



FishkillRecreation.com

FISHKILL RECREATION

793 Route 52, Fishkill, NY 12524 - tel. 845.831.3371 - fax 845.831.3169 - www.fishkillrecreation.com

Sept 2024

Fishkill Senior Center

845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  WE WILL BE CLOSED FOR LABOR DAY	2	3 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm Halloween Party sign-ups 9:30am- Residents 12:30am- Non Residents	4	5 Fitness Club Card Players' Club & Social Hour: 9:30am-2pm	6 BINGO: 9:30am-12:00pm	7
8	9 No Zumba Gold Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	10 Fitness Club: 8:15-9:15 No Yoga No Chair Yoga Card Players' Club & Social Hr 9:30am-2:00pm Trip to Bear Mtn- 10:30 arrival	11 Closed for Be Green Consignment	12 Closed for Be Green Consignment	13 Closed for Bee Green Consignment	14
15	16 Zumba Gold -9-9:45 Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	17 Fitness Club Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	18 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	19 No Fitness Club No Card Players' Club & Feast of San Gennaro Doors open 10am- must be registered.	20 BINGO: 9:30am-12:00pm	21
22	23 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11am Walking Club 1pm Weather Permitting	24 Fitness Club 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	25 Tai- Chi Intermediate 10-11am Tai- Chi Beginner 11:15-12:15	26 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Crochet Club- 10am Book Club: 12:30pm	27 Birthdday Bash BINGO: 9:30am-12:00pm	28
29	30 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club- 1pm Weather Permitting					



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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

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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 Thurs of each month unless otherwise noted.



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