



# Oct 2024

# Fishkill Senior Center

# 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No Fitness Club Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	2 AARP Defensive Driving Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	3 No Fitness Club Card Players' Club & Social Hour: 9:30am-2pm	4 BINGO: 9:30am-12:00pm	5
6	7 Zumba Gold -9-9:45 Card BINGO: 9:30am-11am No Walking Club Vaccine Clinic 1-2PM	8 No Fitness Club Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	9 AARP Defensive Driving Adult Art Class Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	10 No Fitness Club Card Players' Club & Social Hour: 9:30am-2pm	11 BINGO: 9:30am-12:00pm	12 Fall Festival Geering Park 12-3
13	14 	15 Fitness Club Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	16 AARP Defensive Driving Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	17 Fitness Club 8:15-9:15AM Card Players' Club & Social Hr 9:30am-2:00pm	18 BINGO: 9:30am-12:00pm	19
20	21 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting Vaccine Clinic 1:30-2:30	22 Fitness Club 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	23 Tai Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15 Jersey Dreamers Arrive at Town Hall at 9:15AM	24 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Crochet Club- 10am Book Club: 12:30pm	25 Birthday Bash BINGO: 9:30am-12:00pm	26
27	28 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club-1pm Weather Permitting Vaccine Clinic 1:30-2:30	29 No Fitness Club No Yoga Halloween Party Doors Open 10AM Must be registered	30 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	31 No Card Players/Exercise Little Rascals Halloween Party		



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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](http://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](mailto: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  
3<sup>rd</sup> Thurs of each month unless otherwise noted.



**FishkillRecreation.com**