



**Senior Center**  
Kingsbury Fort Edward

# August 2025 News

## ANNUAL SENIOR PICNIC

**Place: Idle Hour Club**  
**30 Dr. David Starbuck Lane, Fort Edward**  
**Thursday, August 14, 2025, 10 am to 2 pm**



**Cost \$8.00 – See Max McDonnell**

**Coffee & Muffins at 10:00 am**  
**Lunch: Grilled Hot Dogs, Hamburgers, Sausage,**  
**Onions & Peppers, Potato Tots, Pasta Salad,**  
**Dessert**  
**Door Prizes, 50/50 Raffle**  
**(Senior Center members and sponsors only)**

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

seniorcenterkingsburyfortedward

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

Check out our new updated Senior Center KFE website, now phone and tablet friendly!  
Many thanks to Tom Darfler for the new design!

<https://www.seniorcenterkfe.com>

**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.

# AUGUST SPECIALS

**CELEBRATING  
"NATIONAL GOLF MONTH"**  
Senior Center "Putting Contest"  
Friday, August 1<sup>st</sup>, 10:30 am



**ICE CREAM SOCIAL**  
Thursday, August 7, 2025 12:30 pm  
United Health Care - Kelly Barlow

## UKULELE ORCHESTRA TOUR DATES

Thurs. Aug 7 – 12:30 pm at  
Moreau Community Center  
Thurs. Aug. 21 – 12:00 noon at  
Glens Falls Commission for the Blind



## SENIOR SUMMER PICNIC

Place: Idle Hour Club  
30 Dr. David Starbuck Lane  
Fort Edward

Thursday, August 14, 2025, 10 am to 2 pm

Cost \$8.00 – See Max McDonnell

Coffee & Muffins at 10:00 am

Lunch: Grilled Hot Dogs, Hamburgers, Sausage, Onions & Peppers,  
Potato Tots, Pasta Salad, Dessert

Door Prizes, 50/50 Raffle

(Senior Center members and sponsors only)

## CONGRATULATIONS TO PHIL ALLEN

Senior Center member and lifelong resident of the Kingsbury, Hudson Falls area, Phil Allen, age 86, has received his high school diploma with the Hudson Falls CSD Class of 2025!

Phil was the youngest child of Herb and Sarah Allen and one of 11 siblings. From a young age he had a passion for building, a craft that ran in the family. He began first grade in 1943 and as he entered high school, he quickly found joy in shop classes. He attended school in a building known as Margaret Murphy Elementary School, and had he stayed on, he would have been part of the very first Hudson Falls graduating class. When he wasn't pulling pranks, Phil was playing football, baseball and track and waiting for his dad to finish putting up the basketball hoops so the first basketball game could be played.

Phil left school early. It was a decision that disappointed his father, but he quickly took up a 4-year carpentry apprenticeship in Glens Falls and joined the Hudson Falls local carpenter union. He helped build Whiteman Chevrolet and hundreds of other projects across the region. At age 21, when work slowed, he joined the Army, not out of duty at first but out of need. Basic training began in 1958 and in the middle of it all he asked for one day off to go home and get married. His Army service led him to Fort Maryland, where he trained as a teletype repairman and reconnected with a hometown friend, Lefty O'Donnell. Together, they served in the 69th Signal Battalion, worked hard, and in Phil's words "caused some trouble." Then came a twist of fate. A casual conversation with a man being discharged led Phil into the Army's carpenter shop, where he served an additional two and a half years as the company carpenter. After his service, he returned home and went on to help form a carpentry business, worked nine years at Finch Pryne as a shop steward and eventually became the business representative for the Carpenters Union, a position he held with pride for 25 years, all while raising six children with his loving wife.

The process of obtaining a high school diploma has not been easy. After many hours of discussion with Hudson Falls High School officials, it was decided that Phil would be given his diploma along with the graduation class of 2025. You can listen to his story and watch Phil receive his high school diploma on Youtube at:

<https://www.youtube.com/watch?v=5LARHe43nAg> Phil's story begins at 1:04:28 in the video.





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.

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, Pruyn Pavilion, Floor 3  
Glens Falls, NY 12801 | 518-726-2940

[GlensFallsHospital.org/AlzheimerCenter](http://GlensFallsHospital.org/AlzheimerCenter)

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



Trinity Health

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](mailto:thareferral@trinity-health.org)

433 River St, Suite 300

Troy, NY 12180

[www.trinityhealthalert.org](http://www.trinityhealthalert.org)



Trinity Health



Don't go  
alone!

Trinity Health Alert  
goes wherever you go.

COMFORT FOOD COMMUNITY'S

**FREE**  **2025**  
**FOOD RUN**

Wednesdays 7/9/25 - 9/17/25  
No Service on 9/3/25



[WWW.COMFORTFOODCOMMUNITY.ORG](http://WWW.COMFORTFOODCOMMUNITY.ORG)



[MART@COMFORTFOODCOMMUNITY.ORG](mailto:MART@COMFORTFOODCOMMUNITY.ORG)

### KINGSBURY SENIOR CENTER

78 Oak St. Hudson Falls, NY  
10 am to 10:30 am

### ASCEND MENTAL WELLNESS

50 Cooper St. Glens Falls, NY  
10:45 am to 11:15 am

### CEDARS SENIOR LIVING COMMUNITY

35 Evergreen Ln. Queensbury, NY  
11:45 am to 12:45 pm

### CORINTH SENIOR CENTER

22 Hamilton Ave. Corinth, NY  
1:15 pm to 1:45 pm



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

#SeniorCenter

## 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

**Car Show August 13th**

roud of your wheels. Does not have to be classic to be in this show

ring your vehicle to display and show others your special rid

All are welcome Event will take place at the "Food Truck"

parking area on the main campus

This event is in support of the Fort Hudson Nursing Home

We will be collecting prizes for bingo game winners. Prizes can be for males or females



Rain Date - August 14th

Contact Joe Billetdoux at 746-2121 or

JBilletdoux@washingtoncountyny.gov to save a spot!



**GIVE.  
ADVOCATE.  
VOLUNTEER.**

Tri-County  
United Way

United  
Way

TRICOUNTYUNITEDWAY.ORG



# ARTS, CRAFTS & GAMES



## UKULELE 101

Want to join in all the fun but don't know how to play?  
Max McDonnell teaches ukulele for beginners,  
each Thursday at 10:30 at the Senior Center

Created with Image Creator from Designer



## MEMORY CAFÉ

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

## CRAFTS WITH JUDY

Every third Friday  
of the Month



## UKULELE CLUB/ORCHESTRA

Practice with Max McDonnell  
at the senior center each  
**Wednesday 1:30 – 3:00**

New members are welcome.

(Don't know how to play? Max teaches  
Ukulele 101 Thursdays at 10:30 am)

*"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



## 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.



## 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.



# Hot!



SIZZLING  
 STEAMY  
 MUGGY  
 TORRID  
 HUMID  
 SWEAT  
 HEATWAVE  
 UNBEARABLE  
 BOILING HOT  
 HOT AS HADES  
 BURNING HOT  
 SCORCHING  
 OPPRESSIVE  
 DOG DAYS  
 BAKING  
 TROPICAL  
 FIERY  
 BLISTERING  
 HOT AS HELL

Play this puzzle online at : <https://thewordsearch.com/puzzle/8588592/>



## New Patients Welcome at All Locations

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



HHHN.org

# FITNESS

## 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



## 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**



## ZUMBA CLASS



Zumba with Ann Giroux  
Tuesdays at 1:30 pm

## STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying strong and stable!

## YOGA & MEDITATION CLASS

Wednesday – 9:30 am

Instructor Jenny Hunt

Develop body alignment and breath awareness  
Regular meditation improves memory, focus,  
attention and concentration.

## 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\_25360\_C





## 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



## 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

### *Stay Healthy with SNAP!*

For more information on how SNAP can help you, contact  
Washington County Nutrition Outreach and Education  
Program Coordinator Evan WeiHING  
[eweihing@swwcc.org](mailto:eweihing@swwcc.org)

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



# 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.)





## AUGUST CALENDAR

Fri Aug 1	10:30 am	SCKFE "Putting Contest" – celebrating National Golf Month
Tues. Aug. 5	11:00 am	Arrow Bank's Fraud Team presentation on "Common Scams to Seniors"
Thurs Aug 7	10:30 am	WISE (Wellness Initiative for Senior Education) Lori Prock
Thurs Aug 7	12:30 pm	Ukulele Orchestra at Moreau Community Center
Thurs. Aug 7	12:30 pm	Ice Cream Social - United Health Care - Kelly Barlow
Fri. Aug 8	2:00 pm	Home of the Good Shepherd – Al and Kathy Bain
Tues Aug. 12	11:00 am	Trinity Health with Andrea McGowen, Program Manager, The Eddy, Eddy Health Alert
Thurs. Aug. 14	10am-2pm	Annual Senior Summer Picnic at Idle Hour Club
Tues. Aug. 19	11:15 am	Albany Med Health System presentation by Ruth Fish, RN,C-FNP Community Educator, Glens Falls Hospital Neurology/AMHS
Wed. Aug. 20		Washington County Fair – Senior Day
Thurs Aug. 21	12:00 noon	Ukulele Orchestra at Glens Falls Commission for the Blind
Tues. Aug 26	11:15 am	Glens Falls Commission for the Blind – Phil Jensen
Thurs. Aug. 28	11:00 am	Caregiver Wellness & Respite Center – presentation by Colleen Salisbury Outreach Specialist

*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
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
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	10:00 am	Comfort Food – free food run – beginning July 9th
Wednesday	1:30 pm	Ukulele Club/Orchestra practice
Thurs.	10-10:30	Cardio Drumming
Thurs.	10:30 am	Ukulele 101 – beginner lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
2 <sup>nd</sup> Friday	10:00 am	Memory Café – Crafts with Tammy Morehouse
3 <sup>rd</sup> Friday	10:00 am	Judy's Crafts
Friday	10:15 am	Pool League (See Helen or Nancy for more info)
TBD	TBD	Wii Bowling at the Senior Center – sign up at the senior center

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!



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



ST PETER'S HEALTH PARTNERS



**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.



