







NOVEMBER 2018



| EVERY MONDAY | EVERY TUESDAY | EVERY WEDNESDAY | EVERY THURSDAY | EVERY FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 9:30 Bridge/Chair Exercise 10:00 Walking Group or Computer Help 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.50 contribution 1:00 Cards 1:00 Wegmans van (E) | 9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Class 12:00 Soup & Sandwich \$3.50 contribution 12:30 Scrabble Wegmans van(W) | 9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.50 contribution 1:00 Euchre/Gametime/ Billards 1:00 Core-Aid | 9:00 Low Impact Aerobics Exercise 12:00 Senior Club Activities/Lunch 12:30 Mahjong 1:00 Yoga | 9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3.50 contribution 1:00 Cards |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | Save the Date: Pancake Breakfast w/Santa Sunday, Dec. 2  | | 1 10-Painting w/ Elaine 1:00 Yoga | 2 10:30 Buttons-Antique Button Collection |
| 5 12:30 Tablet Talk w/Laura HPL Wegmans van | 6 Election Day NO EXERCISE CLASSES Crafts: napkin rings 12:30 Scrabble | 7  Monthly Birthday sponsored by The Gables of Brighton. 11:30 U of R Study Onset Dementia Gametime: Scattategories/ Categories 1:00 Core-Aid/Euchre | 8 Trip: Breakfast w/ the boys 10- Hand & Foot Card Instruction 12:30 Mahjong 1:00 <u>NO</u> Yoga | 9 10- Stitches w/ Jackie 1- Hand & Foot Cards, Euchre or Line Dance w/ Will |
| 12 Seniors Information Counselor-Brittany Eldersource 1-Zumba Wegmans van | 13 9:30am Reading Program- volunteers needed to read to R-H elementary students. Crafts: holiday cards 12:30 Scrabble | 14 10- Walking Group 11:30 NewView Cleaning 1:00 Gametime: Family Feud Euchre/Core-Aid | 15 10- Painting w/ Elaine Seniors Club Dinner & Mtg. Call Carol 444-0159 12:30 Mahjong 1:00 Yoga | 16 10:30 Assessor Office-Tax Exemption Q & A 12:00 Music by Gary 1- Hand & Foot or Euchre |
| 19 Trip: Strong Museum 1:30 Book Club Walmart van (E) | 20 Crafts: jewelry 12:30 Scrabble 1:00 PiYo Walmart van(W) | 21 10-Walking Group 11:30 DMV Updates with Monroe County Clerk-Andrew Bello Euchre or Gametime: Trivia 1:00 Core-Aid | 22  | 23 Center Closed |
| 26 11:30 Home Instead; Un-retire yourself Wegmans van (E) | 27 9:30am Reading Program-readers needed! Crafts: xmas handout 12:30 Scrabble 1:45 Balance Exercise by Lattimore PT | 28 Trip: Del Lago Gametime: Oodles 1:00 Core-Aid Euchre Tournament | 29 Trip: Christmas in Buffalo(Salvatores) | 30 Seniors Information Counselor- Eldersource 10:30 Henrietta Assessors office-Tax Exemption Q & A 12:45 Movie & Popcorn- |

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