






SEPTEMBER 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 12:30 Cards/Dominoes 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	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
3 Center Closed  HAPPY LABOR DAY	4 Crafts: Fall deco 12- Sing-a -long w/Gordon 12:30 Scrabble 1:00 PiYo	 Monthly Birthday sponsored by Brookdale Sr. Living Deconnick Farms 1:00 *Core-Aid* Gametime: Trivia	6 Trip: Tillman's Village Inn 10:00 Cards: Hand & Foot 12:30 Mahjong 1:00 Yoga CD	7 10:30 Estate Planning Seminar w/ Edward Jones 12:45 Movie & Popcorn; "Fences" w/ Denzel Washington & Viola Davis 1-Bocce League Tailgate Party Sunday, Sept. 9 
10 9:30 Eldersource Srs. Info Counselor- Brittany Computer 12:30 Tablet talk w/ Laura HPL 1-Zumba	11 Crafts: Holiday cards for VA 12:30 Scrabble	12 10- Walking Group 1:00 *Core-Aid* Gametime: Baloney	13 Primary Election Day NO EXERCISE CLASSES TODAY Trip: Breakfast w/the Boys at the Blue Ridge Grill. 12:30 Mahjong	14 10/11 Young at Heart Fitness 1-Bocce League 1- Line Dance w/ Will
17 Trip: Maine 11:30- Dietician Talk w/ Cindy Trip: Dryden Theatre- Funny Girl Walmart van (E)	18 Crafts: Jewelry 12:30 Scrabble Nail Appts. w/ Yvette 1:00 PiYo Walmart van(W)	19 10-Walking Group Deconnick Farms 1:00 * Core-Aid* Gametime: Wits & Wagers	20 10- Watercolor Art w/ Elaine pre-registration required. 12:30 Mahjong 1:00 Yoga w/ Kathleen	21 First Day of Fall 10- Stitches w/ Jackie 12- Songs of Yesterday w/ Bob N. 1-Last Bocce (make-up from 7/27)
24 Trip: Batavia Downs 1:30 Book Club- Wegmans van (E)	25 Crafts: Ghosts Hike: Downtown-Breakfast at Lifespan. 12:30 Scrabble	26 Gametime: Trivial Pursuit 1:00 Core-Aid Euchre T'ment	27 10- Hand & Foot Seniors Club Dinner & Meeting 12:30 Mahjong 1:00 Yoga w/ Kathleen	28 9:30 Srs. Info Counselor Eldersource 10:30 Fourteen Ways to Preserve your Assets by Robert Friedman. 1- Bocce Awards

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