

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 Required  
Some classes have a \$5  
supply fee. Space is limited.

January – February 2020

Better Balance w/ Cheryl Aiello – Thurs 1/9 – 10:30 - 11:15am

# NORTH SALEM RECREATION DEPARTMENT

## The Balanced Rockers – Jan – Feb 2020

### *North Salem Seniors Fitness Club (Age 50+)*

I am registering for:

**Better Balance w/ Cheryl Aiello**

Thursdays Starting 1/9

10:30 – 11:15am

*Optional: Equipment is \$5  
and yours to keep!*

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, Defensive Driving course, BOCES Spring Luncheon, Penny Social, Superintendent of NS Schools presents school budget, Trip to the Buddha Temple with lunch in Cold Spring, Luncheon at Chuck's Steakhouse, and much more!