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| **9:15 Chair Exercise (TV)****10:00 &11:00 Young at Heart Fitness** **12:00 Lunch-Inside or** **Grab N Go. Reservations required****$3.50 donation****12:30 Cards-Euchre/****Hand & Foot****Shopping van (W)** | **9:30 Low impact Aerobics****\*10:00 Crafts****10:30 Arthritis Class****12:00 Lunch-** **Inside or Grab N Go****$3.50 donation****1:00 Cards, Chess or Scrabble** | **9:00 Chair Exercise (TV)****10:00 & 11:00 Young at Heart Fitness** **Eldersource-Senior Information Appointments****11:00 Walking Group** **12:00 Lunch Inside or** **Grab N Go****$3.50 donation****1:00 Gametime /Stretching or Euchre****Shopping van (E)** | **9:30 Low impact aerobics****10:00Mexican Train/ Billards/Darts/Crochet****\*11:15 Tai Chi****12:30 Mahjong****1:00 Yoga****\*not every week** | **9:15 Chair Exercise (TV)****\*10:00 Book Club****\*11:00 Standing Strong Balance class****\*1:00 Bocce/ Cornhole league**  Henrietta Senior Center |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| older americans month 2024**Teams forming now for our Bocce League.****Players & substitutes needed.** | Handbag Pink PNG Clip Art - Best WEB Clipart**Purses on Parade Silent Auction**Kentucky Derby Stock Illustrations – 410 Kentucky Derby Stock  Illustrations, Vectors & Clipart - Dreamstime |  **1 Aldi’s (E)** **9:15 Chair exercise (TV)****10:00/11:00 YAHF****10:00 Eldersource Information counselor****11:00 Lifespan presents..SCAM-O****1:00 Euchre or Gametime: Derby Trivia**Kentucky Derby Stock Illustrations – 410 Kentucky Derby Stock  Illustrations, Vectors & Clipart - Dreamstime | **2** **9:30 Low impact Aerobics****10:00 No Crochet****10:30 Daniel Jones-Computer class****12:30 Mahjong** **1:00 Yoga**Kentucky Derby Stock Illustrations – 410 Kentucky Derby Stock  Illustrations, Vectors & Clipart - Dreamstime | **3****9: 15 Chair Exercise (TV)**10:00Sewing clip art clipart - Clipartix Sharon sews!Help with minor alterations**10:00 Watercolor Painting with Susan.**1**:00 Cornhole League** |
| **6 Wegmans (W)****9:15 Chair exercise (TV)****10:00/11:00 Young at Heart Fitness(YAHF)****11:00** **12:00 Lunch** **Cards** **12:30 Living Healthy w/Diabetes** | **7** **9:30 Low impact Aerobics****10:00 Crafts: Birthday cards****10:30 Arthritis exercise****12:00 Lunch-sandwich** **12:30 Penny Poker w/Jim** **1:00 Cards ,Scrabble** **or Chess** | **8 Wegmans (E)****9:00 Chair exercise (TV)****10:00/11:00 YAHF** **Young at Heart Fitness**Poker Chips Clipart - Clipart Suggest**11:00 BLACKJACK w/ Jim** **12:00 Lunch** **1:00 Learn Pickleball w/Roc City Pickleball.****1:30 Gametime: Knowledge** | **9** **9:30 Low impact Aerobics****10:00 Crochet/****Mexican Train****12:30 Mahjong** **1:00 Yoga** | **10****9:15 Chair exercise (TV)****11:00 Standing Strong w/ Trevor- Physical Therapy Services of Rochester.****1:00 Cornhole League** |
| **13 Walmart (W)****9:15 Chair Exercise (TV)****10:00/11:00 (YAHF)****11:00 Fraud & Identity Theft & Awareness by Summit FCU.****12:00 Lunch** **Cards –Hand & Foot or Euchre****12:30 Living Healthy w/Diabetes** | **14** **9:30 Low impact Aerobics****10:00 Crafts- Lilac planter****10:30 Arthritis exercise****12:00 Lunch** **12:30 Collette Tours presents Tuscany****1:00 Cards, Scrabble or Chess** **1:00 Cardio Drumming**5,000+ Drum Drumstick Stock Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock |  **15 Walmart (E)****9:15 Chair exercise (TV)****10:00/11:00 YAHF(Young at Heart Fitness)** **Eldersource Info Counselor****11:45 Dietician Talk w/Cindy****Keeping your kitchen safe.****12:00 Lunch** **1:00 Stretching w/ Joanne****Gametime: Spring Trivia** | Original Art Watercolor painting of Lilacs Hand painted purple and lavender lilac flowers on  watercolor paper. Property Release on file. Vertical image. lilac flower stock illustrations**Trips: Lilac Festival**  **9:30 Low impact**  **Aerobics** **10:00 Mexican Train/Crochet****12:30 Mahjong****1:00 Yoga** |  Welcome - American Sign Language (ASL) - Research Guides at Saint Francis  University**DEAR(Deaf Elders Around Rochester)****Trip: Breakfast w/the Boys- Coal Tower Pittsford.****11:: YAHF****1:00 Cornhole League****5/19 Memorial Day Parade Dish to Pass & Grocery bag Bingo****10am-1pm** |
| **20 Tops (W)** **11:00 MC Veterans Service Agency. Veterans benefits.****11:30 HPL updates & Tech help w/Laura.****12:00 Lunch**  **Cards****12:30 Living Healthy w/Diabetes**  | **21** **9:30 Low-impact Aerobics****10:00 Crafts: Birdhouses****10:30 Arthritis exercise****12:00 Lunch****1:00 Cards ,Scrabble**  | **This png image - Transparent Multi Color Balloons Clipart, is available for free download 22 Tops ( E )** **9:15 Chair exercise(TV)****10:00 /11:00 YAHF****11:30 Lunch sponsor-Parkview Pharmacy****12:00 Lunch** **1:00 Euchre or** **Gametime: Good Games****1:00 Line Dance w/ Bob** | **23** **9:30 Low impact Aerobics****10-Crochet****11:15 Tai Chi****1:00 Yoga** | **24****11:00 Standing Strong w/ Trevor- Physical Therapy Services of Rochester.****1:00 Cornhole League**  |
| **27 Center Closed****Be sure to check the activities book for upcoming trips and programs.****View the calendar online: Henrietta.org Check us out on Facebook** **585-334-4030** | **28 Trip: Turning Stone****9:30 Low-impact Aerobics****10:30 Arthritis exercise****12:00 Lunch****12:30 Movie & Popcorn:** **Miracle Club****Cards, Scrabble or Chess** | **29 Wegmans****11:00 MVP presents the benefits of planting a Herb Garden.****12:00 Mealtime Music by Mike****1:00 Euchre or Gametime: Trivia****2:00 Bocce Happy Hour** | **30 Trip:****C:\Users\sgorino\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BCDD5FD8.tmpRed Wings Game** | **31 9am Rise & Shine** **Breakfast & Bingo****10:00 Book Club-****“Take My Hand”****11:00 MVP presents.. Chi Gong****1:00 Cornhole makeup** |

 **MAY 2024**