



Dutchess County Office for the Aging



Senior Exercise Program Locations

Amenia/South Amenia

Senior Friendship Center (South Amenia Presbyterian Church), T & Th, 10:00 AM

City of Beacon

St. John's Church - T & Th, 10:00 AM
Senior Friendship Center (1 Forrestal Heights) - W 11:00 AM

Clinton

Town Hall - T & Th, 10:00 AM

East Fishkill (Hopewell Junction)

Senior Friendship Center - Community Center (2 classes)
M & Th, 10:30 AM & 12:30 PM

Holmes/Whaley Lake (Pawling)

Holmes/Whaley Lake Civic Building
M & F, 10:00 AM

Hyde Park

Methodist Church, T & Th, 10:30 AM

LaGrange

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

Milan - see Red Hook, Rhinebeck, Pine Plains

Millbrook

Millbrook Free Library - T & Th, 9:00 AM

Millerton

Northeast Community Center - T & Th, 9:00 AM

Pawling (2 classes)

King's Apartments - M & F, 9:30 AM
M & F 10:30 AM

Pine Plains

Community Room (above library)
T & Th, 10:00 AM

Pleasant Valley

Town Hall (2 classes)
T & Th, 9:30 AM; M & W, 9:15 AM

Poughkeepsie (City)

Interfaith Towers - M & F, 9:00 AM
Hudson Valley Comm. Ctr. - T & F, 10:00 AM
Maplewood - T & Th, 10:30 AM
St. John's Lutheran, Wilbur Blvd. T & Th 10 AM
St. Simeon I Sr. Apts. - M & Th. 9:30 AM
St. Simeon II Sr. Apts. - M & F, 10:00 AM
Vassar Temple - T & Th, 10:00 AM

Poughkeepsie (Town)

Senior Friendship Center, American Legion, T & Th, 11:00 AM
Bowdoin Park - Sheafe Road (3 classes)
M & W, 10:30 AM;
T & Th, 10:30 AM & 12:30 PM
St. Martin De Porres (2 classes)
M & F 8:30 AM
T & Th 8:30 AM

Red Hook

Senior Friendship Center at Red Hook Community Center - T & Th, 10:30 AM
St. John's Reformed Church (Upper Red Hook) T & Th 9:00 AM

Rhinebeck

Wells Manor - T & Th 2:00 PM

Wappinger/Wappingers Falls

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

For more information or to form a new Senior Exercise Program group using Office for the Aging guidelines, call **(845) 486-2555** or email ofa@dutchessny.gov.

Many communities, senior centers and senior residences conduct exercise programs independently of the Office for the Aging. Contact your local town, village or city government for more information.

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