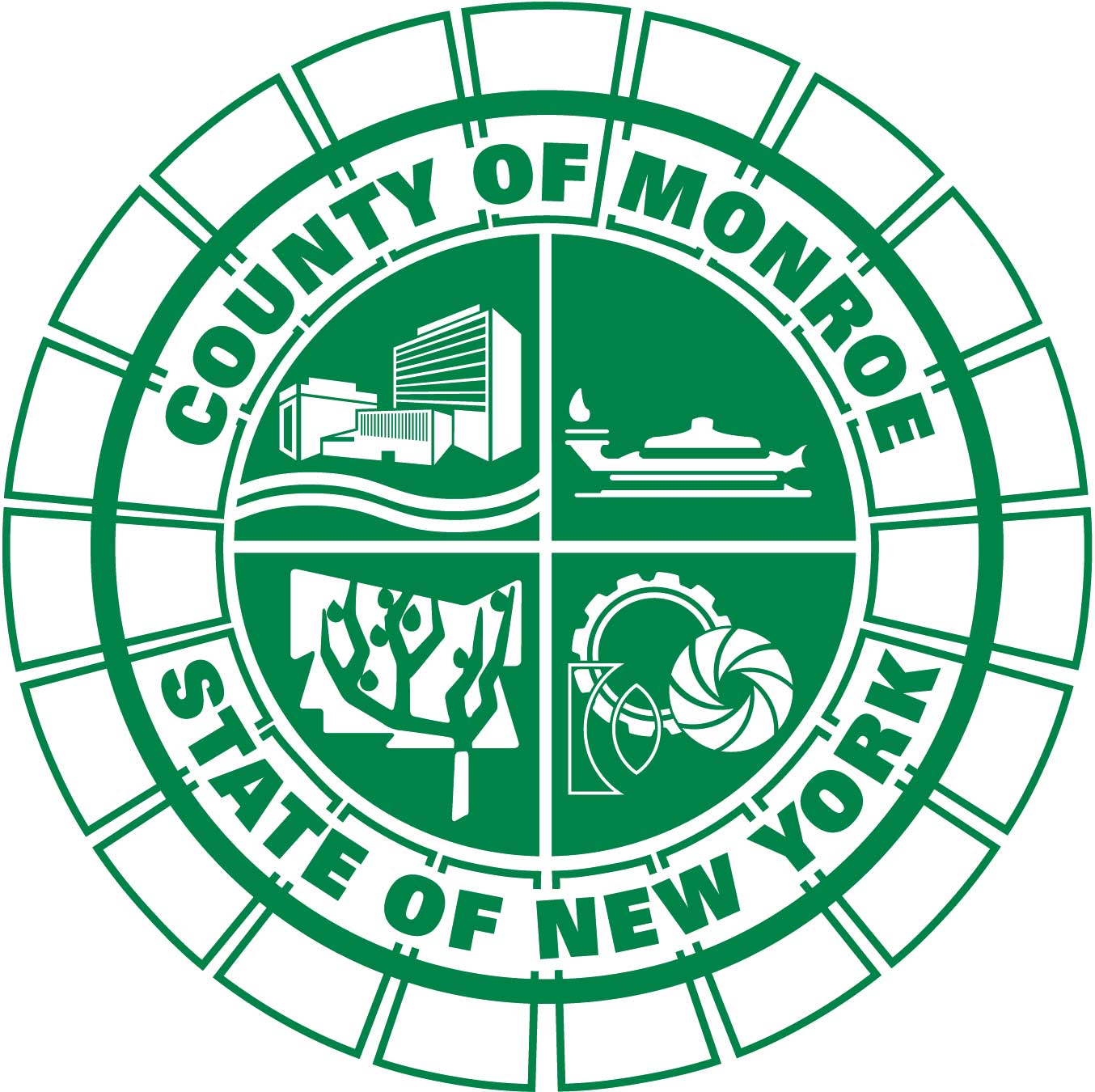
|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **9:15 Chair Exercise(tv)**  MARCH  **10:00 Walking Group**  **10:00 & 11:00**  **Young at Heart Fitness**  **12:00 Lunch-**  **Inside or Grab N Go**  **$3.50 donation**  **12:30 Cards** | **9:30 Low Impact Aerobics**  **10:00 Crafts/Crochet**  **10:30 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 | 1  10:00 Sewing w/Sharon  10:45 Tai Chi  1:00 Cornhole League |
| 4 Walmart (W)  11:00 Estate Planning & Asset protection by M. Kroll  1:00 Matter of Balance  Class  Cards | 5  10:00 Crafts-Spring cards  12:30 Collette Tours presents….Ireland | 6 Walmart (E)  10-Eldersource Appts.  11:00 Alzheimer’s Assoc. presents  Healthy living for your brain & body.  Gametime:Jeopardy  Monthly Birthday  Sponsored by Gables. | 7  10:30 Mexican Train  12:30 Mahjong  1:00 Yoga  https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcRmcPx9QvjZnzStPAru1XmSWgxb9MGzxiG9Rk7MnvuRosWdISxj  Tax Appointments | 8  11:00 Standing Strong w/Trevor  12:30 Bunco Party  Free clip art "Five colored dice" by mariotomo  1:00 Cornhole League |
| 11 Wegmans(W)  11:00 Blackjack  11:00 Adhere Pharmacy Services  1:00 Matter of Balance | 12  10am Crafts-Dominoes  **Trip**: St. Patricks in Getzville.  12:30 Movie & Popcorn: Secondhand Lions | 13 Wegmans( E)  11- St. Johns  Beanbag baseball w/David  Gametime: Family Feud  1:00 Line Dance | 14 Crochet  10:30 Mexican Train  12:30 Mahjong  1:00 Yoga  AARP Tax Appointments | 15  Welcome in ASL" by CustomASL | Redbubble  DEAR(Deaf Elders of Rochester)  10:00 Watercolor Class  11:00 YAHF exercise-interpreter provided.  1:00 Cornhole League |
| 18 Aldi(W)  Wear your green  11:00 O’Bingo  12:00 Library updates  Entertainment  1:00 Matter of Balance | 19 Crafts: Jewelry  **Soup or Stew Day**  Area chefs bring their favorite to shareHot Vegetable Soup Stock Clipart | Royalty-Free | FreeImages  1:00 Penny Poker | 20 Aldi (E)  Eldersource Appts.  Gametime: Trivia  1:00 Stretching with Joanne | 21 No crochet  **Trip:** Cartwright’s  Maple Tree Inn  1:00 Yoga  AARP Tax Appointments | 22 9:00 Rise & shine Breakfast-reservation  10:00 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 Class  Colbys Grab N Go orders  Due. | 26 Easter lunch  10:30 Daniel Jones  Computer Class  12:00 Mealtime Music w/JT & Lee  12:30 Easter egg hunt. | 27 Tops (E)  11:30 Dietician Talk  Gametime: Knowledge  2:00 Cornhole Happy Hour | 28 10:30 Mexican  Train  12:30 Mahjong  1:00 No Yoga  AARP 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  .