

RENSSELAER COUNTY - UNIFIED FAMILY SERVICES -
DEPARTMENT FOR THE AGING

Kathleen M. Jimino
County Executive

Carol Rosbozom
Commissioner – Aging

TROY SENIOR CENTER

19 Third Street
Troy, New York 12180

Contact person: Michele Hendry 270-5348

TROY SENIOR CENTER UPCOMING EVENTS...

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IF YOU AREN'T ALREADY A MEMBER, SIGN UP TODAY!!! IT'S FREE!!!

- **HAIRCUTS:** Hairdresser will be here Monday, January 2nd @ 10a.m. Please call 270-5348 or stop in office to sign up.
- **Tai Chi:** Class offered on Thursdays @9:30. Call to sign up! 270-5348
- **Questar Skills and Visual Arts Group and USA Group:** December 12th, Performing at 11 a.m.
- **Donny “ELVIS” Ramirez:** Blue Christmas! Wednesday, December 14th! Please call to make reservation for lunch! 270-5348
- **Special Dinner:** December 16th - Entertainment by Paul Slusar
- **SWIMMING:** Wednesdays at 9 a.m.
- **BOWLING:** Mondays @ 12:30

- **WANTED:** All working seniors 60 years of age, and older! Come join us at the Troy Senior Center each Monday through Friday for a delicious, & nutritious, well-balanced meal. For a “suggested” *contribution* of \$3.00, don’t miss out on the best lunch deal in town! For a 12:00 lunch reservation please call # 270-5349.

- **WEEKLY ACTIVITIES** – Join us at the **Troy Senior Center** for ...weekly Aerobics, Knitting & Crocheting, Bingo, Swimming, Bowling, Line Dancing, Bible Study, Reminiscing groups, Exercise, Osteo Aerobics, Crafts, Card games, Billiards, Entertainment, blood pressure screening, **NOON LUNCH**, and much, much more. Meet old friends; make new friends, **NEW MEMBERS, 60 & older WELCOME...**
Call # 270-5348 for more information

THE TROY SENIOR CENTER IS LOCATED AT 19 THIRD STREET, IN DOWNTOWN TROY.