



MARCH



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/Dominos 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/Mahjong 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	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/Billards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Soup or Stew Day!</u> Tuesday, March 26 12:00 Join us for lunch and sample different soups or stew from local chefs.		 " May you have all the happiness and luck that life can hold and at the end of all your rainbows may you find a pot o'gold."		1 10:30 Stitches w/ Jackie Line Dance w/Will
 March Madness Monday Meal Deal...enter to win Trip: Batavia Downs 10-Computer Instruction 12:30 Tablet Talk w/ Laura HP	5 FAT TUESDAY Trip: Cartwrights Maple Tree Inn Pancake House Crafts: napkin rings 12:30 Scrabble	 Monthly Birthday sponsored by the Gables of Brighton Gametime: Wits & Wagers 1:00 Core-Aid	7 Trip: Breakfast w/ the Boys-Peppermill AARP Tax appointments 1:00 Yoga	8 10/11 Young at Heart Fitness 1:00 Movie & Popcorn "Bohemian Rhapsody"
11 Italy  9:30 Eldersource Srs. Info Counselor-Brittany Computer help 12-That's Italian'-music by Dick Tosti Walmart van (E)	12 Sweden  Reading Program at Fyle Crafts: Cards 12:30 Scrabble Walmart van(W)	13  10-Walking Group 11:30 Dance a jig with Dance Centre 1:00 Core-Aid Gametime: Irish Trivia	14 Mexico  12- Music by George Muniz AARP Tax appointments 1:00 Yoga	15 France  12- Zydeco Music by Maury Rosenburg
18 12:45 	19 10:00 Hike Lehigh Valley Trail Crafts: Jewelry 12:30 Scrabble 1:00 PiYo	20 Trip: Red Skelton 10- Walking Group 10am or 11am Young at Heat Fitness Gametime: Jeopardy 1:00 Core-Aid	21 AARP Tax appointments 1:00 Yoga	22 9:30 Eldersource Srs. Info Counselor-Brittany 1:00 Line Dance w/ Will
25 Computer help 10/11 Young at Heart Fitness Trip: Dryden Theatre-Sunset Boulevard 1:30 Book Club-"Georgia"	26 9:30 Reading Program at Crane Crafts: Spring deco <u>Soup or Stew Day</u> 1:00 Health Coaching by Debbie. CBD Oil 2:00 Balance Class by Rob Lattimore PT	27 Gametime: Pub Trivia Euchre Tournament 1:00 Core-Aid	28 AARP Tax Appts. Seniors Club Dinner Mtg & Bingo. Call Carol 444-0159 No Yoga	29 11 am Library Stop-van shuttles to the Henrietta Library. 12:45- FOR MEN ONLY STRENGTH TRAINING

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 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