



Senior Center
Kingsbury Fort Edward

October 2025 News

SAVE THE DATE

Washington County Office for Aging
and Disabilities Resource Center

Health & Wellness

Fall Festival

Thursday, October 2, 2025

10:00am to 3:00 pm

Kingsbury Firehouse

Burgoyne Avenue - Hudson Falls, NY

Medicare Insurance Options

(Medicare Open Enrollment is October 15th to December 7th)

Get all your Insurance questions answered.

Meet with our specialists and hear about upcoming Medicare plans

Learn about local resources with various agencies.

\$5.00 To-Go Meals

Pulled Pork on Bun with Baked Beans, Coleslaw and a
Chocolate Chip Cookie for Dessert

While Supplies Last

Updates can be found on our Facebook page
For More Information Please Call Our Office at: (518) 746-2420

FREE
ADMISSION
& PARKING!



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 OCTOBER HIGHLIGHTS

GLENS FALLS SENIOR CENTER SENIOR EXPO

WED., OCT. 1st • 10am-3pm

4TH ANNUAL

**NEW
for
2025**

**Breakout Sessions on 2026 Medicare Plans
from the Following Insurance Companies**

Warren/Hamilton Office for the Aging, Aetna, Highmark, Blue Shield,
MVP, CDPHP, WellCare by Fidelis Care, United Healthcare



Free to the public!

The Queensbury Hotel
88 Ridge St., Glens Falls



**The Senior Center Kingsbury Fort Edward will have
a table at this event – stop by and say “Hi!”**



October is Fire Prevention Month!

The goal of Fire Prevention Month is to raise fire safety awareness and help protect homes and families.

The Hudson Falls Fire Department will give a presentation and conduct a fire drill at the senior center on Friday, October 17th at 11:00 am



UKULELE ORCHESTRA

TOUR DATE: Wednesday,
October 22nd at 3:00 pm at
Home of the Good Shepherd
in South Glens Falls



ICE CREAM SOCIAL

Thursday, October 9,
2025 12:30 pm
United Health Care - Kelly
Barlow



Halloween Pizza Party
Thurs. October 30 at
12:00 Noon At the Idle
Hour Club
(KFE senior center
members only)

Washington County Aging & Disabilities Resource Center
Health & Wellness Fall Festival

Artists
Crafters
Vendors
Business Owners
Booths Available to
Showcase your Goods

JOIN US

Thursday, October 2, 2025

For our Annual Health & Wellness Fall Festival
At the Kingsbury Firehouse on Burgoyne Ave in
Hudson Falls, NY

There is no fee for a 10 x 10 outside spot
First come first serve availability.
Rain or Shine

For more information please contact
Max McDonnell at (518) 747-9352 or
Mindy Dudley at (518) 746-2565.



Paint & Connect

For anyone grieving a loss

**Tuesday, November 4th
at 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.

This guided painting session offers a compassionate space to express emotions, connect with others, and support your bereavement journey.



Senior Center
Kingsbury Fort Edward



HIGH PEAKS
HOSPICE

\$10
per person

RSVP TODAY

Max McDonnell
(518) 747-9352

Aging In Place

Serving the Glens Falls Region

Co-President, Nancy Wilder
518-792-3345

Helping persons age
in their own homes
with dignity



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/Alzheimer'sCenter

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.



**GIVE.
ADVOCATE.
VOLUNTEER.**

**Tri-County
United Way**

**United
Way**

TRICOUNTYUNITEDWAY.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



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 12839

Print Center

@councilforprevention

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 (\$80 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: noemcdonnell@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

ARTS, CRAFTS & GAMES



MEMORY CAFÉ

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

CRAFTS WITH ELAINE

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.

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



**CENTERS
HEALTH
CARE**

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



STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying strong and stable!

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.



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



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



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?

ARROYO
GLENS FALLS
INDIAN LAKE
HAGUE
QUEENSBURY
FORT ANN

GREENWICH
HUDSON FALLS
LAKE LUZERNE
LAKE PLEASANT
BALEM
WEST HEBRON

Contact Us:

transport@seniorenwashingtonrsvp.org

518-743-9158



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

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

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



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



OCTOBER CALENDAR

Wed. Oct. 1	10am – 3pm	SCKFE table at the GF Senior Center Expo at the Queensbury Hotel
Thurs. Oct. 2	10am – 3pm	Washington County Office of the Aging Health and Wellness Fall Festival
Tues. Oct. 7	11:15 am	Albany Med Health Systems presentations with Ruth Fish
Thurs. Oct. 9		Volunteers from Tri County United Way helping in the kitchen, serving lunch
Thurs. Oct. 9	12:30 pm	Ice Cream Social – United Health Care, Kelly Barlow
Monday, Oct. 13		CLOSED FOR COLUMBUS DAY
Tues. Oct. 14	10:00 am	Shopping at Walmart
Tues. Oct 14	11:15 am	Aging in Place presentation by Nancy Wilder
Thurs. Oct. 16	10 am – 2pm	Council of Seniors luncheon at the Hudson Falls American Legion
Fri. Oct. 17	11:00 am	Hudson Falls Fire Department presentation and fire drill
Tues. Oct 21	11:00 am	The Eddy-Eddy Health Alert presentation-Andrea McGowen Program Manager
Wed. Oct. 22	3:00 pm	Ukulele Orchestra at Home of the Good Shepherd, South Glens Falls
Thurs. Oct. 23	9-11 am	United Health Care – Kelly Barlow
Thurs. Oct. 23	11:00 am	Center for Better Hearing presentation with Dr. Cara Bedore and Toni Burnell
Fri. Oct. 24	10:00 am	Trip to Hicks Orchard
Thurs Oct. 30	10:30 am	WISE (Wellness Initiative for Senior Education) Lori Prock and Lindsay Stanislawski - Alzheimer Association – Medication Management
Thurs. Oct 30	12 noon	Halloween Pizza Party at Idle Hour Club 12 noon

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
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
Thursday	10:00 am	Ukulele Club/Orchestra
Third Wed.	11:30 am	Lunch Tour
2 nd Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse
3 rd 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!



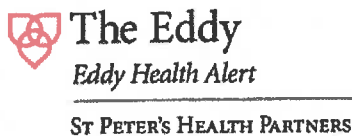
Kelly J. Barlow 518-429-1030, TTY 711



<https://www.arrowbank.com>



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



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.

