



TICONDEROGA AREA SENIOR CENTER ARMORY

[tiseniors@hotmail.com](mailto:tiseniors@hotmail.com) (518) 585-6050

## SENIOR PROGRAMS

### PHYSICAL FITNESS

Range of Motion

Mon. 10 -11 w/Samantha

Wed. 9:30-10:30 w/Lucy

Fri. 9-10 Walk Class w/Sam

### FITNESS MACHINES

Monday – Friday 9-1

Elliptical

Treadmill

Stationary Bikes

### PICKLE BALL

Monday -Friday 9-1

(Paddles available)

### ACTION GAMES

Monday -Friday 9-1

Pool, Ping-Pong,

Air Hockey, Foosball

### WALKERS

Tuesday & Thursday 8-9 AM

(Gym footwear required)

### ACTIVITIES & TRIPS

Sign Up at Center

Call for information

### GAMES

Tues. & Thurs.:

10:00 Nickel Bingo

11:00 Cards

12:15 Pinochle. Board Games

Fridays:

10:30 ACAP Bingo

### ACAP MEAL SITE

Lunch: Mon – Fri 12 NOON

Dinner: 3<sup>rd</sup> Thurs. 5:00pm

(Dinner subject to change)

*Suggested Donation:*

\$3.50 – Age 60 and over

\$6.00 – Under 60

Reservations: (518) 585-7682

### MEMBERSHIP

Seniors 55 and over

Dues \$10.00/yr. over 90-free

# ***SENIORS ON THE GO!***