

Welcome to Our Page!

Our department strives to provide quality programming to all of our residents. We believe that working together with other community organizations, schools, and businesses

is a vital component. Please stop back often for updates.

We are always open to suggestions and ideas feel free to call our office with questions or comments.

Check out our Facebook page for daily updates! <https://www.facebook.com/eastgreenbush.org>

[For questions, concerns, or ideas contact us @ 477-4194 or jlansing@eastgreenbush.org](mailto:jlansing@eastgreenbush.org)

[Office hours are Mon-Fri 8:30 a.m.- 4:30 p.m.](#) **Happy New Year 2017!**

Did you know?

The Town of East Greenbush has declared 2017 as “The Year of the Parks”

**Plans for updating the East Greenbush Town Park are underway!
We would love to hear from you!**

Please take our quick survey here! <https://www.surveymonkey.com/r/2J5YHGJ>

Announcements: The Town of East Greenbush Community and Recreation Department is now seeking bands or musicians for our 2017 Summer Concert Series “Music in the Park” held every Tuesday in August. Please send pricing and a sample music CD and or/ website with video link to Town of East Greenbush Community and Recreation 225 Columbia Turnpike Rensselaer, NY 12144. All samples must be received by February 24th to be considered for 2017.

Medical Equipment Loan Program to begin January 2017

Donate New or Used Medical Equipment

Do you have medical equipment, such as walkers, canes, wheelchairs, commodes, shower chairs, etc. no longer being used that you would like to donate? The Town of East Greenbush will begin a new medical equipment loan program for the new year. Please consider donating them for others to use. You may drop off any equipment to

**the Community and Recreation Department in the East Greenbush Town Hall 225
Columbia Turnpike Rensselaer, NY.**

Borrow Medical Equipment

Are you in need of medical equipment? ☐ Call us and see what we have to offer or stop by our “shop” at Town Hall Monday through Friday 8:30 AM- 4:30 PM

If you have any questions please call 477-4194.

BRAND NEW ADULT WINTER PROGRAMS AGE 55 AND OVER JANUARY

- **Chair Yoga-(Wednesdays 11 AM) with Amy Walsh, easy yoga moves and stretches for all over health and wellness.- FREE**
- **Open Games (Mondays 1 PM)- Bring your friends, play hearts, bunco, bridge, whatever games you choose!-FREE**
- **Mahjong Tuesdays- 1PM- new players always welcome**
- **Dominoes Wednesdays- 1PM-new players always welcome**
- **Pinochle Thursdays- 1PM- new players always welcome**
- **Movie Day (January 13th 1-3 PM) Come and join us for a movie and snacks FREE**
- **Trivia Fun (January 20th 1-3 PM) Come have some fun with trivia games and giveaways!-FREE**
- **Making Valentine’s Wreaths (January 27th 1-3 PM) - make beautiful wreaths for Valentine’s Day. Cost \$5**

FEBRUARY

- **Tai Chi (Mondays ☐ 11AM)-☐ cost \$5/per class**
- **Open Games (Mondays 1 PM)- Bring your friends, play hearts, bunco, bridge, whatever games you choose!-FREE**
- **Mahjong (Tuesdays- 1PM)- new players always welcome**
- **Dominoes (Wednesdays- 1PM)-new players always welcome**
- **Pinochle (Thursdays- 1PM)- new players always welcome**
- **Women’s GO RED Luncheon (Friday Feb. 3rd @12 noon) National GO RED day is Feb. 3rd in honor of ☐ Women’s Heart Health- come join us for a heart healthy lunch!-FREE ☐**
- **Paint and Punch-(Friday February 10th 1-3 PM) with Noreen Powell-Paint a canvass picture and enjoy some snacks and punch- Cost \$10**
- **Bowling League (Thursdays 10 AM) @East Greenbush Bowling Center- mixed league lots of fun- 8 week program.☐ \$9/session includes 3 games of bowling.☐ Pizza Party on the last day! Total cost= \$72 Shoe rental is \$2 extra at Bowling Center- You**

must pre-register and pre-pay for this program. Call 477-4194 for more information.

- The Benefits of Massage for Overall Health-(February 17th 10 AM) Program by Claire Bradley, LMT, CASAC.-FREE

****Please call to register for programs 477-4194 space is limited****
Click the link below to see full copy of calendar for printing

[Senior Calendar January 2017](#)
[Adult Program February Calendar](#)



The image shows a calendar for January 2017 titled "Senior Winter Schedule". It includes a logo for "60+ Senior Center" and a list of activities for each day of the month. The activities are as follows:

Date	Activity
Jan 1	9:30 am - 11:30 am: Senior Center Open House
Jan 2	9:30 am - 11:30 am: Senior Center Open House
Jan 3	9:30 am - 11:30 am: Senior Center Open House
Jan 4	9:30 am - 11:30 am: Senior Center Open House
Jan 5	9:30 am - 11:30 am: Senior Center Open House
Jan 6	9:30 am - 11:30 am: Senior Center Open House
Jan 7	9:30 am - 11:30 am: Senior Center Open House
Jan 8	9:30 am - 11:30 am: Senior Center Open House
Jan 9	9:30 am - 11:30 am: Senior Center Open House
Jan 10	9:30 am - 11:30 am: Senior Center Open House
Jan 11	9:30 am - 11:30 am: Senior Center Open House
Jan 12	9:30 am - 11:30 am: Senior Center Open House
Jan 13	9:30 am - 11:30 am: Senior Center Open House
Jan 14	9:30 am - 11:30 am: Senior Center Open House
Jan 15	9:30 am - 11:30 am: Senior Center Open House
Jan 16	9:30 am - 11:30 am: Senior Center Open House
Jan 17	9:30 am - 11:30 am: Senior Center Open House
Jan 18	9:30 am - 11:30 am: Senior Center Open House
Jan 19	9:30 am - 11:30 am: Senior Center Open House
Jan 20	9:30 am - 11:30 am: Senior Center Open House
Jan 21	9:30 am - 11:30 am: Senior Center Open House
Jan 22	9:30 am - 11:30 am: Senior Center Open House
Jan 23	9:30 am - 11:30 am: Senior Center Open House
Jan 24	9:30 am - 11:30 am: Senior Center Open House
Jan 25	9:30 am - 11:30 am: Senior Center Open House
Jan 26	9:30 am - 11:30 am: Senior Center Open House
Jan 27	9:30 am - 11:30 am: Senior Center Open House
Jan 28	9:30 am - 11:30 am: Senior Center Open House
Jan 29	9:30 am - 11:30 am: Senior Center Open House
Jan 30	9:30 am - 11:30 am: Senior Center Open House
Jan 31	9:30 am - 11:30 am: Senior Center Open House

