

# April 2024 Fishkill Senior Center

845-831-3371

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm Sign-ups for Cinco-9:30 Res 12:30- Non-Active/Non-Res	Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	BINGO: 9:30am-12:00pm	6
7	Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club 1pm Weather Permitting	Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	Spring Fling Party Doors Open at 10am Must be Pre-Registered  No Exercise or Card Games Today!	BINGO: 9:30am-12:00pm	13
14	No Zumba Gold Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	Fitness Club: 8:15-9:15 No Yoga No Chair Yoga Card Players' Club & Social Hr 9:30am-2:00pm	Be Green Consignment  No Tai Chi	Be Green Consignment  No Senior Center	Be Green Consignment  No Senior Center	20
21	Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club 1pm Weather Permitting	Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm Sign-ups for the 4th Party-9:30 Res 12:30- Non-Active/Non-Res	Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm Jersey Dreamers Trip 9:30am arrival	Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Crochet Club-10am Book Club Mtg 12:30pm	Birthday Bash BINGO: 9:30am-12:00pm	27
28	Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm				



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#### **Email & Text Notifications!**

We now have the ability to send notifications out via email AND Text message. Signup to receive updates on programs cancellations and more at FishkillRecreation.com or call 845-831-3371.





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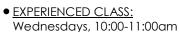
Walking can burn calories, strenathen vour heart, lower vour blood sugar, and ease joint pain!

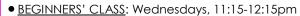
- Will resume in the Spring
- Wear comfortable clothina.

sneakers, and bring a water bottle MUST PRE-REGISTER by calling the Rec Office at 845-831-

### Tai Chi Classes

Low Impact Exercise, Improves Balance & Breathing!





- \$50 for 6 sessions or \$10/class
- Wear comfortable clothing, sneakers, and bring a water bottle.
- **MUST PRE-REGISTER** by contacting Dennis O'Brien:
  - 0 845-325-2070
  - o dennisob628@gmail.com

Mahjong, Pinochle, & More!

- Tuesdays & Thursdays, 9:30am-2:00pm
- \$1 Entrance Fee





Light weight, slow movement exercises designed to strenathen muscles and bones! Tuesdays & Thursdays. 8:15am-9:15am \$1 Entrance Fee

Wear comfortable aym clothing, sneakers, & bring a water bottle

**Book Club-** Meets once per month to discuss the book that was read. A special "snack" is served and all are encouraged to give their thoughts on what they read. A new book will be picked at each meeting, bring suggestions. Please contact the Rec to sign-up.





BINGO with a deck of cards;

- Mondays, 9:30am-11:00am
- \$1 Entrance Plus 10 Quarters
- **Exact Change ONLY**



Fridays

\$1 entrance fee plus \$2 per card

- (Must bring exact change)
- Doors open @ 9:30am. Last card sold at 9:50am
- Birthday Bash Bingo-\$2/Slice & Free Cake

CROCHET CLUB 10 MM



Bring your crochet and socialize with other crotchet club members 3<sup>rd</sup> Thurs of each month unless otherwise noted.









FishkillRecreation.com