



Celebrating 50 Years

SEPTEMBER 2026

****NATIONAL SENIOR
CENTER MONTH****



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
Linda Buerkley
Dave Cutler
Cynthia Bardin
Chris Miles
Billy Jo MacDuff
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.



**UKULELE
ORCHESTRA
PERFORMANCES**

**THURSDAY SEPTEMBER 10, 2026 AT
11:00AM**

**LOCATION:
PAGE (HUDSON HEADWATERS)**



**COOKING
WITH SENIORS**
COOKING PROGRAM!

All Senior Center KFE members are encouraged to submit recipes that they have made or would like to try, for everyone to taste!!! The more recipes...the more fun!!! You can then participate, if you wish, in the cooking session for your special recipe. (Don't worry, you will have a lot of help in the kitchen!)

The cooking will begin at 9:00 am on May 15 at the Senior Center Kingsbury Fort Edward.



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, Prayn Pavilion, Floor 3
 Glens Falls, NY 12801 | 518-926-2940

GlensFalls.Hospital.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!

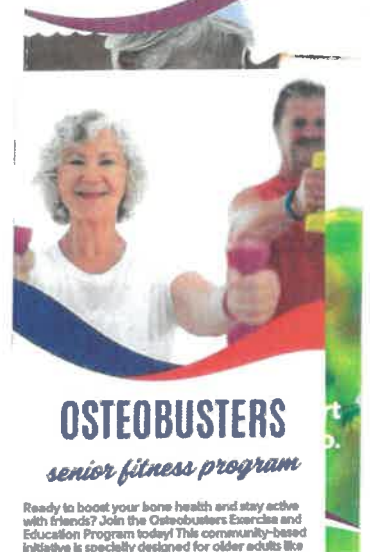
Where can you find a class?

ANDY
 GLENS FALLS
 HUDSON FALLS
 LAKE
 QUEENSBURY
 FORT ANN

GREENWICH
 HUDSON FALLS
 LAKE INTERMEDIATE
 LAKE PLEASANT
 SALEM
 WEST HEBRON

Contact Us:

transportation@sewingtonnyc.org
 516-743-9158



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 16 sites. CALL US: 518-243-9158



CENTERS HEALTH CARE



GIVE. ADVOCATE. VOLUNTEER.



TRICOUNTYUNITEDWAY.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)

<https://www.seniorcenterkfe.com>

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 September 08 at 1:30 pm

See Flyer Pg. 4

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

CRAFTS WITH ELAINE Friday September 18 at 10:00 am



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

(1st Monday of the month at 11:00 am)
All book lovers are welcome!

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.		

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





Serving the Glens Falls Region

Co-President, Nancy Wilder
518-792-3345

Helping persons age
in their own homes
with dignity



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 Warren and Washington Counties
today for more information!**

Warren County NOEP

Ben Driscoll

bdriscoll@swwcc.org

Office: 518-793-6212 x122

Cell: 518-424-7525

Washington County NOEP

Ceecee Rockwell

srockwell@swwcc.org

Office: 518-793-6212 x123

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



UnitedHealthcare

Community Plan

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 baby shower, birthday or anniversary party.

For Rental Information, contact Max McDonnell, Director, at 747-9352, or email at 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



SEPTEMBER 2026 CALENDAR

[illegible]



Paint & Connect

Hot Air Balloons

TUESDAY SEPTEMBER 8TH 1:30PM

THE SENIOR CENTER OF KINGSBURY & FORT EDWARD AREA, INC.

78 OAK STREET, HUDSON FALLS, NY 12839

JOIN LOCAL ARTIST “LAURA BROWN” AT THE SENIOR CENTER OF KINGSBURY & FORT EDWARD AREA, INC. FOR A COLLABORATIVE EVENT.

THESE GUIDED PAINTING SESSIONS OFFER SPACE TO LEARN SKILLS WHILE CONNECTING WITH OTHERS.

ATTENDEES WILL LEAVE WITH THEIR OWN CUSTOM THEMED PAINTING.

RSVP TO ATTEND!!

MAX MCDONNELL 518-747-9352 <http://www.seniorcenterkfe.com>

THANK YOU TO OUR CONTRIBUTORS!



IRVING TISSUE



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



Thomas Poultry Farm



MANDY'S PIZZA & SUB SHOP



JIM ALLEN'S Famous CHICKEN BBQ



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.



<https://www.seniorcenterkfe.com>



SENIOR CENTER KINGSBURY & FORT EDWARD AREA, INC.
78 OAK STREET, HUDSON FALLS, NY

CELEBRATING 50 YEARS OF SERVICE

COME JOIN THE FUN

FRIDAY SEPTEMBER 25, 2026 10:00 AM- 2:00 PM

FEATURING: WCKM REMOTE BROADCASTING WITH DAN & PETE
COACH'S CORNER FOOD TRUCK

GIVE AWAYS**

DOOR PRIZES**

SINCE 1976