



Senior Van Transportation

Partial Funding is by NYS Office for the Aging, and the Orange County Office of the Aging.

Reservations must be made in advance and are on a first come, first serve basis. This service is provided to Town of Newburgh Senior Residents only. For transportation to and from Recreation programs, Fares: \$.75 Suggested Donation

Pick Up starting time Schedule	
Monday	Exercise 8:15am Mid Valley Mall/Shop Rite 9:30am
Tuesday	Stop & Shop/Adams 8:15am Golden Age Club 11:00am
Wednesday	Exercise 8:15am Crafts Group 12:00pm Senior Errands 1:00pm
Thursday	Sewing Group 9:00am Newburgh Mall/Walmart 9:15am Note: 1 st Thursday of the month will be Target
Friday	Exercise 8:15am

Note: In the event of bad weather senior activities will be cancelled whenever the Newburgh Enlarged City School District has a 2-hour

Blood Pressure taken

The first Monday of every month 9:00am

Sponsored by the Office of the Aging

Senior Aerobics

Town of Newburgh Resident Seniors only
Keep fit while socializing with your peers!

Days: Monday, Wednesday and Friday

Seniorobics: 9:30 - 10:30 am

(easy workout geared for seniors)

Rae of Light Yoga

Build good health, energy, and flexibility through gentle yoga movements and stretches.

Day: Mondays

Time: 11:15 am - 12:15

Fee: \$2.00

Town of Newburgh Senior Citizen Walking Club

Every Body WALK!

For information please call Sue Nichols
(845) 781-3636

Sponsored by the Office of the Aging

TOPS

(Take off Pounds Sensibly)

TOPS is here for you. It was founded in 1948 and is a non-profit, non-commercial weight loss support group. For details

Contact: Carol at (845) 561-4247

Mondays at 11:00am

Thursdays at 6:00pm

TNTappers Tap Dancing

Is there rhythm in your soul? Learn to tap or polish old skills and enjoy showing off your talent in performances for nursing homes and hospitals.

Days: Tuesdays

Time: 9:30am - 11:30am

Days: Thursdays

Time: 12:00pm - 2:00pm

Life's New Beginnings (WIDOWS AND WIDOWER'S)

Join us if you have lost a spouse. Make new friends, converse, and give encouragement to others in your situation. Group support and socialization helps to mend broken hearts.

Day: Tuesdays

Time: 2:00pm - 4:00pm

Crafty Circle

For experts and beginners! Share your skills, use your creative talents, and learn new techniques. New ideas and members always welcome!

Day: Wednesdays

Time: 1:00pm - 3:00pm

Duplicate Bridge

If you enjoy duplicate bridge, come and participate in a drop-in program. Always looking for new players.

Day: Thursdays

Time: 12:30pm - 4:00pm

Art Classes

Art Instructor Kathy invites you to just try the class at least once, you will be surprised at the talent you have.

All art supplies provided.

Day: 2nd & 4th Friday of the month

Time: 10:30am

Fee: \$4.00 per class

Golden Age Club

This organization provides educational & recreational activities to Senior Citizen members of the club.

\$5.00 annual membership fee.

President will supply club details.

Day: Tuesdays

Time: 12:30pm - 2:30pm

Busy Stitchers Sewing Group

Everyone is welcome even if you can't sew! Volunteers donate the items they make to various local organizations. Donations of cotton or cotton/poly fabric is always welcome.

Day: Thursdays

Time: 9:00am - 11:00am

Golden Girls Bowling Team

Place: Tarsio Lanes, Route 52

Day: Wednesdays

Time: 1:00pm

Stroke Support Group

Members provide each other with various types of help. Join us and become our friend, enjoy a friendly board game, art classes, music lessons, guest speakers, luncheons or even bring new ideas.

Day: Fridays

Time: 1:00pm - 3:00pm

Golden Songsters

Perform for local nursing homes and organizations. Are you 55 and older and can carry a tune?

Call Hazel Lake to try out

(845) 895-3958