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| **9:15 Chair Exercise(tv)**MARCH**10:00 Walking Group****10:00 & 11:00****Young at Heart Fitness****12:00 Lunch-****Inside or Grab N Go****$3.50 donation****12:30 Cards** | **9:30 Low Impact Aerobics****10:00 Crafts/Crochet** **10:30 Arthritis Class****12:00 Soup & Sandwich****$3.50 donation****12:30 Cards, Chess or** **Scrabble** | **9:00**  **Chair Exercise(tv)****10:00 Walking Group****10:00 & 11:00****Young at Heart Fitness****12:00 Lunch****$3.50 donation****1:00 Euchre/ Gametime****Stretching class**  | **9:30 Low Impact Aerobics****10:00 Crochet****Mexican Train****12:30 Mahjongg****1:00 Yoga** | **9:15 Chair Exercise(tv)****10:00 Walking Group****Book Club** **11:00 Standing Strong** **w/Trevor /Young at Heart Fitness****1:00 Cards/Bocce/Cornhole**\*All regular scheduled programs listed will run unless noted. |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| MARCH IS NATIONAL NUTRITION MONTH - Kids Smiles Pediatric Dentistry |  |  |  ***March Madness!******Fruit & Veggie***Free Vegetables Cliparts, Download Free Vegetables Cliparts png images,  Free ClipArts on Clipart Library | 110:00 Sewing w/Sharon10:45 Tai Chi1:00 Cornhole League |
| 4 Walmart (W)11:00 Estate Planning & Asset protection by M. Kroll1:00 Matter of Balance ClassCards | 5 10:00 Crafts-Spring cards12:30 Collette Tours presents….Ireland  | 6 Walmart (E)10-Eldersource Appts.11:00 Alzheimer’s Assoc. presentsHealthy living for your brain & body.Gametime:JeopardyMonthly BirthdaySponsored by Gables. | 7  10:30 Mexican Train12:30 Mahjong1:00 Yogahttps://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcRmcPx9QvjZnzStPAru1XmSWgxb9MGzxiG9Rk7MnvuRosWdISxjTax Appointments |  811:00 Standing Strong w/Trevor 12:30 Bunco Party Free clip art "Five colored dice" by mariotomo1:00 Cornhole League |
| 11 Wegmans(W)11:00 Blackjack11:00 Adhere Pharmacy Services1:00 Matter of Balance | 12 10am Crafts-Dominoes**Trip**: St. Patricks in Getzville.12:30 Movie & Popcorn: Secondhand Lions | 13 Wegmans( E)11- St. JohnsBeanbag baseball w/DavidGametime: Family Feud1:00 Line Dance | 14 Crochet10:30 Mexican Train12:30 Mahjong1:00 YogaAARP Tax Appointments |  15 Welcome in ASL" by CustomASL | RedbubbleDEAR(Deaf Elders of Rochester)10:00 Watercolor Class11:00 YAHF exercise-interpreter provided.1:00 Cornhole League |
| 18 Aldi(W)Wear your green11:00 O’Bingo12:00 Library updatesEntertainment1:00 Matter of Balance | 19 Crafts: Jewelry**Soup or Stew Day** Area chefs bring their favorite to shareHot Vegetable Soup Stock Clipart | Royalty-Free | FreeImages1:00 Penny Poker |  20 Aldi (E) Eldersource Appts.Gametime: Trivia1:00 Stretching with Joanne | 21 No crochet **Trip:** Cartwright’sMaple Tree Inn1:00 YogaAARP Tax Appointments | 22 9:00 Rise & shine Breakfast-reservation10:00 Book Club-“The Personal Librarian”11:00 Standing Strong w/Trevor Cornhole Party |
| 25 Tops( W )11:00 Upstate Cervical Chiropractic.1:00 Matter of Balance ClassColbys Grab N Go ordersDue.  | 26 Easter lunch 10:30 Daniel Jones Computer Class12:00 Mealtime Music w/JT & Lee12:30 Easter egg hunt. | 27 Tops (E)11:30 Dietician TalkGametime: Knowledge2:00 Cornhole Happy Hour | 28 10:30 Mexican  Train12:30 Mahjong1:00 No YogaAARP Tax Appointments | 29 Happy Easter  Center Closed |

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  .