



Goshen Senior Center News

Goshen Senior Center – May 2017 News

Bonnie Mayefsky – Program Coordinator

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Starting in May, we will be offering 2 new exercise programs!

On Tuesday May 16th Kara will be teaching Belly Dance for Senior Women.

- ***Belly Dance for Senior Women: A fun and healthy way for senior women to exercise: Benefits of Belly Dance are---- Improved posture and balance, stress reduction, core and arm toning, a safe way for improve cardio vascular health with gentle impact movement, and enhanced fluidity and grace.***

On Thursday May 18th Kara will also be teaching Seated Stretch and Release for Seniors.

- ***Seated Stretch and Release for Seniors: Gentle and seated stretches and poses followed by a relaxing meditation. Ideal for those of us looking for the tension release that stretching provides in a safe manner as well as the serene mental calm that meditation provides.***

Salad and sandwiches will be available for the May 22nd Senior Club Meeting. The cost is \$6.00 and if you are interested, please place your order with Bonnie no later than Friday May 19th.

The women's book discussion will take place on Friday, May 19th from 11 to 1 pm. This month's discussion will be on "The Forgotten Garden" by Kate Morton.

Just a reminder...that every Wednesday from 10am to 11am Dr. Stanley Goldstein is available in our library/computer room to answer any of your computer related problems and or questions. It doesn't matter if it's a desktop, laptop, tablet or Kindle problem or question. No appointment is necessary and it is first come first serve. This program is FREE so why not take advantage of Dr. Goldstein's computer expertise.

****IMPORTANT REMINDER**** Robin will be on away from May 1 – 5 so there will NOT be any YOGA classes that week! Please mark your calendars!