



Senior Center
Kingsbury Fort Edward

December 2025 News



UKULELE CLUB ORCHESTRA

Senior Center Holiday Sing-along
December 18 at 10:30 am

The Senior Center will be closed Christmas week, from December 22 through 26. We will also be closed on December 31 and January 1st.

The center closes when the Washington County Nutrition Program and local schools are closed due to bad weather. Listen to local radio or TV for school closures



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.

DECEMBER HIGHLIGHTS

SENIOR CENTER CHRISTMAS HOLIDAY LUNCHEON

at The Idlehour, Fort Edward

Thursday, December 4th - 10 am – 2 pm

Senior Center Members Only

No Cost for our members, thanks to our SCKFE Board of Directors



HUDSON FALLS ROTARY CHRISTMAS/HOLIDAY LUNCHEON



at the Senior Center

Friday,
December 12th
12:00 Noon

See signup sheet at the Senior Center



CHRISTMAS CLOTHESLINE

Please bring in your Christmas Cards
and help us create our festive
Christmas Clothesline!

HOLIDAY FREE FOOD RUN

at the Senior Center:
Wed. Dec. 17 at 10am



SPECIAL HOLIDAY DESSERT

Friday,
December 19th
Ice Cream and
Brownies



UKULELE ORCHESTRA TOUR DATE

Wed. Dec. 17th, 3 pm at the
Home of the Good Shepherd



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 | 519-926-2940

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



GIVE. ADVOCATE. VOLUNTEER.

Tri-County
United Way

United
Way

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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)

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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.

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?

ARVILLE
GLENS FALLS
INDIAN LAKE
MADE
QUEENSBURY
FORT ANH

GREENWICH
HUDSON FALLS
LAKE LIZARDNE
LAKE PLEASANT
SALEM
WEST HEDRON

Contact Us:

transportation@warrenwashingtonrsvp.org

818-743-9158



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 10 sites

CALL US 818-743-9158



New Patients Welcome at All Locations

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

**HUDSON
HEADWATERS
HEALTH NETWORK**

HHHN.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

COUNCIL FOR PREVENTION
214 Main Street
Second Floor
Hudson Falls, NY 12839

Print Center

@CouncilforPrevention



The New York State Citizen Preparedness Corps Training Program

Invites you to participate in a private training event at:

Senior Center Of Kingsbury

78 Oak St, Hudson Falls NY 12839

January 20, 2026

10:45am-11:45am

Point of Contact: Max McDonnell 518-747-9352

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

Note: Disaster Preparedness Kits are not distributed at private training events. Seating will be on a first come, first serve basis. Max Capacity: 83

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

ARTS, CRAFTS, GAMES & BOOKS!

PAINT WITH LAURA BROWN Every Second Tuesday of the month at 1:30 pm, beginning Dec. 9

We will paint a winter scene with a snowy pine forest in acrylic paint.
All supplies will be provided.
In collaboration with High Peaks Hospice.

CRAFTS WITH ELAINE Every Third Friday at 10:00 am



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



UKULELE CLUB/ORCHESTRA Practice with Max McDonnell at the senior center each Wednesday 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!

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.
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**United
Way**



**Tri-County
United Way**

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.

CHAIR PILATES FOR SENIORS

Thursday – 1:30 pm

Instructor Caitlyn Whiting



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



CHAIR PILATES FOR SENIORS

MOVE

WITH CAITLYN

Join us for a gentle, effective, and low-impact chair pilates class designed specifically for seniors! This class focuses on improving strength, posture, balance, and flexibility — all while staying safely seated or using the chair for support.

Thursdays 1:30-2:30pm - Starts November 6th

We'll use chairs for stability and light dumbbells to help strengthen muscles around the joints, increase bone density, and enhance mobility.

Benefits include:

- Stronger muscles supporting your joints
- Improved posture, balance, and coordination
 - Increased bone strength
- A sharper mind-body connection through mindful movement and breathing

All levels are welcome, no prior experience needed!
Taught by Certified Pilates Instructor, Caitlyn Whiting

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



**Aging
In Place**

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.



LUNCH TOUR!

Enjoy a different local restaurant for lunch
the third Wednesday of each month

HOLIDAY FREE FOOD RUN

at the Senior Center:
Wed. Dec. 17 10am



Stay Healthy with SNAP!

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

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



SENIOR 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.

NOTARY PUBLIC

There is a licensed Notary Public at the Senior Center





DECEMBER CALENDAR

Thurs. Dec. 4	10 am-2pm	SCKFE Christmas / Holiday Luncheon at the Idlehour Club
Tues. Dec 9	11:15 am	Albany Med. Health - presentation w/ Ruth Fish
Tues. Dec. 9	1:30 pm	NEW: Paint with Laura Brown
Wed. Dec. 10	11:00 am	MVP Health Care w/ Jeffrey Brooks Medicare Sales Advisor
Thurs Dec. 11	10:30 am	WISE (Wellness Initiative for Senior Education) Lori Prock and Lindsay Stanislawski - Alzheimer Association – Maintaining a Healthy Lifestyle
Thurs. Dec. 11	12 noon	Tri-County United Way - Volunteers will help serve lunch
Fri. Dec. 12	12 noon	SCKFE / Hudson Falls Rotary Christmas / Holiday Luncheon
Tues. Dec. 16	11:00 am	The Eddy Eddy Health Alert w/ Andrea McGowen Program Manager
Wed. Dec. 17	10:00 am	Comfort Food Community's Holiday Free Food Run
Wed. Dec. 17	3:00 pm	Ukulele Orchestra Home of the Good Shepherd
Thurs. Dec. 18	10:30 am	Ukulele Orchestra Christmas / Holiday Sing-a-long at the SCKFE
Fri. Dec. 19		Special holiday dessert - Ice Cream and Brownies

The Senior Center will be closed Christmas week, from December 22 through 26.
We will also be closed on December 31 and January 1st.

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
First Monday	11:00 am	SCKFE Book Club
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
Second Tues	1:30 pm	Paint with Laura Brown
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
Wednesday	1:30 pm	Ukulele Club/Orchestra
Thursday	1:30 pm	Chair Pilates for Seniors w/Caitlyn Whiting
Third Wed.	11:30 am	Lunch Tour
Second Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse
Third 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](https://www.facebook.com/seniorcenterkingsburyfortedward)

THANK YOU TO OUR CONTRIBUTORS!



IRVING TISSUE



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



<https://www.arrowbank.com>



FORT HUDSON
HEALTH SYSTEM

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.

