

FEBRUARY 2019

call 831-3371

Open Mon, Tues, Thurs, and Fri 9:30 – 2:00 Exercise Mon, Wed, Fri 8:30 – 9:30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BINGO & PIZZA  St. Pats sign up	2
3	4 Card Bingo 10:30AM 	5 Yoga Baking for the val/chinese New Year Party	6 Exercise	7 Zumba Gold Valentines Party/Chinese New Year Lunch@11:30am	8 BINGO & PIZZA 	9
10	11 Card Bingo 10:30AM Fall Prevention Presentation! Please stay for very important meeting.	12 Yoga Social Hour Card Games Pinocle Mahjong	13 Exercise	14 Zumba Gold Happy Valentine's Day! 	15 BINGO & PIZZA 	16
17	18 Closed for 	19 Yoga Social Hour Card Games Pinocle Mahjong	20 Exercise	21 Zumba Gold 	22 BIRTHDAY BASH BINGO & PIZZA 	23
24	25 Card Bingo 10:30AM 	26 Yoga PaperMill PlayHouse Sign-up!	27 Exercise	28 Zumba Gold Social Hour Card Games Pinocle Mahjong		

FEBRUARY BIRTHDAYS

Mabel Schmalzl 2/6	Anne Marie DeGiacomo 2/9	Ruth Paterson 2/13	Chung Park 2/18	Mary Leacy 2/22	Diana Mueller 2/27
Florence Johnson 2/6	Patricia Galbraith 2/9	Anne Longo 2/14	Emily Singleton 2/18	Jan Ravase 2/22	James Durso 2/28
Chris Shannon 2/7	Judy Delaney 2/10	Jan Scofield 2/15	Maryann Martinez 2/19	Diane Dufresne 2/23	
Rosa Zirilli 2/7	Helen Brandonisi 2/11	Norma Daza 2/15	Ann Carnathan 2/20	Helen Jenkins 2/25	
Shirley Bell 2/8	Dorothy Weydig 2/12	Wilma Sirota 2/16	Paula Donnelly 2/22	Josephine Raimondo 2/27	

Fishkill Recreation's Senior Citizen Center

845-831-3371

Hours of Operation:

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-2:00	9:30-2:00	CLOSED	9:30-2:00	9:30-2:00

REGULAR SCHEDULE OF ACTIVITIES:

Exercise Class: \$1 per day

Monday, Wednesday, & Fridays: 8:30-9:30am.

Lightweight, slow movement exercises to build muscle. Similar to Silver Sneakers. This class has proven beneficial against osteoporosis.

Card Bingo:

Mondays at 10:30am.

Bingo with a deck of playing cards.

Bring \$3.00 in quarters.



Yoga: \$10 per class

Tuesdays at 9:00-10:00am.

Wear Comfortable Clothing & bring a yoga mat.

Meg Foster for questions:

845-656-0530

Margyfos19@gmail.com



Zumba Gold: \$4 per class

Thursdays at 9:00am.

Latin inspired dance fitness class for seniors.

Meg Foster for questions:

845-656-0530

margyfos19@gmail.com



BINGO:



Fridays at 9:30am.

\$1 Entry/Membership.

\$2/card.

\$1.50/slice of Pizza. Signup before 10:15am.

50/50 Raffle tickets sold



Birthday Bash BINGO: (See "BINGO" above for other details)

Last Friday of the Month.

Birthday Cake supplied by Rec Center.

At lunch time, we recognize all of the birthday

men and women of the month by singing "Happy Birthday."

Everyone gets a piece of cake.



Card Bingo:

Is played in groups of 4, where everyone gets 13 cards. The caller yells out the cards and who ever has that card, puts it into the center. The first person to get rid of all their cards, yells Bingo! Each game is .25 and we play 12 games (\$3.00).

CALENDAR OF SPECIAL EVENTS/ACTIVITIES:

February 1st:

Sign up for St. Patricks Party



February 5th! Baking for the party on Thursday.

February 7th: Valentines Party/Chinese New Year

Lunch is served at 11:30am! Center is open regular time, 9:30am.



February 11th: The Trauma Injury Prevention

Coordinator for VBMC will be presenting a free interactive program about modifying fall risk. Every 11 seconds, an older adult is treated in the ER for a fall. 75% of these falls occur in the home. Yet, many of these falls are preventable through education, home modifications and participation in specialized classes.

February 18th : Closed for Presidents Day

February 21st : Crochet with Susan:

It's Free! 10am!



February 26th:

Sign-up for the PaperMill Playhouse trip!