

*Catholic Charities Senior & Caregiver Support Services and
The City of Schenectady and Mayor Gary R. McCarthy Present...*

The Schenectady Social Clubs

The Social Club is open to all City of Schenectady Residents 55 years or older

Come and Enjoy Food, Exercise and Socializing with Neighbors and Friends

<i>Mondays</i>	<i>Wednesdays</i>	<i>Fridays</i>
Hillside Crossings 736 Albany Street Schenectady, 12307	Steinmetz Center 2114 Lenox Road Schenectady, 12308	Bellevue Cafe 2630 Broadway Schenectady, 12306
11:00am to 1:00pm Cost: \$5.00 per person	11:00am to 1:00pm Cost: \$5.00 per person	10:00am to 12:00pm Cost: \$5.00 per person
Chair Moves -11am Lunch- 12pm	Chair Yoga- 11am Lunch- 12pm	Breakfast- 10am Chair Tai Chi- 11:15am

Each exercise program is provided to you by MVP Health Care at no cost!

**Reservations are required by
1:00pm the day before Social Club
by calling 518-382-5007**

***-Seating is limited-
-SNAP Benefits Accepted-***

