











OCTOBER 2017



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:30 Chair Exercise/ Bridge 10:00 Walking Group or Computer Class 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards/ Dominos 1:00 Line Dance	9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich \$3 Contribution 12:30 Scrabble 2:00 Balance Exercise	9:30 Chair Exercise 10:00 Walking Group 10:00 and 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 1:00 Euchre/Gametime Billards	9:00 Low Impact Aerobics 10:00 Yoga 11:00 Core-Aid 12:00 Lunch 1:00 Mahjong 2:00 Balance Senior Club Activities	9:00 Table Tennis 9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards / Dominos 1:00 Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Trip: Lake George 10 am WALKTOBER Participants breakfast by Heather Heights. 12:30 Tech help w/ Laura-Hen. Public Library	3 Crafts: Photoholder 12:30 <i>SCRABBLE</i>	4  Monthly Birthday by Brookdale 11:30 Hen. Public Library programs Trip: In the Heights Gametime: Jeopardy	5 	6 11:30 Health & Exercise Tips by Episcopal Senior Life 11:45 St. John's Home volunteer positions.
9 Trip: Del Largo Center Closed  Happy Columbus Day	10 Crafts:Halloween cards 12:30 <i>SCRABBLE</i> 1-PiYo	11 10- United Healthcare 11-Try Archery registration required. Gametime: Oodles 1-Billards	12 9am-12 Flu Shots by Rite-Aid 1- Mahjong 2-Balance Exercise	13 10-Walk the Park 1- Bid Euchre Line Dance w/ Will
16 9:30 Eldersource. MCOFA Public Hearing/Elder Law Fair At Temple B'Rith Kodesh. Wegmans Shopping 1- Zumba	17 CP Readers Crafts: Jewelry 12:30 <i>SCRABBLE</i> 2-Balance Exercise	18 10-Walking Group 11-Archery 11:30 Fairview at Town Center apartments Gametime: Family Feud 1- Billards	19 Trip: Breakfast w/the boys 1- Mahjong 2- Balance Exercise	20 11:30 Henrietta Bicentennial-bring in your photos from Henrietta's past. 11:45 ESL Transportation volunteer opportunity.
23 Computer Instruction  10- Art w/ Elaine 1-Book Club or Line Dance w/ Bob Walmart Shopping	24 Hike: Oatka Trail Crafts: Halloween rings 12:30 <i>SCRABBLE</i> 1-PiYo 2-Balance Exercise	25 10-Walkin Group 11-Archery 11:30 Dietician Talk w/ Cindy-MCOFA Gametime: Scattogories 1- Billards Euchre T'ment	26  Club Dinner & Meeting & Bingo Call 334-5713 1- Mahjong 2- Balance Exercise	27 9:30 Eldersource-Brittany 10:30 Joe Meli presents: "JFK" 12:30 Movie & Popcorn- "Treasure Hounds"
30  10- Art w/ Elaine Trip: Batavia Downs Computer instruction Wegmans Shopping	31 Happy Halloween-dress as your favorite movie character. Crafts: Ornaments No Balance	 10:30-Boo Bingo 12:00 Entertainment 1:00 Movie & Popcorn	Oct.2- Nov.12 Team Henrietta Senior Center vs.Team Colorado(Kathy Macomber team) Registration limited!	" Don' t count every hour of the day. Make every hour in the day count!" -Anonymous 

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.