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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**