



# March 2024 News

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC



## March is National Craft Month

We craft every month at the Senior Center, thanks to Sue Donovan (*Crafting with Sue*), Patrice Jarvis-Weber (*Paint with Patrice*), Sharon Karwowski (*Knitting with Sharon*) and Tammy Morehouse (*Memory Café*)

## Board of Directors:

- President: Debbie Beahan,
- Vice President: Jeanie Mullen
- Secretary: Sandy Wheeler
- Treasurer: Cassandra Allen
- Linda Buerkley
- Debra Williams
- Dave Cutler
- Cynthia Bardin
- Chris Miles
- Mary Beranek

Executive Director: John "Max" McDonnell  
Tel. 518-747-9352

email: maxmcdonnell@yahoo.com

Website: seniorcenterkfe.com

Facebook:

[www.facebook.com/seniorcenterkingsburyfortedward](http://www.facebook.com/seniorcenterkingsburyfortedward)

Open: Monday through Friday  
8:30 am to 4:00 pm.



## March is National Nutrition Month

The Senior Center thanks Kristin Stewart of ADRC for informing our members about good nutrition. Thanks also to Marcia McCormack (*Osteobusters*), Debbie Beahan (*Cardio Drumming*) and Dale LaPointe (*Silver Sneakers*) for making it easy and fun for us to develop good physical activity habits.



The center is closed when the Washington County Nutrition Program and the local schools are closed because of inclement weather. Please listen to your local radio or television stations for school closings.

**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.

# SOME MARCH HIGHLIGHTS

Washington County Office for Aging  
(Open to Washington County Adults 65+)  
and  
Argyle Central School's Drama Club  
Proudly presents:

Disney's  
**HIGH SCHOOL MUSICAL JR.**

March 14, 2024  
Dinner at 5:00pm

Show to Follow  
At Argyle Central School  
5023 State Route 40  
Argyle, NY  
12809

Frog's Turkey Breast with Gravy  
 Martha's Mashed Potatoes  
 Gabriella's Green Beans  
 Ryan's Buttery Rolls  
 Sharpay's Strawberry Shortcake

**\$5**  
~~10~~ Suggested Contribution

Tickets Available at Washington County Office for Aging  
383 Broadway, Fort Edward, NY 12828  
From February 1st- February 29th  
(Tickets will NOT be available at the door)  
For additional information please call: 518374 2578



Wed. March 20<sup>th</sup>  
Luzerne Senior Center  
Mardi Gras Luncheon



**BEGINNER TECHNOLOGY CLASS**  
Thursday, March 7<sup>th</sup>, 11:00am to Noon  
Southern Adirondack Independent Living Center is proud to host FREE technology classes at the Senior Center. Come with your technology questions and their trained professionals will be ready to help!



**MEMORY CAFÉ**  
Crafts with Tammy Morehouse  
Friday, March 8<sup>th</sup> 10:00 am.



Thursday, March 28<sup>th</sup> 12:30 pm  
Ice Cream Social with 50's & 60's music



**Are You at Risk for a Fall?**  
Join us for a discussion on Fall Prevention  
On  
March 7<sup>th</sup> from 11:00-12:00pm



**Preferred** Preferred Therapy  
Therapy Solutions  
The Pines at Glens Falls

# FUN!



## UKULELE CLUB/ORCHESTRA

Max McDonnell teaches ukulele lessons at the senior center each **Thursday, 10:30 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



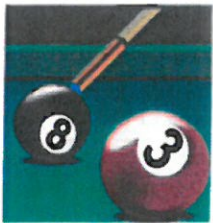
*Knitting With Sharon Karwowski*

Each Thursday  
10:00 to 11:30

Whether you're just learning or have been

knitting for years, you're welcome to join Sharon's knitting group at the Senior Center. The members knit items for charity, work on their own projects, socialize and make new friends. Beginners are helped by the "pros" and beginner lessons are available. Drop by and make new friends, revisit old skills or learn a new one.

## POOL LEAGUE



Pool League meets each Friday at 10:15 at the Senior Center. New members welcome.

The pool table is usually open at other times - check with Max for availability, 518-747-9352.

## CRAFTING WITH SUE!

Sue Donovan leads a craft hour on the first and third Fridays at 10:30 am. Sign up at the Center.



On March 1st we will be making a St. Patrick's Day shamrock wreath



On March 15th we will be making an Easter Bunny decoration

## PICKLEBALL



Pickleball Indoors  
Salvation Army, Broad Street,  
Glens Falls  
Mon. and Fri.  
9 am to Noon

Beginners welcome.

Call the Senior Center 518-747-9352 or Max at 518 222-6023 or Meleah Vanier at 518 229-3299

## GAMES AND BOOKS



At the Senior Center you can find a variety of board games and puzzles. There's usually a card game or two to get into 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.

## Paint with Patrice

Tuesday, March 26th at 1:30pm

At the Senior Center Kingsbury & Fort Edward Patrice will guide you to paint this 8 x 8 inch Petunia inspired by Georgia O'Keeffe using acrylic paint.

**All abilities welcome!** \$12 per person due at registration. All supplies included. For more info call 518-747-9352 or email [maxmcdonnell@yahoo.com](mailto:maxmcdonnell@yahoo.com)

United  
Way



Tri-County  
United Way

~~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



Hudson Headwaters Health Network has opened its 22<sup>nd</sup> health center, Glens Falls Family Health, a state-of-the-art facility at 38 Larose Street, Glens Falls. The new 30,000 square foot building will also be home to PACE (Program of All-

Inclusive Care of the Elderly). Expected to open in 2024, PACE is a community-based alternative to nursing home care for qualifying individuals ages 55 and older with multiple chronic health conditions. PACE will become the 10th PACE program in New York State and the first in the state sponsored by a Federally Qualified Health Center. Learn more at <https://www.pacehh.org/>.



## NUTRITION



**NY Connects**  
Your Link to Long Term  
Services and Supports

### WASHINGTON COUNTY OFFICE FOR AGING AND DISABILITIES RESOURCE CENTER (ADRC)

Join Kristin Stewart at the Hudson Falls Meal Site (Senior Center) **Third Tuesday of March, May, July, Sept, Nov, at 11:30.** No need to sign up or register. We will be doing something fun for nutrition education. Hope to "see" you all there!



**Nutrition Counseling:** Personalized guidance is offered to individuals who are at nutritional risk because of their health, nutrition history, dietary intake, chronic illness, or medication use. Nutrition Counseling is provided one-on-one by a registered dietician, who evaluates the person's nutritional needs, develops and implements a nutrition counseling plan, evaluates the individuals outcomes, maintains documentation and distributes appropriate literature.

Washington County Office for Aging contracts with Kristin Stewart for Registered Dietician Services. To qualify for Nutrition Counseling Services you must be a Washington County resident age 60 or older. There is a suggested contribution of \$2 per hour per consultation, however, **no one will be denied a consultation because of an inability or unwillingness to contribute.**

For further information or to schedule a consultation contact Office for Aging at (518) 746-2420 and a NY Connects Information Specialist will assist you.

### LUNCH AT THE SENIOR CENTER MONDAY THRU FRIDAY

Washington County Meal Site at Kingsbury Fort Edward Senior Center. Suggested contribution: \$3 for seniors ages 60 and over and \$5 for guests and seniors under 60. Sign up is required 24 hrs ahead – 518-747-9352



### 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 your Warren County Nutrition Outreach and Education Program Coordinator

**Ben Driscoll**

[bdriscoll@swwcc.org](mailto:bdriscoll@swwcc.org)

Catholic Charities of Warren County

35 Broad Street • Glens Falls, NY 12801

Office: 518.793.6312 ext. 32 • Mobile: 518.424.7525

Fax: 518.793.9499

# Humana.

# 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.

## 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](mailto: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](http://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](http://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.)



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

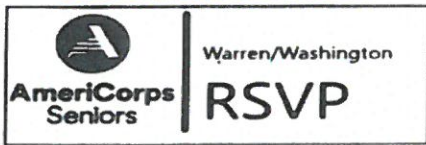
# FITNESS FUN

## 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



### CARDIO DRUMMING

Every Thursday, 10 to 10:30 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



SilverSneakers by Tivity Health® is a fun, energizing program that helps older adults take greater control of their health. Group classes are multi-level, equipment-based, total-body conditioning classes. The overall objectives are to minimize age-related physical deterioration, improve health-related and skill-related physical fitness to increase functional activities for daily living, and increase a sense of well-being.

**Monday 9-10am – SilverSneakers® Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Hand-held weights elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

**Wednesday 9-10am – SilverSneakers® Yoga** Move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction and mental clarity.

**Friday 9-10am – SilverSneakers® Circuit** Increase cardiovascular muscular endurance to great music while standing and completing low-impact choreography alternated with standing upper-body strength work using hand-held weights, elastic tubing with handles and a ball. A chair is available for support.



**COUNTRY LINE  
DANCING -  
EACH WEDNESDAY  
1:00 pm – 2:00 pm**

## 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





## MARCH 2024 CALENDAR

Tues March 5	10 am -2 pm	UHC/Aetna Medicare Q&A – Kelly Barlow
Thurs. March 7	11:00 am	SAIL Beginner Technology Class
Thurs. March 7	11:00 am	Fall Prevention with The Pines - at the Senior Center
Thurs. March 7	2 pm	Ukulele Orchestra at the Oaks
Fri March 8	10:00 am	Pop Up Memory Café – Crafts with Tammy Morehouse
Wed. March 13		“Registered Dietitian Nutritionist Day” – thank you Kristin Stewart!
Thurs March 14	11:00 am	Ukulele Orchestra – St. Patty’s Sing-A-Long
Thurs March 14	5:00 pm	Wash. Co Office for Aging & Argyle Central School Drama Club present “High School Musical” and Dinner (ticket sales end 2/29/24)
Fri. Mar 15	1:00 pm	Ukulele Orchestra performing at Queensbury Senior Center
Tues March 19		Nutrition with Kristin Stewart
Tues March 19	10:30 am	Neighbors NY – Jennifer Goodwin, Director of Operations
<b>Senior of the Year voting takes place from March 20 – March 27 – be sure to vote!</b>		
Wed March 20		Luzerne Senior Center Mardi Gras Luncheon
Thurs March 21	11:00 am	Medicare 101 presentation by MJ Murray
Mon March 25	11:00 am	CDPHP – Audrey Choiniere Medicare Account Manager
Tues March 26	1:30 pm	Paint with Patrice
Thurs Mar 28	12:30 am	Ice Cream Social with 50’s & 60’s music
<i>Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.</i>		
<b>WEEKLY ACTIVITIES</b>		
Each Weekday	Noon	Washington County Nutrition Program
Mon – Friday	Daily	Board games and card games
Monday	9:00 am	Silver Sneakers Classic
First Monday	10:30 am	Shopping
Mon. & Wed	9:30 am	Bingo
Mon & Fri	9 -Noon	Pickleball indoors Salvation Army, Broad St., Glens Falls
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Third Tuesday*	11:30 am	*March, May, July, Sept, Nov. Nutrition program - Kristin Stewart
Wednesday	9:00 am	Silver Sneakers Chair Yoga
Wednesday	1:00 pm	Line Dancing
Thurs.	10-10:30	Cardio Drumming
Thursday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
Thursday	10-11:30	Knitting with Sharon Karwoski
1 <sup>st</sup> & 3 <sup>rd</sup> Fri	10:30 am	Crafting Hour with Sue Donovan
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

**Possible New Activities (coming soon?) ROCK STEADY BOXING and MEDITATION. Rock Steady Boxing is an exercise program for individuals with Parkinsons and is the tenth fastest growing program across the myseniorcenter Network.)**

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!



**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.

