



FishkillRecreation.com

FISHKILL RECREATION

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

June 2024 Fishkill Senior Center 845-831-3371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Zumba Gold 9-9:45 No Card BINGO: 9-9:45 9:30am-11am No Walking Club	4 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	5 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	6 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm	7 BINGO: 9:30am-12:00pm	8
9	10 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club 1pm Weather Permitting	11 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	12 Tai Chi Exp. Class 10-11am Tai Chi Beginners' Class: 11:15-12:15pm	13 Fitness Club: 8:15-9:15 Card Players' Club & Social Hour: 9:30am-2pm Sign-ups for Picnic/Music @The Rec- 9:30 Res 12:30- Non Res	14 BINGO: 9:30am-12:00pm	15
16 Cruise To Bermuda	17 Zumba Gold 9-9:45 No Card BINGO: 9:30am-11am No Walking Club	18 No Fitness Club: Yoga 9-10am Chair Yoga -10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	19 Holiday Rec Center Closed	20 No Fitness Club Card Players' Club & Social Hour: 9:30am-2pm	21 No BINGO:	22
23 Return from Bermuda	24 Zumba Gold: 9-9:45 Card BINGO: 9:30am-11:00am Walking Club 1pm Weather Permitting	25 Fitness Club: 8:15-9:15 Yoga 9-10am Chair Yoga: 10:15-11:15 Card Players' Club & Social Hr 9:30am-2:00pm	26 <i>Life Line Screening</i>	27 4 th of July BBQ Doors open at 10am No Card Players/Exercise No Book Club or Crotchet Club this month.	28 Birthday Bash Bingo: 9:30am-12:00pm	29
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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

MUST PRE-REGISTER by calling the Rec Office at 845-831-3371

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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