













APRIL 2018



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:30 Chair Exercise/ Bridge 10:00 Walking Group or Computer Class 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards/ Dominos Wegmans van (E)	9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich 12:30 Scrabble 2- Balance Class Wegmans van (W)	9:30 Chair Exercise 10:00 Walking Group 10:00 and 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 1:00 Euchre/Gametime Billards	9:00 Low Impact Aerobics 10:00 Core-Aid 12:00 Lunch Senior Club Activities 1:00 Yoga 2-Balance Class	9:30 Chair Exercise 10:00 Walking Group 10:00 and 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards / Dominos 1:00 Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-Agape Physical Therapy 12:30 Ipad/Tablet talk w/ Laura- HPL Wegmans(E)	3 Crafts: Post it note  12:30 2- Balance Exercise	4  Monthly Birthday 10- U of R Nursing students Health Fair Gametime: Eat It	5 8:30am Trip: Breakfast w/ the Boys ***10- Core-Aid 2- Balance Exercise	6 10:30 Challah bread making w/Stacey.
9 11:30 MCOFA Dietician Srs. Info Counselor- Brittany- Eldersource 1-Zumba Wegmans(E)	10 Crafts: Birthday card 10- CP Readers  12:30 1-PiYo 2-Balance Exercise	11 Trip: Del Lago Gametime: Family Feud	12 ***10-Core-Aid 1-Last AARP Tax Appts. 2-Balance Exercise	13  10-Stitches w/ Jackie 1-Line Dance w/ Will
16 10- Computer Instruction w/Sarah 1-Bid Euchre Wegmans(E)	17 Crafts: Jewelry  12:30 Manicure/Pedicure Appointments	18 11:30am R-H Superintendent (retiring) Dr. Ken Graham Gametime: Trivia	19 ***10-Core-Aid 2- Balance Exercise	20 5:30 Bicentennial kick-off Cocktail party at Rec. Center. Tickets \$25
23 Trip: Del Lago 1:30 Book Club- "A man called Ove" book & movie Walmart van(E)	24 Crafts: Spring Deco Hike: Gosnell Big Woods-Webster  12:30 1-PiYo 2-Balance Exercise Walmart van(W)	25 10- Walking Group Gametime: Worst Case Scenerio Euchre T'ment	26  Seniors Club Dinner & Bingo Call Carol 444-0159 2-Balance Exercise	27 10:30am Spring cleaning your body.
30 Srs. Info Counselor- Brittany- Eldersource Wegmans (E)	 Tulip Trivia for the Day! Tulips continu to grow even after they've been cut, so they require a lot of water. They also bend towards the light.			

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.