

**Dutchess County – Division of Aging Services
Senior Exercise Program Locations**

Beacon

St. John's Church - T & Th, 10 AM

Clinton

*Town Hall - T & Th, 10 AM (266-5526)

East Fishkill/Hopewell Junction (2 classes)

Senior Friendship Center - Community Ctr.
M & Th, 10:30 AM & 12:30 PM

Fishkill

Village Hall - W & F, 9 AM

*Town Hall – M,W,F 8:30 AM (831-3371)

Holmes

Holmes/Whaley Lake Civic Bldg. M & F, 10 AM

Hyde Park

Methodist Church, T & Th 10:30 AM

LaGrange

Town Hall - Stringham Rd., T & F, 9:00 AM

Milan

Town Hall - T & Th, 10:30 AM

Millbrook

Library - T & Th, 9 AM

*The Fountains - T & F, 10:45 AM (677-8550)

Millerton

Northeast Community Center - T & Th, 9 AM

Pawling (2 classes)

Kings Apartments - M & F, 9:30 & 10:30 AM

Pine Plains

Pine Plains Library, T & Th, 10 AM

Pleasant Valley

Town Hall (3 classes)

T & Th, 9:30 AM; M & W, 9:15 AM; W & F, 2:30

*St. Stanislaus church, T & Th, 10 AM (635-1700)

Poughkeepsie (City)

Admiral Halsey - M & Th, 9 AM

Interfaith - M & F, 9 AM

Jewish Comm. Ctr. - T & F, 10 AM

Maplewood - T & Th, 10:30 AM

St. Simeon I Sr. Apts.- M & Th, 9:30 AM

St. Simeon II Sr. Apts.- M & F, 10 AM

Vassar Temple - T & Th, 10 AM

*Manor at Woodside – M & Th 9:30 AM (473-1943)

Poughkeepsie (Town)

American Legion, Overrocker Rd,T & Th, 11 AM

Bowdoin Pk Chapel - Sheafe Road (3 classes)

M & W, 10:30 AM; T & Th, 10:30 AM & 12:30 PM

Castle Ct. Sr. Apts, VanWagner Rd, T & Th, 10 AM

St. Johns Lutheran, Wilbur Blvd, T & Th, 10 AM

St. Martin De Porres (2 classes)-M & F, T & Th 8:30

*Fox Hill, T & Th, 8:30 AM (residents only)

*Holy Trinity,T & Th, 10 AM (Parishioners only)

Red Hook

Town Hall - T & Th, 9:30 & 10:45 AM

The Commons, M & W 2 PM

St. John's Reform, Upper Red Hook, T & Th, 9 AM

Rhinebeck

American Legion - M & Th, 10 AM

Stanfordville

*Town Hall - T & Th, 9:30 AM (868-7534)

Unionvale

Tymore Park Senior Ctr.

T - 10 AM & F - 2 PM

Wappingers Falls

New Hackensack Church - T & F, 10:30 AM

First Presbyterian Church - M & W, 9:30 AM

*Town Hall Senior Ctr, T-9:30, Th-11 AM (297-3670)