
















JULY 2017

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 1:00 Line Dance	9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich \$3 Contribution 2:00 Balance Exercise	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	9:00 Low Impact Aerobics 10:00 Yoga 11:00 Core-Aid 12:00 Lunch 1:00 Mahjong 2:00 Balance Senior Club Activities	9:00 Table Tennis 9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards / Dominos 1:00 Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 <u>Trip: Batavia Downs</u> Wegmans Shopping Center closing at 12:30 to set up for sale.	4 <u>Craft & Garage Sale</u> Center Closed 	5 Monthly Birthday sponsored by Brookdale 11:30 HPL Gametime: Times to Remember 1-Table Tennis	6 1:00 Mahjong 2-Balance Exercise	7 11:15 American Red Cross  Bocce League
10 9:30 Eldersource 10-Art w/ Elaine  1:00 Zumba w/ Antonia Walmart Shopping	11 Crafts: Jewelry 12:30 Scrabble 1:00 PiYo w/ Cheryl 2-Balance Exercise	12 10-Walking Group 11:30 Parkinson's Virtual Care Program Gametime: Reminiscing 1- Table Tennis	13  10:30 Bingo 1:00 Mahjong 2- Balance Exercise	14 10:00 Howard presents.. The Best of the 50's Pop. Line Dance w/ Will  Bocce League
17 <u>Trip: Seneca Falls</u> Wegmans Shopping Line Dance w/ Bob	18 Crafts w/ Jackie 12:30 Scrabble 2-Balance Exercise	19 10- Walking Group Gametime: Trivia 1- Table Tennis 	20 No exercise classes 2- No Balance  Thanks for the memories Summer PARTY!!	21 11:30 Sam's Club  Bocce League 6:30 Town of Henrietta Concert Series- Skycoasters
24 <u>Trip: Del Largo</u> 1:00 Book Club <u>Wegmans Shopping</u> 31 <u>Trip: Movie at Dryden Theatre- Broadway Melody of 1940</u>	25 Crafts: Xmas in July 12:30 Scrabble Hike: Casey Park Webster 2- Balance Exercise	26 Gametime: What ya know? 11:30 Deconnick Farms Euchre T'ment	27 9:30 <u>Trip: Public Market</u> 2- Balance Exercise	28 9:30 Srs. Info Eldersource 12:30 Movie & Popcorn  A Dog's Purpose  Bocce League

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.

