

NORTH
SALEM
RECREATION
DEPT

For more
info, call
(914)669-5665



THE BALANCED ROCKERS

NORTH SALEM SENIORS
FITNESS CLUB

Free Classes for members of
the North Salem Seniors.
Not a member?! No problem!
Anyone over 50 can join today!

Registration &
\$5 Supply Fee Required.
Space is limited.



January - February

Chair Supported Yoga - Wed 1/23 10:30-11:15am

Better Balance - Thurs 1/24 10:30-11:15am

NORTH SALEM RECREATION DEPARTMENT

The Balanced Rockers

North Salem Seniors Fitness Club (Age 50+)

I am registering for: *(Circle session(s) below)*

Chair Supported Yoga Wednesdays Starting 1/23 10:30 – 11:15am <i>No fee for this class</i>	Better Balance Thursdays Starting 1/24 10:30 – 11:15am <i>\$5 equipment supply fee.</i> <i>Equipment is yours to keep!</i>
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Participants: It is your responsibility to check with your doctor to ensure this program is right for you.

Participant's Name _____ Email address _____

Address _____

Telephone _____ Cell/ Other _____

Emergency Contact Name: _____ Phone: _____

Relationship to participant: _____

Are you a member of the North Salem Senior Citizens Club? YES NO

Participants must be members of the North Salem Senior Citizens – join for only \$10/year – see below for info!

How did you hear about this program? _____

Town of North Salem Waiver: I hereby release the Town of North Salem, it's officials, employees and volunteers of any liability whatsoever in connection with any damages and/or injuries that I or any of my family may sustain as a result of participation in the programs of the North Salem Recreation Department. A full refund will be given if the Recreation Department cancels this program. All participate at their own risk. The Town of North Salem does not carry insurance to cover hospitalization or medical costs of persons injured while participating in any Recreational Programs.

SIGNATURE _____ DATE _____

Please return to the North Salem Recreation Department: 270 Titicus Rd, North Salem, NY 10560.

For more information - call (914)669-5665. Make check payable to: North Salem Recreation Dept

North Salem Senior Citizens Club

Are you age 50+? Join our active Senior Citizen Club! Meetings - 11:30 am, second Tuesday of the month at the North Salem Fire House, followed by a speaker/activity. Yearly dues are \$10.

Some of our events this year have included: Hudson River Cruise, Meet-and-Greet with the Candidates & understanding the NYS Constitutional Convention, earring making, Bingo, fire safety, food drives, Irish Dancers, Animal Embassy visit, Wolf Conservation Center, Maritime Aquarium, speaker on Eldercare, and much more!

Upcoming events: **January 8** - NS Tax Assessor discusses changes to the STAR Programs. Exercise Class demo. Bingo. **January 18** – Luncheon at Tilly's Table. **February 12** - Valentine's Day celebration. **March 12** - Irish Dancers. **March 29** - Defensive Driving course. **April (date TBA)** - Trip to the Buddha Temple with lunch in Cold Spring. **May (date TBA)** - Superintendent of NS Schools presents school budget. **June 12** – Luncheon at Chuck's Steakhouse.