

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Chair Exercise (TV) 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch-Inside or Grab N Go \$3.50 Donation-Reservation required 12:30 Cards-Euchre/ Hand & Foot Shopping Van *Schedule subject to change*	9:30 Low impact Aerobics 10:00 Crafts 10:30 Arthritis Class 12:00 Lunch- Inside or Grab N Go \$3.50 Donation Reservation required 1:00 Cards, Chess or Scrabble	9:00 Chair Exercise (TV) 10:00 & 11:00 Young at Heart Fitness Eldersource-Senior Information Appointments 11:30 Blood Pressure Check 12:00 Lunch Inside or Grab N Go \$3.50 Donation Reservation required 1:00 Gametime , Euchre or Stretching	9:30 Low impact aerobics 10:00 Mexican Train/Crochet 11:15 Tai chi 12:30 Mahjong 1:00 Yoga	9:15 Chair Exercise (TV) 10:00 Book Club 11:00 Standing Strong Balance class 1:00 Bocce/ Cornhole league 
<b>1</b> 	<b>2</b> Center Closed Grab N Go lunch only	<b>3</b> Center closed	<b>4</b> Center closed	<b>5</b> Center closed AAA Defensive Driving Feb.6 & 8 Register now.
<b>8</b> Wegmans van (W) 9:15 Chair exercise 10/11 Young at Heart Fitness 12:30 Cards 1:00 New Time Tai Chi instruction	<b>9</b> 9:30 Low impact aerobics 10:00 Crafts: Snowman 10:30 Arthritis exercise 12:30 Movie & Popcorn-Indiana Jones & the Dial of Destiny 1:00 Cards or Scrabble	<b>10</b> Wegmans van ( E ) 9:00 Chair exercise (TV) 10:00/11:00 YAHF (Young at Heart Fitness) Eldersource-Seniors info counselor 12:00 Lunch Monthly birthday 1:00 Euchre Gametime: Can you Name 5	<b>11</b> 9:30 Low impact aerobics 10:00 Crochet 12:30 Mahjong 1:00 Yoga	<b>12</b> 9:15 Chair Exercise(TV) 10:00  Sharon sews! Help with minor alterations. 11:00 Standing Strong w/Trevor 12:30 Bid Euchre "practice" 1:00 Line Dance
<b>15</b> Center Closed 	<b>16</b> 9:30 Low impact aerobics 10:00 Crafts w/Sharon 10:30 Arthritis exercise 12:00 Lunch 1:00 Cards or Scrabble	<b>17</b> Wegmans van ( E ) 9:00 Chair exercise (TV) 10:00/11:00 YAHF (Young at Heart Fitness) 12:00 Lunch 1:00 Euchre or Gametime: American Trivia 1:00 Stretching class	<b>18</b> 10:00 Crochet 10:30 Daniel Jones Instruction-Meet the Iphone. 12:30 Mahjong 1:00 Yoga 	<b>19</b> 9:15 Chair exercise  10:30 DEAR (Deaf Elders Around Rochester ) 11am Young at Heart Fitness-sign language interpreter provided. 1:00 Cornhole League begins
<b>22</b> Aldi's van ( W ) 9:15 Chair Exercise (TV) 10:00/11:00 YAHF 1:00 Lifespan presents Matter of Balance Series. Registration required 1:00 Cards	<b>23</b> 9:30 Low impact aerobics 10:00 Crafts: Valentines Gnome 10:30 Arthritis exercise 12:00 Soup & Sandwich 1:00 Cards or Scrabble	<b>24</b> Aldi's van ( E ) 9:00 Chair 10:00 /11:00 YAHF Eldersource-Seniors Info counselor. 12:30 Alzheimers Association presents-understanding Alheimers 1:00 Euchre or	<b>25</b> 10:00 Crochet 11:15 Tai Chi 12:30 Mahjong 1:00 Yoga	<b>26</b> 9:00 Rise N Shine Breakfast 9:15 Chair exercise 10:00 Book Club 11:00 Standing Strong w/Trevor 12:30 Bid Euchre Tournament Registration required.
<b>29</b> Walmart van ( W ) 9:15 Chair Exercise (TV) 10:00/11:00 YAHF 11:00 Dietician Talk 12:00 Library updates 1:00 Lifespan presents Matter of Balance series 1:00 Cards	<b>30</b> 9:30 Low impact aerobics 10:30 Arthritis exercise 12:00 Soup & Sandwich 12:30+NEW+ Penny Poker  1:00 Cards or Scrabble	<b>31</b> Walmart van ( E ) 9:00 Chair Exercise 10:00 /11:00 YAHF Walk in the Park 1:00 Euchre or Gametime: Oodles Cornhole Happy Hour		 Tax Assistance appointments Begin February-April. Make your reservation starting January 16 <sup>th</sup> .

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.