










# DECEMBER 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  1- Wii bowling or Line Dance w/Jerry 	2  Crafts: Cards/Napkins  12:30 Betty's Sing-along	3 10:30 Balance Testing by Rochester Sports & PT.  Monthly Birthday Gametime: Oodles	4 Noon: Lunch Trip: A Day in Rome	5 11:30 Enjoy the sounds of the Legacy Choir 1- Line Dance w/ Bob <hr/> 12/7 Sunday Pancake Breakfast with Santa. 
8 9:00 Music w/ Miles – bring in your favorite 45 or 78rpm.  Wegmans Shopping	9 Crafts w/ Jackie 12:30 Betty's Sing-along 2-Balance Exercise Trip: Cinderella 	10 10-Walking Group 11:30 Medicare Minutes Gametime:Name 5  Srs. Info Counselor-Eldersource Trip: Holiday Ball	11 Vollmer Readers 11:15 Yoga 3:15 Fyle Afterschool 11:30 Cards & Bingo	12 9- Roth Breakfast 10:30 Joe Meli shares the life of Ben Franklin  11:30 PT Talk with Episcopal Sr. Life  1- Book Club
15 1- Monday at the Movies-“New Year’s Eve” PG 13  Line Dance w/Jerry	16 Cookie Day-help us assemble cookie trays for senior shut-ins. Crafts w/ Jackie 12:30 Sing-along 2- Balance Exercise	17 Ugly Holiday Sweater Contest 10-Walking Group  Gametime: Life	18 11:15 Yoga Seniors Dinner Meeting w/ Sperry Singers Call Carol 334-5713	19 Holiday Party W /entertainment by Tom Fitapaldi & gift exchange. Bring a \$1 item wrapped.
22  10- Ho Ho Bingo  Line Dance w/ Bob or Walmart Shopping	23  Center Closed  Trip: Geva Theatre A Christmas Carol	24  Center Closed  The Center will reopen on Monday January 5 <sup>th</sup> .	25 	26
29 It's about <i>time</i> ... -time to give -time to live -time to remember 	30	31  