



Senior Center
Kingsbury Fort Edward

September 2025 News



CHICKEN BBQ FUNDRAISER

At the Senior Center, 78 Oak St., Hudson Falls
Sunday, September 21, 2025 12 pm – 4 pm

Pre-sale only
Purchase tickets by September 16th
Cash or check only. Tickets \$15.00

Jim Allen's Famous Chicken BBQ:
Half-chicken, baked potato, coleslaw,
roll and dessert included
50/50 Raffle, Door Prizes

TAKE-OUT ONLY – DELIVERIES AVAILABLE
Call 518-747-9352

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

[seniorcenterkingsburyfortedward](https://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.



MORE SEPTEMBER HIGHLIGHTS

ICE CREAM SOCIAL

Thursday, September 4, 2025 12:30 pm
United Health Care - Kelly Barlow



UKULELE ORCHESTRA TOUR DATES

Saturday, September 20, 10:30 am
High Peaks Hospice Remembrance Gathering at
Crandall Park, Glens Falls

Friday, September 26, 12:00 noon
Queensbury Senior Citizens "Cider Donut Social"

DAYTRIP TO THE LUZERNE SENIOR CENTER

Monday, September 22
The Corvettes "DOO WOP REVUE"
Lunch at 12 noon / performance begins at 12:45
To learn more about the Corvettes, go to their website:
<https://corvettesdoowop.com>



FLU SHOTS

At the Senior Center
Friday, September 26 at 10:00 am

With Karen Johnson of Price Chopper House Calls.
(Please bring your Medicare and Insurance Cards)

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, Pappas 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



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.

COMFORT FOOD COMMUNITY'S

FREE FOOD RUN  **2025**

Wednesdays 7/9/25 - 9/17/25
No Service on 9/3/25

 WWW.COMFORTFOODCOMMUNITY.ORG

 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

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



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



New Patients Welcome at All Locations

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



HHHN.org



Adult Mental Health First Aid

Who Should Take It?

- Community Members
- First Responders
- Police Officers
- Employers
- Faith Leaders
- Caring Individuals
- Hospital Staff

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

You will learn:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- NEW: Expanded content on trauma, addiction and self-care

Participants will complete
a 2-day, 4-hour training
each day.

Lunch is not included.

**When: October 23 & 24 (Register by
October 10th)**

Time: 8:30 am-1:00 pm

**Where: Council for Prevention (In-
person)**

Cost: \$30.00

[CLICK HERE TO REGISTER](#)

**Contact Allison Reynolds for more information,
AllisonReynolds@CouncilForPrevention.org**



Council For Prevention

www.CouncilForPrevention.org 5187461527

214 Main Street, 2nd Floor, Hudson Falls, NY 12839



ARTS, CRAFTS & GAMES



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
Thursday 10:00 am
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.



FITNESS

CARDIO DRUMMING

Every Tuesday, 10:00 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.
Y0619_24_25860_C



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



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

(No lunch tours scheduled in September)

Stay Healthy with SNAP!

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

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



Ke.

711



CENTER INFORMATION

Our new updated Senior Center KFE website, now phone and tablet friendly!
<https://www.seniorcenterkfe.com> Many thanks to Tom Darfler for the new design!

We thank Tri County United Way for featuring the Senior Center on their website:
<https://www.tricountyunitedway.org/general/the-senior-center-of-the-kingsbury-fort-edward-area-inc-a-vital-hub-for-older-adults-in-washington-county/>. TCUW website is: <https://www.tricountyunitedway.org> and our highlight is featured in the "News and Events" section.

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

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



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 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.)



SEPTEMBER CALENDAR

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Monday, Sept. 1		CLOSED FOR LABOR DAY
Thurs Sept. 4	12:30 pm	Ice Cream Social – United Health Care – Kelly Barlow
Tues Sept. 9	11:00 am	Neighbors NY presentation w/ Jen Goodwin, Director of Operations
Thurs Sept. 11	10:30 am	WISE (Wellness Initiative for Senior Education) Lori Prock and Lindsay Stanislawski - Alzheimer Association
Tues. Sept. 16	11:15 am	Albany Med Health System presentation w/ Ruth Fish
Thurs. Sept. 18	11:00 am	Caregiver Wellness & Respite Center presentation w/ Colleen Salisbury Lifespan
Sat. Sept. 20	10:30 am	Ukulele Orchestra - High Peaks Hospice Remembrance Gathering at Crandall Park, Glens Falls
Sun. Sept. 21	Noon- 4 pm	Annual Chicken BBQ Fundraiser
Mon Sept. 22		SCKFE Daytrip to the Luzerne Senior Center for The Corvettes DOO WOP REVUE, lunch at 12noon / performance begins at 12:45
Fri Sept 26	10:00 am	Price Chopper House Calls Flu Shot Clinic w/Karen Johnson at Senior Center
Fri Sept 26	12:00 noon	Ukulele Orchestra - at Queensbury Senior Citizens "Cider Donut Social"

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
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	10:00 am	Cardio Drumming <i>New Day</i>
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 – <i>Ending September 17th</i>
Thursday	10:00 am	Ukulele Club/Orchestra <i>New time</i>
Third Wed.	11:30 am	Lunch Tour <i>No lunch Tour in September</i>
2 nd Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse
3 rd Friday	10:00 am	Judy's Crafts
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



<https://www.arrowbank.com>



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



NY Connects
Your Link to Long Term
Services and Supports

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.

