



Senior Center
Kingsbury Fort Edward

***FIRE
PREVENTION
MONTH***

OCTOBER 2026



Do you play Ukulele? Tired of playing and singing alone?

We are a performing orchestra with weekly rehearsals on WEDNESDAYS at 1:30pm at the Senior Center of Kingsbury & Fort Edward located at 78 Oak Street, Hudson Falls, NY.

Venues: Senior Care Facilities and Community Events

If interested contact: John "Max" McDonnell at 518-747-9352, or you can reach out via email at maxmcdonnell@yahoo.com.

Board of Directors:

President: Debbie Beahan,
Vice President: Jeanie Mullen
Secretary: Sandy Wheeler
Treasurer: Cassandra Allen
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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/](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.



****FIRE PREVENTION MONTH****



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, Poughkeepsie, 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



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?

ARROYO
GLENS FALLS
HUDSON LAKE
MAQUE
QUEENSBURY
FORT ANN

GREENWICH
HUDSON FALLS
LAKE LUZERNE
LAKE PLEASANT
BALEM
WEST HEBRON

Contact Us:

transportation@seniorcenterkfe.org

518-743-9158



**GIVE.
ADVOCATE.
VOLUNTEER.**

**Tri-County
United Way**



TRICOUNTYUNITEDWAY.ORG





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's 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 10 sites.

CALL US: 857-765-9529



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

trireferral@trinity-health.org

433 River St, Suite 300

Troy, NY 12180

www.trinityhealthalert.org



SENIOR CENTER CAR WASH FUNDRAISE



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

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?

ARTS, CRAFTS, GAMES & MORE!

PAINT WITH LAURA BROWN

Tuesday October at 1:30 pm

Paint with acrylic paint.
All supplies will be provided.
In collaboration with High Peaks
Hospice



New Patients Welcome at All Locations

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



HHHN.org

UKULELE CLUB/ORCHESTRA

Practice with Max McDonnell
at the senior
center each
Wednesdays
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

STAY TUNED FOR MORE INFORMATION*

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.

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



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.		

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.

Stay Healthy with SNAP!

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

**WASHINGTON COUNTY NOEP
CEECEE ROCKWELL
srockwell@swwcc.org
Office: 518-793-6212 x 123
Cell: 518-918-9072**



**Need a Medicare plan
with dental?**

Call Audrey at (518) 641-5



A plan for life.

Capital District Physicians' Health Plan
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 birthday party, anniversary party, etc.



For Rental Information, contact Max McDonnell, Director, at 703-747-9352 or 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 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: @seniorcenterkingsburyfordedward



****OCTOBER 2026 CALENDAR****

[illegible]

THANK YOU TO OUR CONTRIBUTORS!



IRVING TISSUE



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



FORMERLY NAMED | GLENS FALLS NATIONAL and SARATOGA NATIONAL

<https://www.arrowbank.com>



McCann's Pharmacy & Adirondack Compounding



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



ST PETER'S HEALTH PARTNERS



DeMattos Insurance Agency INC.



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.



<https://www.seniorcenterkfe.com>

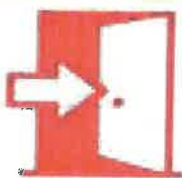


OCTOBER IS FIRE PREVENTION MONTH!



TEST SMOKE ALARMS

Check every month.
Replace batteries yearly.



PLAN 2 WAYS OUT

Every room should have
two escape routes.



PRACTICE FIRE DRILLS

Make sure everyone
knows what to do.



STAY IN THE KITCHEN

Unattended cooking is
a leading cause of fires.



CHECK CORDS & OUTLETS

Replace damaged cords and
avoid overloading outlets.



**REMEMBER: FIRE PREVENTION
STARTS WITH YOU!**



