











JUNE 2018











EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:30 Bridge/Chair Exercise 10:00 Walking Group or Computer Help 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.00 contribution 12:30 Cards/Dominos 1:00 Wegmans van (E)	9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Class 12:00 Soup & Sandwich \$3.00 contribution 12:30 Scrabble 2:00 Balance exercise Wegmans van(W)	9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.00 contribution 1:00 Euchre/Gametime/ Billards 1:00 Core-Aid	9:00 Low Impact Aerobics Exercise 12:00 Senior Club Activities/Lunch 12:30 Mahjong 2:00 Balance Exercise	9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.00 contribution 1:00 Cards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Be sure to join us for our annual Craft/Garage Sale July 4 th 9am-2pm 	"There's nothing more satisfying than going to a market and meeting the person who picked the strawberries and giving them fair value in exchange for the sweet fruit."		1 1:00 Bocce Info & Practice <hr/> 2 Henrietta Historical Trip: /June Junkett
4 Wegmans van (E)	5 Crafts: Father's Day 12:30 Scrabble 1-PiYo	 Monthly Birthday sponsored by Brookdale Living 11:30 Scam Prevention HPL- Library updates 1:00 *Core-Aid* -new day/time Gametime: Trivia	7 12:30 Mahjong Trip: Red Wings Game 	 10- Stitches w/ Jackie-bring in a clean clay pot. 1- Line Dance w/ Will Bocce League begins.
11 9:30 Eldersource Srs. Info Counselor Brittany 10-Computer instruction w/ Sarah 1- Zumba Bid Euchre Tournament Wegmans van(E)	12 Crafts: Cards 12:30 Scrabble	13 10- Walking Group 11:30 Oasis Senior Advisors 1:00 *Core-Aid* Gametime: What Ya Know ?	14 Flag Day  Trip: Breakfast w/ the boys at Parkside Diner. 12:30 Mahjong 1:00 Yoga	15 11:30 Woodcrest Commons Father's Day lunch w/ music by J.T. Bocce League
18 Trip: Batavia Downs Walmart van (E)	19 Crafts: Jewelry 12:30 Scrabble 1:00 PiYo Walmart van(W) Manicure/Pedicure Appointments-sign up now. 6pm -8pm Card Night	20 10-Walking Group 1:00 * Core-Aid* Gametime: Oodles	21 Trip: Happy Together 12:30 Mahjong Seniors Club 	22 9:30 Eldersource 10:00 Bingo w/ Cheryl Dinolfo 12:45 Movie & Popcorn "The Greatest Showman" w/ Hugh Jackman. Bocce League
25 Trip: Dryden Theatre- "The Letter" 1:30 Book Club-"The Poisonwood Bible" Wegmans van (E)	26 <u>NO EXERCISE CLASSES</u> TODAY-Federal Primary Hike: Frankel Nature Park -Brighton Crafts: Sale items 12:30 Scrabble	27 Trip: Momma Mia 10- Walking Group 1:00 *Core-Aid* Euchre T'ment Gametime:Who Am I ?	28 12:30 Mahjong 1:00 Yoga	29 10:30 Cleaning your body w/Christina -foods that help with inflammation. 

The Don W. Cook Senior Center is operated by the Town of Henrietta Recreation Department in association with the Monroe County Office for Aging, NYS OFA, US Administration on Aging and through participants' contributions all working together to serve our greatest resource: Older Americans! No person shall be denied benefits or be subject to discrimination on the grounds of race, religion, national origin, disability or marital status under any program or activity receiving Federal assistance



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