






March 2026 Fishkill Senior Center 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Zumba Gold: 9:00-9:45 Card BINGO: 9:30am-11am	3 Fitness Club: 8:15-9:15AM Yoga: 9am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr: 9:30am-2:00pm	4 Tai- Chi Intermediate: 10:00-11:00am Tai- Chi Beginner: 11:15-12:15 Disco Party Res Sign-ups: 9:30am/Non-Res 12:30pm	5 Fitness Club: 8:15-9:15AM Card Players' Club & Social Hr: 9:30am-2:00pm	6 BINGO: 9:30am-11:30am 	7
8	9 Zumba Gold: 9:00-9:45 Card BINGO: 9:30am-11am	10 Fitness Club: 8:15-9:15AM Yoga: 9am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr: 9:30am-2:00pm	11 Tai- Chi Intermediate: 10:00-11:00am Tai- Chi Beginner: 11:15-12:15	12 St. Patrick's Day Party Doors open @ 11am Must be registered	13 BINGO: 9:30am-11:30am Taconic Seminar Fall Prevention 11:45am	14
15	16 Zumba Gold: 9:00-9:45 Card BINGO: 9:30am-11am	17 Fitness Club: 8:15-9:15AM Yoga: 9am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr: 9:30am-2:00pm Art Club: 10am	18 Tai- Chi Intermediate: 10:00-11:00am Tai- Chi Beginner: 11:15-12:15	19 Fitness Club: 8:15-9:15AM Card Players' Club & Social Hr: 9:30am-2:00pm	20 Birthday Bash BINGO: 9:30am-11:30am 	21
22	23 Zumba Gold: 9:00-9:45 Card BINGO: 9:30am-11am	24 No Fitness Club: Yoga: 9am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr: 9:30am-2:00pm	25 Tai- Chi Intermediate: 10:00-11:00am Tai- Chi Beginner: 11:15-12:15	26 No Fitness Club: Card Players' Club & Social Hr: 9:30am-2:00pm Book club: 12:30pm	27 BINGO: 9:30am-11:30am 	28
29	30 Zumba Gold: 9:00-9:45 Card BINGO: 9:30am-11am	31 NO Fitness Club: Yoga: 9am 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.

Walking Club



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

- Be prepared to walk up hills
- Free
- Wear comfortable clothing,

sneakers, and bring a water bottle

- Will Resume in the Spring

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

Art Club 10 AM

3rd Tues of each month unless otherwise noted.



FishkillRecreation.com