



Nov 2024 Fishkill Senior Center 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BINGO: 9:30am-12:00pm Blood Pressure	2
3	4 Zumba Gold -9-9:45 Card BINGO: 9:30am-11am Walking Club 1PM Weather Permitting	5 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 Holiday Party Active Fishkill Members 9:30AM	6 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	7 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Sign-ups for Holiday Party Non Fishkill /Non active Members if space permits. 9:30AM	8 BINGO: 9:30am-12:00pm	9
10	11 	12 Fitness Club 8:15-9:15AM No Yoga No Chair Yoga Card Players' Club & Social Hr 9:30am-2:00pm	13 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15 Lancaster Trip -7am Town Hall	14 No Fitness Club Card Players' Club & Social Hr 9:30am-2:00pm 2nd Day of Lancaster Trip 7:15PM Arrive back at Fishkill	15 BINGO: 9:30am-12:00pm	16
17	18 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	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 Crochet Club- 10am	20 Tai Chi Intermdiate 10-11am Tai- Chi Beginner 11:15-12:15	21 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Book Club: 12:30pm	22 BINGO: 9:30am-12:00pm	23
24	25 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club-1pm Weather Permitting	26 Fitness Club 8:15-9:15AM Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	27 No Tai- Chi Intermediate No Tai- Chi Beginner	28 	29	30



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

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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 Tues of each month unless otherwise noted.

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