



Jan 2024 Fishkill Senior Center 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED for New Years	2 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	3 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	4 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	5 Yoga 9-10 BINGO: 9:30am-12:00pm	6
7	8 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am	9 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm Val Party Begin - Res who are active Mem 9:30am-Everyone else 12:30PM	10 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	11 No Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	12 Yoga 9-10 BINGO: 9:30am-12:00pm	13
14	15 	16 No Fitness Class Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	17 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	18 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	19 Yoga 9-10 BINGO: 9:30am-12:00pm	20
21	22 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am	23 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	24 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	25 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Crochet Club-10am Book Club-12:30PM	26 Yoga 9-10 Birthday BINGO: 9:30am-12:00pm	27
28	29 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am	30 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 Res who are Active Members- St. Patrick's	31 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm Life Line Screening			



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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

MUST PRE-REGISTER by calling the Rec Office at 845-831-3371

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
10 AM



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



FishkillRecreation.com