

Rotary Club congratulates Students of the Month for December



The Rotary Club of Wappingers Falls recently recognized its Students of the Month for December 2021. The students attend Roy C. Ketcham High School, Wappingers Junior High School, James Evans and Myers Corners elementary schools. The Rotarians congratulate the students: John Williams, Ketcham; Hannah Lindell, WJHS; Sofia Cruz, Evans and Amy Tenesca Chavez, Myers.

-Courtesy photo

Dance night at Elks Lodge

Get On Down at the Elks Lounge Dance Night on Feb. 19 at 7 p.m., 900 Wolcott Avenue (Rt. 9D), Beacon. Enjoy a vibrant mix of musical styles and song requests welcome. These dances are informal and even if you come alone, you can always find a friendly partner on the dance floor. \$10

admission, \$5 for Elks members, includes a variety of complimentary snacks, and a full cash bar is available. All are welcome – singles, couples, friends, newcomers. Proof of COVID-19 vaccination is required.

For more information, call 845-765-0667 or rhodaja@optonline.net.

Fishkill Recreation

By Lauren McMenamin
Assistant Recreation Director

Babysitting Course: Come learn how to be a Star babysitter with Amanda Tucker, certified Early Childhood teacher. Our Babysitting Course will be held Saturday, Feb. 26 from 9:30 a.m.-12:30 p.m. (Feb. 18th is the last day to register). The course is offered to students ages 10-17 who are interested in learning how to care for small children. Our Babysitter Course will cover topics such as interviewing tips, communication skills, ages/stages of young babies and toddlers, safety, first aid, feeding and caring for young children. Each future babysitter will also get to learn how to hold a baby and change his/her diaper. Visit our website for more information and to register. www.fishkillrecreation.com

Afterschool Program: Registration for the third session of the 2021-2022 school year has begun! The program is held at Brinckerhoff, Fishkill & Glenham Elementary. Session 3 begins January 31st. Don't wait to sign up! Visit our website to register and for more information. www.fishkillrecreation.com

Zumba Fitness: Tuesdays 7-8 p.m.

We take the "work" out of workout, by mixing low-intensity and high-intensity movies for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Contact Sandy Melo for more information and to register: 845-765-1661 or jack829@optonline.net

Zumba Gold: Zumba Gold classes are back at the Fishkill Rec Center! Meg is excited to be back. Classes are held on Mondays from 9am-10am. \$5/participant. Contact Meg for more information and to sign up. kyogaspot@gmail.com

Gentle Yoga: Come and practice an hour of Gentle Yoga. Yoga is not only good for the body, but good for the mind! Classes are Tuesday and Friday mornings from 9am-10am. Contact Meg to sign up and for more information. kyogaspot@gmail.com

Visit www.fishkillrecreation.com for more information.

ALL SPORT OFFERS LIFEGUARD TRAINING CLASS

All Sport Health & Fitness is now accepting registration for its Lifeguard Training Program. An American Red Cross course designed to teach the skills and techniques to become a certified lifeguard. Students will also receive certification in CPR/First Aid. Endurance and strong swimming skills are heavily emphasized. The course begins Jan. 20. The class will combine online learning with on-site skill sessions.

For more information and/or to register, contact All Sport at 845-896-5678 or visit www.allsporthealthandfitness.com.

Hudson Valley Hospice



...make today matter!

Choosing hospice is choosing to focus on loved ones and sharing and making memories. We can help make the most of the moments that truly matter.

Need help or have a question?
vhospice.org • (845) 240-7555

ELEVATORS • STAIR LIFTS • WHEELCHAIR LIFTS • RAMPS

- Sales • Rentals • Service • Buybacks
- New and Reconditioned Lifts

Stay in the home you Love!

Locally Owned & Operated

The ALBANY Lift Company

Stairlifts • Elevators • Wheelchair Lifts • Ramps

747 Pierce Road, Clifton Park NY 12065
(518) 393-2274 • (888) 558-LIFT

www.thealbanyliftcompany.com

Visit Our Display Center: 747 Pierce Road, Clifton Park, NY, 12065

NOTICE TO NEW YORK RESIDENTS

Homeowner Funding enables families to make necessary energy efficient home repairs who:

- ARE UNABLE TO PAY CASH FOR NECESSARY HOME REPAIRS.
- CANNOT AFFORD HIGH OR ADDITIONAL MONTHLY PAYMENTS.
- HAVE BEEN TURNED DOWN FOR FREE STATE OR GOVERNMENT PROGRAMS.

REPAIRS INCLUDE:
ROOFING • SIDING • WINDOWS • DOORS & MORE...

up to **\$25,000**

NO Money Down / NO Equity Required

QUALIFY TODAY: **(800) 736-9629**
or visit **NYImprovementFund.com**

Approved applications will have the work completed by a quality repair crew provided by: HOMEOWNER FUNDING