








# AUGUST 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  12:30 Cards/Dominoes 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	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
	" Just smiling at someone walking by can make a person's day. It's all about paying it forward" -Mariska Marguay 	 1 Monthly Birthday sponsored by Brookdale Sr. Living Gametime: Name 5 1:00* Core-Aid*	2 12:30 Mahjong 1:00 Chair Yoga (DVD) New Instructor starts in September	3 1- Bocce League <hr/> TOH Concert Series Sunday, Aug. 5 Ruby Shooz 4:00-6:00pm
6 10- Connect Rochester students help with computer/tablets/ Facebook etc. 12:30 Tablet Talk w/ Laura Henrietta Public Library Wegmans van (E)	7 Trip: Alexandria Bay  Crafts: Summer decoration 12:30 Scrabble 1:00 PiYo	8 Deconnick Farms 11:30 Senator Gallivan presents NYS Women of Distinction Award to Janet Zinck 1:00 *Core-Aid* Gametime: Family Feud	9 12:30 Mahjong  Trip: Breakfast w/the Boys Donuts Delite	10 10- Stitches w/ Jackie  1-Bocce League  1- Line Dance w/ Will
13 9:30 Eldersource Srs. Info Counselor- Brittany 10- Connect Rochester students & Computer Instruction w/Sarah 12:30 Trip: Dryden Theatre 1-Zumba	14 Crafts: Cards 12:30 Scrabble	15 10- Walking Group 11:30 America Hears  1:00 *Core-Aid*  Gametime: Eat It	16 12:30 Mahjong  1:00 Chair Yoga (DVD)	17 Trip: Salute to Seniors  No Bocce  
20 Trip: Batavia Downs 10- Connect Rochester students 11:30- Dietician Talk w/ Cindy  Walmart van (E)	21 Crafts: Jewelry 12:30 Scrabble 1:00 PiYo  Walmart van(W)	22 10-Walking Group Deconnick Farms 1:00 * Core-Aid*  Euchre T'ment  Gametime: Wikipedia	23 Trip: Canandaigua  12:30 Mahjong	24 1-Bocce League  <hr/> Sunday, Aug.26 TOH Concert Series 4:00pm-6:00pm Swooners
27 Trip: Seneca Niagara 10- Connect Rochester students. 1:30 Book Club-"The Curious Charms of Arthur Pepper" Wegmans van (E)	28 Crafts: TBA Hike: Webster Arboretum  Nail Appts. w/ Yvette 12:30 Scrabble	29 Grandkids Day! Bring the grandchildren for some fun activities and lunch. Pizza \$3.50 Gametime: Are you Smarter than a 5 <sup>th</sup> grader? Euchre T'ment	30 Trip: Public Market  12:30 Mahjong 1:00 Chair Yoga(DVD)	31 9:30 Srs. Info Counselor Eldersource  1- 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 on the grounds of race, religion, national origin, disability or marital status under any program or activity receiving Federal assistance