


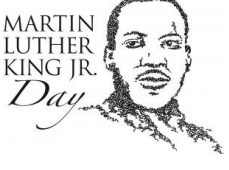



JANUARY 2019

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 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/Dominoes/Billards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2	3 Center Closed	4 Center Closed
7 Welcome Back.... 12:30 Tablet Talk w/Laura HPL Wegmans van	8 9:30am Reading Program- Fyle Crafts: Snowpeople 12:30 Scrabble	 Monthly Birthday sponsored by The Gables of Brighton. 11:30 Parenting Village Gametime: Jeopardy 1:00 Core-Aid/Euchre	10 Trip: Breakfast w/ the Boys-Cracker Barrel 12:30 Mahjong 1:00 Yoga	11 1- Hand & Foot Cards or Euchre
14 Make your tax appointments now! Seniors Information Counselor-Brittany Eldersource Wegmans van	15 Crafts: Valentine cards 12:30 Scrabble	16 10- Walking Group 11:30 Marion's House 1:00 Gametime: Baloney Euchre/Core-Aid	17 10: Learn Hand & Foot Card Game 12:30 Mahjong 1:00 Yoga	18 1- Hand & Foot or Euchre Line Dance w/ Will
21 Center Closed 	22 9:30am Reading Program-Crane Crafts: jewelry 12:30 Scrabble 1:00 PiYo Wegmans van	23 10-Walking Group Euchre or Gametime: Name 5 1:00 Core-Aid	24 Seniors Club Dinner & Mtg. Call Carol 444-0159 No Yoga	25 Seniors Information Counselor-Brittany Eldersource 1:00 Movie & Popcorn Exclusive screening of "House of Stronzo" – folk art collector Pete Cecere.
28 Trip: Batavia Downs 1:30 Book Club-The Restless Wave (John McCain) Walmart van (E)	29 Crafts: Valentine deco 12:30 Scrabble 1:00 Healthy Living w/ Debbie 1:45 Balance Exercise by Lattimore PT	30 11:30 Jewish Home Gametime: Scattogories 1:00 Core-Aid Euchre Tournament	31 1:00 Yoga	

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