

Beekman Senior Citizens



March 5 – trip sign up begins for ***“Midnight Train to Motown”*** at the Silver Birches on Lake Wallenpaupack, PA. The cost is \$47 per person for resident senior, \$67 non resident/non senior.

March 8 – ***Blood pressure screening*** compliments of Jennifer from Evercare.

March 22 – ***“Fall Prevention”*** presentation from Sydney Leone from MVP Healthcare. Soup served at noon, discussion at 12:15

Chair Yoga on Monday and Thursdays will continue until the end of March. A new session will begin in April.

Sole Mates continues to meet on Monday mornings, weather permitting, at 9 am.

Happy birthday to: Alice Fricchione, Sal Galle, Sheila Pellicano, Rose Pietrafesa, Janice Richardson, Norma Wall.

Questions/Concerns:

Susan Gartner

221-1783 (home, please respect)

www.beekmanrec.com