

Senior Citizens  
Advisory Board  
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
2.	3. Chair Yoga with Eileen 10-10:50am Zumba with Paula 11-Noon Weights with Paula 12:15-1:00pm  <b>Maybrook Senior Center</b>	4. Knitting & Crocheting Club Blankets for the Linus Project 11AM  <b>St. Mary's Assumption</b>	5. Marty Osteo Exercise Program 11am Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM  <b>St. Mary's Assumption</b>	6.
9.	10. Zumba with Paula 11-Noon Weights with Paula 12:15-1:00pm  <b>Maybrook Senior Center</b>	11. Knitting & Crocheting Club Blankets for the Linus Project 11AM  <b>St. Mary's Assumption</b>	12. Marty Osteo Exercise Program 11am GrooveDance 12:15pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM  <b>St. Mary's Assumption</b>	13.
16.	17. Chair Yoga with Eileen 10-10:50am  Zumba with Paula 11-Noon Weights with Paula 12:15-1:00pm  <b>Maybrook Senior Center</b>	18. Book Club 10am "Be Ready When Luck Happens" by Ina Garten Knitting & Crocheting Club Blankets for the Linus Project 11AM  <b>St. Mary's Assumption</b>	19. Marty Osteo Exercise Program 11am Groove Dance 12:15pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM  <b>St. Mary's Assumption</b>	20.
23. <b>SUMMER PICNIC</b> <b>\$5pp</b> <b>NOON</b> <b>SIGN UP REQUIRED</b>  <b>Maybrook Senior Center</b>	24. Chair Yoga with Eileen 10-10:50am Zumba with Paula 11-Noon Weights with Paula 12:15-1:00pm  <b>Maybrook Senior Center</b>	25. Knitting & Crocheting Club Blankets for the Linus Project 11AM  <b>St. Mary's Assumption</b>	26. Marty Osteo Exercise Program 11am Groove Dance 12:15pm Cards & Games Learn Poker, Mahjong, Canasta & Mexican Train 1-4PM  <b>St. Mary's Assumption</b>	27.
30.				