










January 2015



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Table Tennis 9:30 Chair Exercise/ Bridge 10:00 Mile Park Walk or Computer Class 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3 donation 12:30 Cards/ Dominos 1:00 Line Dance	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 10:00 Core-Aid 12:00 Lunch 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
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Call to schedule your AARP Tax Appointments 334-4030 beginning 1/5		1 Happy New Year!	2 Center Closed 
5 * <u>YAHF</u> * 10am & 11am 11:30 RH Superintendent Ken Graham visits 1:00 Wegmans Shopping Line Dance w/ Bob	6 Crafts w/ Jackie 2-Balance Exercise	7  Monthly Birthday 10-Walking Group Gametime: Family Feud Srs. Info Counselor- Eldersource	8 11:15 Yoga 11:30 Cards & Bingo Fyle Afterschool	9 10:30 Venture 11:30 Nuts about Nutrition 1:00 Line Dance w/ Will or Wii practice
12 10-Computer Instruction Class *YAHF* 10am & 11am 11:30 Miracle Ear 1- Line Dance w/ Jerry or Movie-"Frozen" 	13 10- Crafts: Roc City Stampers- see activities book. 2- Balance Exercise	14 10-Walking Group Srs. Info counselor - Brittany Gametime: Pop Culture Trivia	15 Vollmer Readers 10:00 New *Core-Aid* 11:15 Yoga Dish to Pass	16 10:30 Learn more about Alzheimer's. 1:00 Book Club
19 Center Closed "I HAVE A DREAM..." - Martin Luther King, Jr. 	20 Crafts: Snowman magnet. 2- Balance Exercise	21 10- Walking Group Gametime: Trivial Pursuit	22 10:00 Core-Aid Seniors Club Dinner & Meeting Call 334-5713 11:15 Yoga	23 10- Broadway Musicals w/ Howard 10- Srs Info Counselor- Eldersource See front desk for appointment. 11:30 Dietician Talk w/Cindy. 1- Line Dance w/ Will
26 Trip: Batavia Downs *YAHF* 10am & 11am 11:30 RGE – Terri Lattimore visits Walmart Shopping  1:00 Bingo	27 Crafts: Holiday Decoration. 2- Balance Exercise	28 10-Walking Group Gametime: What ya know! Euchre Tournament	29 10:00 Core-Aid 11:15 Yoga	30 Superbowl Party 10- Library Tech Tutors- Tablets/Kindle/Nook 11:30 Channel 13 Mike Catalano visits Line Dance w/ Bob

