













OCTOBER 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
 	“ Listen! The wind is rising, and the air is wild with leaves. We have had our summer evenings, now for October eves!” -Humbert Wolfe	 1 Monthly Birthday 10:30 Farm Market 11:30 Sisters of St. Joseph project. Gametime: Pop Culture	2 <u>Trip: A Day in</u> <u>Letchworth</u> 12:30 Yoga	3 Art w/ David 11:30 Episcopal Senior Life 11:45 Wegmans Executive Chef-Bob Y.
6 11:30 Adrienne Furness Hen. Public Library Line Dance w/ Jerry Wegmans Shopping E	7 Crafts: Napkin Rings 12:30 Betty’s Sing-along 6:30pm Card Night Sign up in activities book	8 10-Walking Group 10:30 DeConnick Farm Market Truck 11:30 Medicare Minutes Gametime: Ultimate TV Trivia Srs. Info Counselor- Eldersource	9 11:30 Cards & Bingo 12:30 Yoga 3:15 Fyle Afterschool	10 11:30 Preparing for the inevitable w/ Eve Elzenga. 1:00 Line Dance w/ Will
13 <u>Trip: Atlantic City</u> CENTER CLOSED 	14 Crafts w/ Jackie 12-Harvest Dance w/ RGE Big Band LUNCH: Salisbury Steak \$4 2- Balance Exercise	15 10-Walking Group 11:30 Louise Slaughter visits Gametime: Reminiscing 	16 Vollmer Readers 11:30 Dish to Pass <u>Trip: Tillman’s</u> Village Inn 12:30 Yoga	17 10:30 History of Musical Broadway w/ Howard  12-Oktoberfest entertainment by Henry 1-Book Club 1-Line Dance w/ Bob
20 <u>Trip: Batavia Downs</u> 11:30 Medicare Rights & Options Line Dance w/ Jerry Walmart Shopping-E E	21 Crafts: Fall Jewelry Hiking Group: Sign up in activities book. 12:30 Betty’s Sing- along 2- Balance Exercise	22 10- Walking Group 11:45 Who’s Who Gametime: Worst Case Scenerio	23 Seniors Dinner Meeting Call Carol 334-5713 12:30 Yoga	24 Art w/ David Srs. Info Counselor- Brittany Eldersource Line Dance w/ Will 

<p>27 <u>Trip</u>: Monday at the Movies at Dryden Theatre. Wegmans Shopping</p> 	<p>28 Crafts: Votive Candle Holder 12:30 Betty's Sing-along 2- Balance Exercise</p>	<p>29 10- Walking Group 1-Gametime: Family Feud 1-Euchre Tournament</p>	<p>30 10-12 Flu Shots 12:30 Yoga</p>	<p>10-Boo Bingo  Happy Halloween  Party w/ entertainment by Bob Neusatz. Costume Contest. \$4</p>
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