

# East Fishkill Friendship Center - May 2023

(open 10a-2p Mon-Fri)

Dutchess County Office for the Aging  
 114 Delafield St  
 Poughkeepsie NY 12601  
 845-486-2555 • dutchessny.gov/aging



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Strength Training Class Games Grocery Shopping	EF Seniors Games Bingo <i>Senior Singalong with Bob Martinson (11a-2p) (reservations required)</i>	EF Seniors Games Bingo	Strength Training Class Games Bingo	EF Seniors Games Bingo <i>Cinco de Mayo</i>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Strength Training Class Games Grocery Shopping	EF Seniors Games Bingo	Grocery Shopping Games Music	Strength Training Class Games <i>Nutrition with Nimesh "Food for Healthy Eyes" Mother's Day Celebration</i>	EF Seniors Games <i>Ice Cream Social</i> Bingo
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Strength Training Class Games Grocery Shopping	EF Seniors Games Bingo	EF Seniors Games Bingo	Strength Training Class Games Bingo	EF Seniors Games Bingo
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Strength Training Class Games <i>Music with Andrew</i> Grocery Shopping	EF Seniors Games Bingo	EF Seniors Games Bingo	Strength Training Class Games <i>Birthay Party</i> Bingo	EF Seniors Games Bingo
<b>29 - Memorial Day</b>	<b>30</b>	<b>31</b>	<b>890 NY 82, Hopewell Junction                      (East Fishkill Community Center)</b>  <b>845 - 226 - 3605</b>	
<b>OFA Offices and Friendship Centers Closed</b>	EF Seniors Games Bingo	EF Seniors Games Bingo		