

Advisory Board for
Senior Citizens Center,
Inc.
PO Box 222
Montgomery, NY 12549
(845) 260-4475



Maybrook Senior Center
2 Senior Way
Maybrook, NY 12543

St. Mary's Assumption
Church Hall
89 Union Street
Montgomery, NY 12549

Monday	Tuesday MAYBROOK	Wednesday ST.MARY'S	Thursday ST.MARY'S	Friday
	<p>Tai Chi 9am Free</p> <p>Mindful Meditation 10:30am Free</p> <p>Maybrook Senior Center</p>	<p>1.</p> <p>Stitch & Chat Blankets for the Linus Project 11AM</p> <p>Cards&Games 11am-1:30pm</p> <p>St. Mary's Assumption</p>	<p>2.</p> <p>Exercise with Diane 9am Tai Chi 10am Marty Osteo Exercise Program 11am GrooveDance 12:00pm Computer Classes 12:00pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM St. Mary's Assumption</p>	<p>3.</p>
6.	<p>7.</p> <p>OKTOBERFEST TRIP LEAVE 8:30AM</p> <p>Tai Chi 9am Free Mindful Meditation 10:30am Free</p> <p>Maybrook Senior Center</p>	<p>8.</p> <p>Stitch & Chat Blankets for the Linus Project 11AM</p> <p>Cards & Games 11am-1:30pm</p> <p>St. Mary's Assumption</p>	<p>9.</p> <p>Exercise with Diane 9am Tai Chi 10am Marty Osteo Exercise Program 11am GrooveDance 12:00pm Computer Classes 12:00pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM St. Mary's Assumption</p>	10.
13.	<p>14.</p> <p>Tai Chi 9am Free</p> <p>Mindful Meditation 10:30am Free</p> <p>Maybrook Senior Center</p>	<p>15.</p> <p>Book Club 10am "The Many Lives of Mama Love" by Lara Love Harden Stitch & Chat Blankets for the Linus Project 11AM Cards & Games 11am-1:30pm St. Mary's Assumption</p>	<p>16.</p> <p>Exercise with Diane 9am Tai Chi 10am Marty Osteo Exercise Program 11am GrooveDance 12:00pm Computer Classes 12:00pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM St. Mary's Assumption</p>	17.
20.	<p>21.</p> <p>Tai Chi 9am Free</p> <p>Mindful Meditation 10:30am Free</p> <p>Maybrook Senior Center</p>	<p>22.</p> <p>Stitch & Chat Blankets for the Linus Project 11AM</p> <p>Cards & Games 11am-1:30pm</p> <p>St. Mary's Assumption</p>	<p>23.</p> <p>HEALTH FAIR 10:00AM-1PM</p> <p></p> <p>St. Mary's Assumption</p>	24.
27.	<p>28.</p> <p>Tai Chi 9am Free</p> <p>Mindful Meditation 10:30am Free</p> <p>Maybrook Senior Center</p>	<p>29.</p> <p>Stitch & Chat Blankets for the Linus Project 11AM</p> <p>Cards & Games 11am-1:30pm</p> <p>St. Mary's Assumption</p>	<p>30.</p> <p>Exercise with Diane. 9am Tai Chi 10am Marty Osteo Exercise Program 11am GrooveDance 12:00pm Computer Classes 12:00pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM St. Mary's Assumption</p>	<p>31.</p> <p>HAPPY HALLOWEEN</p> <p></p>