



FishkillRecreation.com

FISHKILL RECREATION

793 Route 52, Fishkill, NY 12524 - tel. 845.831.3371 - fax 845.831.3169 - www.fishkillrecreation.com

Feb 2025

Fishkill Senior Center

845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Zumba Gold -9-9:45 Card BINGO: 9:30am-11am	4 Fitness Club: 8:15-9:15AM Yoga 9-10am Chair Yoga 10:15-11:15AM Card Players' Club & Social Hr 9:30am-2:00pm Sign-ups for St. Patricks- 9:30am-Active Res/12:30- Non- Res/Non- Active Mem	5 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	6 Fitness Club 8:15-9:15AM Card Players' Club & Social Hour: 9:30am-2pm	7 BINGO: 9:30am-11:30am	8
9	10 Zumba Gold -9-9:45 Card BINGO: 9:30am-11am	11 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr. 9:30am-2:00pm	12 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	13 Valentines Party Doors open at 10am Must be signed up No Card Players No Fitness Club	14 Snow Date for Valentines Party No Bingo	15
16	17 	18 Fitness Club: 8:15-9:15AM Yoga 9-10am Chair Yoga 10:15-11:15AM Card Players' Club & Social Hr 9:30am-2:00pm	19 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	20 Fitness Club 8:15-9:15AM Card Players' Club & Social Hr 9:30am-2:00pm	21 BINGO: 9:30am-11:30am	22
23	24 Zumba Gold -9-9:45 Card BINGO: 9:30am-11am	25 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm Crochet Club- 10am	26 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	27 Fitness Club 8:15-9:15AM Card Players' Club & Social Hour: 9:30am-2pm Book Club 12:30PM Casino Sign-ups -9:30am- Active Res 12:30PM Non- Res/Non -Active Members	28 Birthday Bash Bingo 9:30am-11:30am	



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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.

Walking Club



Walking can burn calories, strengthen your heart, lower your blood sugar, and ease joint pain!

- Will resume in the Spring
- Free
- Wear comfortable clothing, sneakers, and bring a water bottle

Tai Chi Classes



Low Impact Exercise, Improves Balance & Breathing!

- **EXPERIENCED CLASS:** Wednesdays, 10:00-11:00am
- **BEGINNERS' CLASS:** Wednesdays, 11:15-12:15pm
- \$50 for 6 sessions or \$10/class
- Wear comfortable clothing, sneakers, and bring a water bottle.
- **MUST PRE-REGISTER** by contacting Dennis O'Brien:
 - o 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 strengthen muscles and bones!

Tuesdays & Thursdays.
8:15am-9:15am
\$1 Entrance Fee

- Wear comfortable gym 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
10AM



Bring your crochet and socialize with other crotchet club members
3rd Tues of each month unless otherwise noted.



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