## JULY 2019

<table>
<thead>
<tr>
<th>EVERY MONDAY</th>
<th>EVERY TUESDAY</th>
<th>EVERY WEDNESDAY</th>
<th>EVERY THURSDAY</th>
<th>EVERY FRIDAY</th>
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| 9:30 Bridge/Chair Exercise  
10:00 Walking Group  
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/Computer Help  
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/  
Billiards  
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/Billiards |

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| 12:45 Trip: Dryden Theatre | Crafts: Craft Sale prep  
10- Computer Help  
12:30 Scrabble  
1- PiYo | Set-up for garage sale.  
No afternoon cards.  
1:00 Core-Aid only | 9am-2pm  
Craft & Garage Sale  
No Senior activities | Center Closed  
Bocce League games only. |
| 8      | 9       | 10        | 11       | 12    |
| 9:30 Eldersource- Srs. Info Counselor  
Wegmans van (E) | Crafts: Greeting cards  
10- Computer Help  
12:30 Scrabble  
1- PiYo | MONTHLY BIRTHDAY!  
Sponsored by the Gables of Brighton  
10- Crochet with Maddie & Dawn  
Deconnick Farms returns Gametime/Wikipedia  
1-Core-Aid | Trip: Breakfast w/ the Boys.  
Peppermints & Coopervision  
12:30 Mahjongg  
1:00 Yoga | 10- Crafts w/ Jackie-Sweatshirts-sign up in book  
12:45 Movie & Popcorn  
“Holmes & Watson”  
1- Bocce League |
| 15     | 16      | 17        | 18       | 19    |
| 12:45 Wegmans van (E) | Crafts: Jewelry  
10- Computer Help  
12:30 Scrabble  
Wegmans van(W) | 10-Walking Group  
11- Tour GV K9  
1- Core-Aid Gametime:  
Summer Time Trivia or Euchre | 12:30 Mahjongg  
1:00 Yoga | 1- Bocce League  
or Line Dance w/ Will  
6:30 TOH Concert Series  
“Skycoasters” |
| 22     | 23      | 24        | 25       | 26    |
| Trip: Batavia Downs  
1:30 Book Club w/ Erin HPL  
Walmart van (E) | Crafts: Summer magnet  
10- Computer Help  
12:30 Scrabble  
1:00 PiYo  
Walmart van (W) | 11-1  
Workforce Job Fair  
1- Gametime:  
Family Feud  
Core-Aid or Euchre  
Trip: Newsies at JCC | Trip: Red Wings  
Baseball Game  
12:30 Mahjongg  
No Yoga | 9:30 Eldersource Srs. Info Counselor  
11:00 Tour “new” Library  
12:45- FOR MEN ONLY  
STRENGTH TRAINING CLASS  
1- Bocce League |
| 29     | 30      | 31        |          |       |
| Reminder: construction is expected to begin on our roof. Watch for detours. | 30 Hike: Thousand Acre Swamp  
Crabs: Christmas in July  
1- Health Coaching by Debbie.  
2- Balance Class w/ Lattimore PT | 1-Gametime:  
Apples to Apples  
Core-Aid or Euchre Tournament | “Peacefully the quiet stars came out, one after one, the holy twilight fell upon the sea, the summer day was done.”- Celia Thaxter |