









APRIL 2019



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/Mahjong 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/ Billiards 1:00 Core-Aid	9:00 Low Impact Aerobics Exercise 12:00 Senior Club Activities/Lunch	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/Billiards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:30 TABLET TALK w/Laura HPL Wegmans van (E)	2 CRAFTS: Napkin bands 12:30 Scrabble 1:00 PiYo	3  MONTHLY BIRTHDAY! sponsored by the Gables of Brighton 9:30 Health Fair-U of R Nursing Students GAMETIME: Eat It Trivia Trip: RBTL Rock of Ages	4 AARP Tax Appts. 1:00 Yoga	5 11:30 Med Ved-The RIGHT walking shoe for you! 12:45 Movie & Popcorn: 'Green Book'
8 9:30 Eldersource- Srs. Info Counselor 10-Computer Instruction Wegmans van (E)	9 Reading Program at Fyle Crafts: Cards 12:30 Scrabble	10 11:30 Compeer Gametime: Oodles 1:00 Core-Aid	11 LAST AARP Tax appointments. 1:00 Yoga	12 10:30 DeClutter & Organize your home w/ Joani Hardy. Sign up required. 1:00 Line Dance w/ Will
15 11:30 Dietician Talk w/ Cindy Walmart van (E)	16 Crafts: Jewelry 10:00 Hike: Lehigh Valley Trail 12:30 Scrabble Walmart van(W)	17 10-Walking Group 11:30 Office for Aging Director: Lunch program 1:00 Core-Aid Gametime: Scattategories Trip: Geva Theatre-Native Gardens	18 Trip: Breakfast w/ the Boys-Country Club Diner- & Planetarium 10-Hand & Foot 12:30 Mahjongg 1:00 No Yoga	19 Center Closed 
22 Trip: Batavia Downs 11:45-Easter Egg Hunt  1:30 Book Club- "Lone Wolf" Wegmans van (E)	23 Reading Program at Crane Crafts: Jewelry 12:30 Scrabble 1:00 PiYo	24 Jessica last day! 10- Walking Group 10am or 11am Young at Heat Fitness Gametime: Baloney 1:00 Core-Aid	25 Club Dinner Meeting & Bingo Call Carol 444-0159 10-Hand & Foot 12:30 Mahjongg 1:00 No Yoga	26 9:30 Eldersource Srs. Info Counselor 11am Library Stop-van shuttles to the Henrietta Library. 12:45- FOR MEN ONLY STRENGTH TRAINING
29 12:45  Wegmans van (E)	30 Crafts: May Day Craft 1:00 Health Coaching by Debbie. Increase Energy 2:00 Balance Class by Rob Lattimore PT Trip: RBTL -Hamilton		I love spring flowers: daffodils and hyacinths are the ultimate flower for me. They are the essence of spring. -Kirsty Gallacher	2019 Day & Overnight Trip List available. 

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 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