



CELEBRATING

50 YEARS

FEBRUARY 2026

The Senior Center of the Kingsbury & Fort Edward Area, Inc. celebrates its 50th anniversary in 2026 with year-long special events. More details on page 3.

You can learn about the Senior Center's early days in the article on page 2. It's amazing to see how much we've grown!

The Center is closed on Presidents Day, February 16th.



The center also 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
Paige Zahaba
Ruth Fish
Brooke Bardin

Executive Director: John "Max" McDonnell
Tel. 518-747-9352
email: maxmcdonnell@yahoo.com
Website: seniorcenterkfe.com

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

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

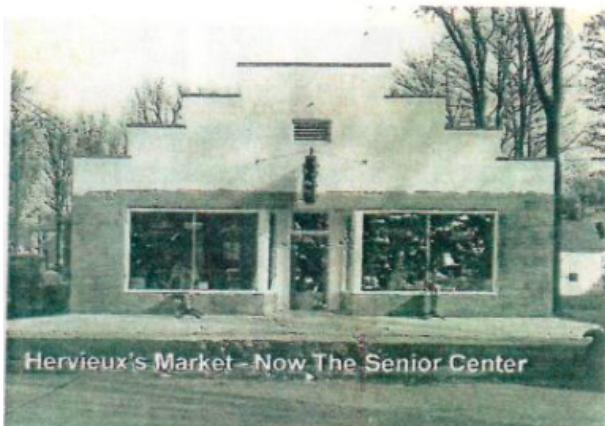
Our Senior Center is funded by the following municipalities and agencies: Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward. The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation 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.

EARLY SENIOR CENTER HISTORY



The current building at 78 Oak Street, Hudson Falls, NY began its life as Hervieux's Market, a neighborhood grocery owned by Louis and Alice Hervieux. The Hervieux family took ownership of the land in 1950 and the current building was built on the land.

In 1966, the property was transferred to the Village of Hudson Falls. At that time, it became the home of the J.W. Wait Hose Company, Inc. #2, a unit of the Village's Volunteer Fire Department.

After serving as the home of the Hose Company for about two decades, the Village of Hudson Falls consolidated much of its fire-fighting operation to the new building behind the Village Hall.

That's when the Village sold the building to the senior center corporation and it became the home of what was then known as "50+ Senior Citizens of Hudson Falls and Fort Edward, Inc."

In 1976, the senior center was incorporated under Section 402 of the New York State Not For Profit Corporation Law. During this same period, there was a membership club that operated under the same name "50+ Senior Citizens of Hudson Falls and Fort Edward." Sometime in the late 1980's, the name was changed to "60+ Senior Citizens of Hudson Falls and Fort Edward." The Corporation operated in different locations in its early years and operated only on Tuesday and Thursday. It was during this period of time that the Senior Citizens Club was the only organization that used the facilities under the Corporation.

In 1987, the Village of Hudson Falls sold the building where we are currently located to the Corporation for one dollar. During the initial years of operation in the current building, the "60+ Seniors Club" would meet in the building on Tuesday and Thursday. Those were the only days that the building was open. Originally, the members would bring their own lunches and participate in some activities that they would plan, e.g. dominos, cards and bingo.

In the late 1990's, the Washington County Office for the Aging [OFA] approached the Corporation Board to discuss using the building as a congregate meal site for its lunch program. With the signing of the agreement to serve as a meal site for OFA, the building was open five days a week, serving lunch to seniors age 60 or more from throughout Washington County.

In 2008, the Board of Directors of the Senior Center ratified new Bylaws that, among other things, changed the name of the corporation to its current name, "The Senior Center of the Kingsbury and Fort Edward Area, Inc." With the passage of the new Bylaws, the size of the Board of Directors was changed to a maximum of twelve, including appointed representatives from the four communities: the Towns of Kingsbury and Fort Edward and the Villages of Hudson Falls and Fort Edward, that provide the Senior Center with annual grants that help keep the organization running.



CELEBRATING 50 YEARS

SENIOR CENTER 50TH ANNIVERSARY VALENTINE'S DAY CELEBRATION CHOCOLATE FESTIVAL



February 13th, 10:30 am – Noon

Perfect for these frigid days, enjoy a cup of steaming hot chocolate, complete with an assortment of yummy toppings, with many thanks to Jennifer Haskin from the Pines.

COOKING WITH SENIORS

NEW 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 the 3rd Friday in February, March, April and May at the Senior Center Kingsbury Fort Edward. (Feb. 20, March 20, April 17 and May 15)



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)

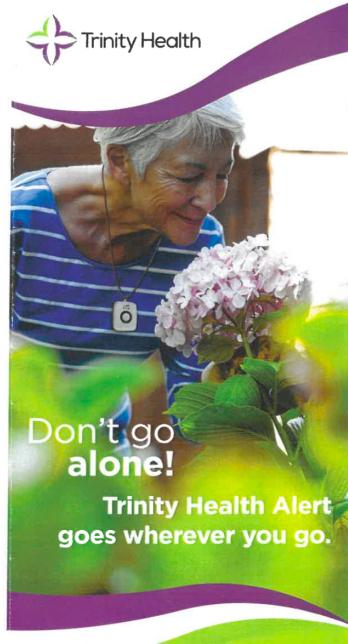
More than 4,000 local community members rely on us for 24/7 access to help.

To enroll, contact:

866-948-0589

thareferral@trinity-health.org

433 River St, Suite 300
Troy, NY 12180
www.trinityhealthalert.org



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, Pruyin Pavilion, 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

LET'S PUT ON A SHOW! COME SEE HOW SENIORS HAVE FUN!!!

Glens Falls Community Theatre presents the 2026 Senior Seminar*....

Holidays on Parade!



Join us as we take a unique ride "over the river and through the woods" celebrating the years' holidays in songs, stories and skits!

Learn how seniors do theater!

*This is a seminar that ends in a fully staged theatrical production. Participants help choose the numbers to be performed and develop the performance with the guidance of seminar directors and local professionals.

No experience is necessary! Bring friends, make new friends, have fun, perform or work backstage. The seminar is open to seniors 55+.

Performances: THURSDAY, APRIL 16, 2026
2:00 p.m. and 7:00 p.m. ~ Strand Theater, Hudson Falls

Sign Up at the program introduction on March 9, 2026 12-3 p.m. at Triads Music Center Rehearsal Room at 219 Main St. HF
(Back Entrance in the rear of the building)

Sessions are M, T, W & Th. 12-3 p.m. at Triads Music Center Rehearsal Room

The Workshop fee, which includes education pieces (seminars) relating to theater, is \$40, payable on March 9.

For general information or if you have any questions at all, please email or call us:

Doris Seipel, Director: dmseipel@roadrunner.com 518-743-0850

Joann Searles, Production Manager: joosearles@gmail.com 518-281-5383

Lynn Gorham, Assistant Director, Production Manager: img_theatre@yahoo.com 518-792-8764



**GIVE.
ADVOCATE.
VOLUNTEER.**

Tri-County
United Way

United Way

TRICOUNTYUNITEDWAY.ORG



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?

| | |
|-------------|---------------|
| ARGYLE | GREENWICH |
| GLENS FALLS | HUDSON FALLS |
| INDIAN LAKE | LAKE LUZERNE |
| HAGUE | LAKE PLEASANT |
| QUEENSBURY | SALEM |
| FORT ANN | WEST HEBRON |

Contact Us:

transportation@warrenwashingtonrsvp.org

518-743-9158



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 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



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



Paint with acrylic paint.

All supplies will be provided.

Our project for February is to paint a heart silhouette. See Pg. 5

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!



New Patients Welcome at All Locations

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



HHHN.org



Join **High Peaks Hospice** at the **Senior Center of Kingsbury & Fort Edward** for a collaborative event.

This guided painting session offers a space to learn skills while connecting with others.

Attendees will leave with their own custom heart silhouette themed painting.



FREE TO ATTEND!
RSVP TODAY Max McDonnell
(518) 747-9352



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



Warren/Washington

RSVP

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.

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



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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Good Shepherd

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





FEBRUARY CALENDAR

| | | |
|---------------|------------|--|
| Mon. Feb 2 | | National Ukulele Day |
| Fri. Feb 13 | 10:30-Noon | 50 th Anniversary Celebration/Valentines Day Celebration – Chocolate Festival |
| Mon. Feb 16 | | CLOSED – PRESIDENTS DAY |
| Tues. Feb. 17 | 11:00 am | The Eddy – Eddy Health Alert with Andrea McGowen, Program Manager |
| Fri. Feb. 20 | 9:00 | Cooking With Seniors |
| Fri. Feb. 20 | 1:00 pm | Ukulele Orchestra at the Oaks |

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 |
| 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) |

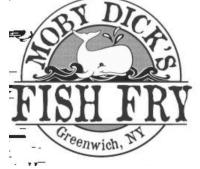
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Tel. 518-747-9352/Website: seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com/Facebook: [@seniorcenterkingsburyfortedward](https://www.facebook.com/seniorcenterkingsburyfortedward)

THANK YOU TO OUR CONTRIBUTORS!

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|--|---|---|---|--|
|  |  |  |  | |
|  |  <p>Kelly J. Barlow 518-429-1030, TTY 711</p> |  | | |
|  |  <p>FORMERLY NAMED GLENS FALLS NATIONAL and SARATOGA NATIONAL</p> <p>https://www.arrowbank.com</p> |  <p>McCann's Pharmacy & Adirondack Compounding</p> | | |
|  | <p>Fort Edward Idle Hour Club 30 Dr David Starbuck Lane P.O. Box 94 Fort Edward, NY 12828</p> |  | <p>Thomas Poultry Farm</p> | |
|  | <p>MANDY'S PIZZA & SUB SHOP</p> |  |  |  |
|  |  |  | | |
|  |  <p>BEST NURSING HOMES USNEWS 2024 Great Place to Work Certified Long-Term Care CMS RATED 5 STAR QUALITY MEASURES</p> |  | | |
|  |  |  | | |
|  |  <p>ST PETER'S HEALTH PARTNERS</p> |  | | |
|  <p>NEW YORK STATE OF OPPORTUNITY.</p> <p>NY Connects Your Link to Long Term Services and Supports</p> | <p>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.</p> |  | | |