










SEPTEMBER 2014



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk or Computer Class 10:45 YAHF Exercise 12:00 Lunch \$3 donation 12:30 Cards/ Dominos 1:00 Line Dance 2x	9-9:45 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich 1:00 Chi Gong	9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk 10:00 and 11:00 Young At Heart Fitness 12:00 Lunch \$3 donation 12:30 Cards /Dominos 1:00 Euchre/Gametime	9 - 9:45 Low Impact Aerobics Senior Club Activities	9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk 10:45 Exercise Young At Heart Fitness 12:00 Lunch \$3 Donation 12:30 Cards / Dominos 1:00 Line Dance 2x
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed  <i>Bring in a school photo for the bulletin board.</i>	2 Crafts: Painting on Wood 2- Balance Exercise	 Monthly Birthday 10:30 Farm Market 11:30 Yolickity- Frozen Yogurt Day!! Gametime: Life	4 12:30 Yoga	5 11:30 Nuts about Nutrition- Episcopal Senior Life 1-Bocce Awards  7 Sunday 1:00 Buffalo Bills Tailgate Party
8  11:30 Kick up your heels w/ entertainment by Mike Kornrich. 1-Round Dance w/the Bubels. No partner needed. Wegmans Shopping E	9 Trip: Ithaca Primary Day. <u>No exercise</u> classes. Crafts: w/Jackie Teddy bears 1:00 Go to Yolickity after lunch. Sign up at desk.	10 10:30 DeConnick Farm Market Truck 11:30 Medicare Minutes Gametime: Name 5 Srs. Info Counselor- Eldersource	11 12:30 Yoga	12 11:30 Canandaigua National Bank 1:00 Line Dance w/ Will
15 11:30 NYSERG 1:00 Line Dance w/ Jerry Wegmans Shopping W	16 Crafts: Jewelry 2- Balance Exercise	17 10-Walking Group 10:30 Farm Truck Gametime: Jeopardy 5:00 Trip: Batavia Downs	18 12:30 Yoga 	19 <u>Trip: Oktoberfest</u> 10-Art w/ David 1-Book Club-Orphan Train 1-Line Dance w/ Bob
22 11:30 Heather Heights 1:00 Tour Ancient Greece w/ Joe Line Dance w/ Jerry Walmart Shopping-E E	23 Crafts:Fall Decoration Regular Lunch 2- Balance Exercise	24 10:30 Farm Truck 11:00 Gametime: Scattegories Euchre Tournament	25 <u>Trip: Public</u> Market, WXXI, Hart's and more 12:30 Yoga	26  Trip: Bingo in Chili Srs. Info Counselor- Brittany Eldersource Line Dance w/ Will
29 11:30 Nutrition Talk w/ Cindy Wegmans Shopping W	30 Crafts: Birthday Cards for Vets 10am Hiking Group: See activities book 2- Balance Exercise		"A love affair with knowledge will never end in heartbreak." -Michael Garrett Marino	