

March2024 Fishkill Senior Center 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga 9-10 BINGO: 9:30am-12:00pm	2
3	4 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am	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 Spring Fling- Res:9:30AM/Non-12:30PM	6 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	7 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	8 Yoga 9-10 BINGO: 9:30am-12:00pm	9
10	I1 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am	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	St. Patrick's Day Party Doors open at 10am No Exercise or Card Players today	15 Yoga 9-10 BINGO: 9:30am-12:00pm	16
17	18 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am	19 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 Trip to the CIA-10:30am Arrival @ Rec Center	21 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Crochet Club-10am	Yoga 9-10 Birthday BINGO: 9:30am-12:00pm	23
24	25 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am	26 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	27 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	28 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Book Club-12:30PM	No Bingo Good Friday	30/31



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

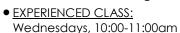
- Will resume in the Spring
- Free
- Wear comfortable clothing,

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!



- 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:
 - 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 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 Thurs of each month unless otherwise noted.









FishkillRecreation.com