://www.seniorcenterkfe.com>

**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.

# JULY SPECIALS



The United States supported South Vietnam in the Vietnam War, with direct military involvement from 1965 until 1973. During that time, the United States suffered over 58,000 military fatal casualties.

The Vietnam Veterans Memorial in Washington D.C. honors the men and women who served in the Vietnam War with a list of the names of the Americans who gave their lives in service to their country.

The Vietnam Traveling Memorial Wall is intended to serve as a reminder of the great sacrifices made during the Vietnam War. It was made for the purpose of helping heal and rekindle friendships and to allow people the opportunity to visit loved ones in their hometown who otherwise may not be able to make the trip to Washington. This traveling wall is a 3/5 scale of the Vietnam Memorial in Washington DC. It stands six feet tall at the center and covers almost 300 feet from end to end.

From July 24<sup>th</sup> until July 28<sup>th</sup>, the Vietnam Traveling Memorial Wall will be on display at the American Legion post 574 in Hudson Falls.

The Senior Center will provide bus transportation for its members to the American Legion for this event. For more information, contact Max at the Senior Center.



## Ice Cream Social

Thursday, July 24, 2025 12:30 pm  
United Health Care - Kelly Barlow

## UKULELE ORCHESTRA TOUR DATES

July 3 - 1:00 pm – The Oaks

July 17 – South Glens Falls  
Veteran's Memorial Park



**Support The Senior Center of Kingsbury & Fort Edward  
July 9th, 2025**

Do you have a car, truck, or motorcycle that you are proud of and want to show to other county employees?  
We will be collecting non-perishable food items for the Senior Center



**Rain Date July 10th**

Bring your vehicle to display on July 9th to let people see your special ride  
Event will take place at the "Food Truck" parking on the main campus

Contact Max McDonnell at 747-9352 or maxmcdonnell@yahoo.com

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, Prujin Pavilion, Floor 3  
 Glens Falls, NY 12801 | 516-926-2940  
[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



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)




**Don't go alone!**  
 Trinity Health Alert goes wherever you go.

**COMFORT FOOD COMMUNITY'S**  
**FREE FOOD RUN 2025**  
 Wednesdays 7/9/25 - 9/17/25  
 No Service on 9/3/25

[WWW.COMFORTFOODCOMMUNITY.ORG](http://WWW.COMFORTFOODCOMMUNITY.ORG)  
[MART@COMFORTFOODCOMMUNITY.ORG](mailto:MART@COMFORTFOODCOMMUNITY.ORG)

**KINGSBURY SENIOR CENTER**  
 78 Oak St. Hudson Falls, NY  
 10 am to 10:30 am

**ASCEND MENTAL WELLNESS**  
 50 Cooper St. Glens Falls, NY  
 10:45 am to 11:15 am

**CEDARS SENIOR LIVING COMMUNITY**  
 35 Evergreen Ln. Queensbury, NY  
 11:45 am to 12:45 pm

**CORINTH SENIOR CENTER**  
 22 Hamilton Ave. Corinth, NY  
 1:15 pm to 1:45 pm



**GIVE. ADVOCATE. VOLUNTEER.**

Tri-County United Way United Way

[TRICOUNTYUNITEDWAY.ORG](http://TRICOUNTYUNITEDWAY.ORG)

**JOIN US AT THE SENIOR CENTER  
 KINGSBURY FORT EDWARD AREA  
 FOR**

**WISE**  
 Wellness Initiative for Senior Education

**JULY 10-FACTS AND MYTHS OF AGING**  
**AUGUST 7-BENEFITS OF GROWING OLDER**  
**SEPTEMBER 11-CULTURAL DIVERSITY**  
**OCTOBER 30-MEDICATION MANAGEMENT**  
**NOVEMBER 6-UNDERSTANDING  
 SUBSTANCE MISUSE**  
**DECEMBER 11-MAINTAINING A HEALTHY  
 LIFESTYLE**

**PROGRAMS ARE FROM 10:30AM-11:30AM**

**FOOD-GIVEAWAYS-FUN-FREE**

**ATTEND ALL 6 SESSIONS AND  
 RECEIVE A GIFT CARD**

**COUNCIL FOR PREVENTION**  
 214 Main Street  
 Second Floor  
 Hudson Falls, NY 12834

Print Center

**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: seniorcenterkfc.com  
 Email: maxmodomell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward

# FUN!



## UKULELE 101

Want to join in all the fun but don't know how to play?  
Max McDonnell teaches ukulele for beginners,  
each Thursday at 10:30 at the Senior Center

Created with Image Creator from Designer



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

**CRAFTS WITH JUDY**  
Every third Friday  
of the Month



**UKULELE  
CLUB/ORCHESTRA**  
Practice with Max McDonnell  
at the senior center each  
**Wednesday 1:30 – 3:00**

New members are welcome.

(Don't know how to play? Max teaches  
Ukulele 101 Thursdays at 10:30 am)

*"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



## POOL LEAGUE

Pool League meets each  
Friday at 10:15 at the Senior  
Center. New members  
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.



## 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



Hudson Headwaters Health Network has opened its 22<sup>nd</sup> health center, Glens Falls Family Health, a state-of-the-art facility at 38 Larose Street, Glens Falls. The new 30,000 square foot building is also home to PACE (Program of All-

Inclusive Care of the Elderly). PACE is a community-based alternative to nursing home care for qualifying individuals ages 55 and older with multiple chronic health conditions. This is the 10th PACE program in New York State and the first in the state sponsored by a Federally Qualified Health Center. Learn more at <https://www.pacehh.org/>.



## 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.



### LUNCH TOUR!

Enjoy a different local restaurant for lunch  
the third Wednesday of each month

### *Stay Healthy with SNAP!*

For more information on how SNAP can help you, contact  
Washington County Nutrition Outreach and Education  
Program Coordinator Evan Weihing  
[eweihing@swwcc.org](mailto:eweihing@swwcc.org)

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



Home of the  
*Good Shepherd*

# 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.

## FOR RENT



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)

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.

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



## 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

## TD BANK'S AFFINITY MEMBERSHIP PROGRAM



Help support our Senior Center by enrolling at TD Bank. The Bank will donate \$10/year/checking account enrolled, plus an additional donation if the personal or business owner has a savings account, CD, IRA and/or money market account with TD. This program takes no money out of your account. Please specify on your enrollment form that you want to support the Kingsbury Fort Edward Senior Center.

## GOOGLE CALENDAR:

Visit our webpage [seniorcenterkfe.com](http://seniorcenterkfe.com) for information not included in our newsletter, including the Senior Center Calendar. Click on "Calendar" on the menu on the left side of the webpage (print button top right). Add our calendar to your personal Google calendar by clicking on the plus sign in the lower right corner. If you then don't want to view the senior calendar in your personal calendar, simply uncheck it under "Other Calendars". (You will not be able to make any changes to the senior calendar.)



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

# FITNESS FUN

## CARDIO DRUMMING

Every Thursday, 10 to 10:30 am.

Cardio Drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do! Come join the fun.

For more information call Debbie at 518-747-9352



## 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



## ZUMBA CLASS

Zumba with Ann Giroux  
Tuesdays at 1:30 pm



## STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying strong and stable!

## YOGA & MEDITATION CLASS

Wednesday – 9:30 am

Instructor Jenny Hunt

Develop body alignment and breath awareness  
Regular meditation improves memory, focus, attention and concentration.

## 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.

Y3019\_24\_2860\_C





## JULY CALENDAR

Thurs, July 3	1:00 pm	Ukulele Orchestra – The Oaks
Friday July 4 <sup>th</sup>		CLOSED FOR INDEPENDENCE DAY
Tues July 8	11:15 am	Brain Health, Albany Med Health System – Glens Falls Hospital, Ruth Fish
Thurs July 10	10:30 am	WISE (Wellness Initiative for Senior Education) Lori Prock
Fri July 11		Washington County Senior Picnic (see pg 1)
Tues July 15	10:30 am	Trinity Health – Don’t go alone! Trinity Health Alert, Andrea McGovern
Thurs July 17		Ukulele Orchestra – South Glens Falls Veteran’s Memorial Park
July 24 – 28		Vietnam Traveling Memorial Wall – American Legion, Hudson Falls (see pg. 2)
Thurs. July 24	12:30 pm	Ice Cream Social - United Health Care - Kelly Barlow
<i>Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.</i>		
<b>WEEKLY ACTIVITIES</b>		
Each Weekday	Noon	Washington County Nutrition Program
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
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	10:00 am	Comfort Food – free food run – beginning July 9th
Wednesday	1:30 pm	Ukulele Club/Orchestra practice
Thurs.	10-10:30	Cardio Drumming
Thurs.	10:30 am	Ukulele 101 – beginner lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
2 <sup>nd</sup> Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse
3 <sup>rd</sup> Friday	10:00 am	Judy’s Crafts
Friday	10:15 am	Pool League (See Helen or Nancy for more info)
TBD	TBD	Wii Bowling at the Senior Center – sign up at the senior center

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



<https://www.arrowbank.com>



**Fort Edward Idle Hour Club**  
30 Dr David Starbuck Lane  
P.O. Box 94  
Fort Edward, NY 12828



ST PETER'S HEALTH PARTNERS



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.

