

JULY CALENDAR



Wed. July 2 1:30 pm Ukulele Orchestra rehearsal
1:30 pm 7/8 7/15 7/22 and 7/29

Fri. July 3 Senior Center KFE Closed

Sat. July 4 "Happy July 4th Holiday"

Mon. July 6 9:00 am Aging in Place
10:30 am Shopping

Wed. July 8 10:00 am Comfort Food Community
"Free Food Run "

Fri. July 10 10:00 am Washington County Pop-Up Cafe'
(Craft project TBD) with Heidi R.

Sat. July 11 12:00 n Washington County
History Festival at Wash. County
Fairgrounds Live Music
Performance
Senior Center KFE
Ukulele Orchestra

Tues. July 14 1:30 pm Paint with Laura Brown
"Paintriotic Birdhouse"

Thurs. July 16 12:30 pm Ice Cream Social – Kelly Barlow

Mon. July 20 "National Ice Cream Day"

Weekly Activities

Monday 9:30 am Strength and Balance Class

Tuesday Thurs. 9:00 am Osteobusters

Tuesday 10:00 am Cardio Drumming

Wednesday 9:30 am Yoga and Meditation Class

Thursday 1:30 pm Chair Pilates for Seniors

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



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.

