











# OCTOBER 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 \$3.50 contribution  1:00 Cards 1:00 Wegmans van (E)	9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Class  12:00 Soup & Sandwich \$3.50 contribution 12:30 Scrabble Wegmans van(W)	9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.50 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 1:00 Yoga	9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.50 contribution 1:00 Cards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:30 Tablet talk w/ Laura HPL  Sign up to be on a Scavenger Hunt team!	2  Crafts: Napkin bands  10:00 Hike-Kings Bend  	 Monthly Birthday sponsored by The Gables of Brighton. Last day of Deconnick Farmers Market. 11:30 Lattimore PT Gametime: Fall Trivia 1:00 Core-Aid	4 10-Painting w/ Elaine  Project Council 1:00 Yoga	5 11:30 Alzheimer's Association presents...recognizing the signs. 1- Hand & Foot .....  Saturday 10/6 Trip: Letchworth Arts & Craft Show
8 Center Closed   Columbus Day	9 Scavenger Hunt starts Pick up packet.  Crafts: Halloween cards 12:30 Scrabble 6pm Card Night Sign up in activities book.	10 11:30 ABVI Low Vision 1:00 Core-Aid Gametime: Name 5  	11 10- Hand & Foot Instruction  12:30 Mahjong 1:00 Yoga	12 Seniors Information Counselor-Brittany 10- Stitches w/ Jackie Trip: Bingo in Chili  1- Hand & Foot/Euchre or Line Dance w/ Will
15 Trip: Batavia Downs Computer Instruction  1-Zumba	16 Crafts: Jewelry 11:00 Flu Shots  12:30 Scrabble Trip: RBTL presents – A Bronx Tale	17 10- Walking Group 11:30 Un- retire yourself –Home Instead Senior Care 1:00 Core-Aid Gametime: Jeopardy Euchre	18 Breakfast w/the Boys-Rikki's 10- Painting w/ Elaine 12:30 Mahjong 1:00 Yoga Trip: Dr. Ruth at JCC	19 11:30-Know the signs of Elder Abuse  1- Hand & Foot /Euchre
22 9:30 Eldersource Srs. Info Counselor- Brittany  1:30 Book Club-A spool of Blue Thread.  Walmart van (E)	23 Crafts: Halloween deco 12:30 Scrabble  Walmart van(W)	24 10-Walking Group 1:00 Core-Aid  Euchre Tournament  Gametime: People  	25 10- Hand & Foot Instruction Seniors Club Dinner & Mtg. Call Carol 444-0159 12:30 Mahjong 1:00 Yoga	26 10:30 Henrietta Ambulance presents- Your basic life saving tips-First Aid, CPR,AED 12:45 Movie & Popcorn "Won't you be my neighbor" 1- Hand & Foot/Euchre
29 10:30 Meatless Monday-cooking demo w/Michelle  Wegmans van (E)	30 Crafts: Pumpkins  12:30 Scrabble 1:45 Balance Exercise by Lattimore PT	31 Happy Halloween 10-Candy Bar Bingo 12-Entertainment by The Pearlz Band. Wear your costumel No Gametime 1:00 Core-Aid	 Volunteers needed!! Be sure to check the activities book.	

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