

# January 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 <b>Closed for For New Years</b>	2 Exercise	3 <b>Zumba Gold</b> Sign up for the hero lunch!	4 BINGO &  PIZZA 	5
6	7 Card Bingo 10:30AM   Sign up for the Valentines/Chinese New Year Lunch	8 Yoga <b>Social Hour</b> Card Games Pinocle Mahjong	9 Exercise	10 <b>Zumba Gold</b> <b>Social Hour</b> Card Games Pinocle Mahjong	11 BINGO & PIZZA  	12
13	14 Card Bingo 10:30AM 	15 Yoga <b>Social Hour</b> Card Games Pinocle Mahjong	16 Exercise	17 <b>Zumba Gold</b> Crotchet Club 	18 BINGO   & PIZZA <b>Last day for Hero Lunch</b>	19
20	21 <b>Closed</b> 	22 Yoga <b>Social Hour</b> Card Games Pinocle Mahjong	23 Exercise	24 <b>Zumba Gold</b> LUNCHEON 	25 <b>BIRTHDAY BASH</b> BINGO & PIZZA 	26
27	28 Card Bingo 10:30AM	29 Yoga <b>Last day to sign up for the Chinese Lunch</b>	30 Exercise	31 <b>Zumba Gold</b>		
31						

## JANUARY BIRTHDAYS

Ellie McGeary 1/1  
Shirley Stanton 1/1  
Richard Jerro 1/2  
Mary Grippo 1/2  
Flavia Bosaz 1/3

Viola Lucato 1/7  
Franca Petrillo 1/9  
Lenore Loscalzo 1/9  
Dorothy Foy 1/17  
Maryann vonEgypt 1/18

Moning Lin 1/18  
Eleanor Macaluso 1/21  
Emil Sommerfeldt 1/22  
Ana Maria Irizarry 1/23

John Fodera 1/23  
Carolyn McIntosh 1/26  
Marion Imperatore 1/27  
Joan Durso 1/28

Anne Delaney 1/31

# 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.



### 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

### Card Bingo:

Mondays at 10:30am.

Bingo with a deck of playing cards.

Bring \$3.00 in quarters.



### 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.

**Birth Bash BINGO:** (See "BINGO" above for other details)

Last Friday of the Month.

Birth 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:

**January 1<sup>st</sup>:- Closed for New Years**

**January 3rd: Sign ups begin for the Chicken Parm/Eggplant Hero Luncheon \$10  
Last day to sign up Jan 18<sup>th</sup>  
Lunch is 1/24**



**January 7<sup>th</sup>: Sign up for the Chinese New Year/Valentine's Day Lunch \$10**



**January 17<sup>th</sup>: Crochet with Susan-10am**



**Closed 1/21- Martin Luther King Day**



**January 24<sup>th</sup>: Hero Luncheon 11:30am**

