










NOVEMBER 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
				
3 Wegmans Shopping Line Dance w/ Bob	4 Election day- No Exercise Classes Crafts: Napkin rings 12:30 Betty's Sing-along	 Monthly Birthday 10-Walking Group 11:30 What is ChiGong? Gametime: Scattergories- Cattergories Srs. Info Counselor- Eldersource	6 Trip: Turning Stone / Christmas in the Country 11:15 Yoga 12-Lunch \$3 donation	7 10-History of Broadway Musicals 11:30 Nuts about Nutrition 1- Wii bowling
10 Trip: Batavia Downs 11- Sam's Club upgrade your membership Line Dance w/ Will	 Veteran's Day Luncheon w/ entertainment by RGE Big Band \$4 Crafts w/ Jackie 2- Balance Exercise	12 10-Walking Group 11:30 Medicare Minutes Srs. Info Counselor- Eldersource Gametime: Are you smarter than a 5th grader.	13 Vollmer Readers 11:15 Yoga 11:30 Cards & Bingo 3:15 Fyle Afterschool	14 10- Art w/ David 1-Book Club or Line Dance w/ Bob
17  10- Bingo 1-Round Dance w/ the Bubels. Walmart Shopping	18 Crafts: Jewelry 12:30 Betty's Sing- along 2- Balance Exercise	19 10- Walking Group Gametime: Jeopardy	20 Seniors Dinner Meeting. Call Carol 334-5713 11:15 Yoga	21 10- History of Broadway Musicals w/ Howard . Giving Thanks Luncheon w/ entertainment "Strictly Sinatra" \$4
24 Srs. Info Counselor- Eldersource 11:30 Dietician Talk w/ Cindy MCOFA Wegmans Shopping	25 Crafts: Holiday ornament Hiking Group-sign up in activities book. 12:30 Betty's Sing-along 2- Balance Exercise	26 10- Walking Group 11:30 Who's Who? 1-Gametime: Eat it! 1-Euchre Tournament	27  Happy Thanksgiving!	28 