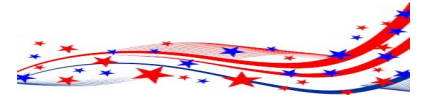












JULY 2019



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:30 Bridge/Chair Exercise 10:00 Walking Group 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/Computer Help 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/ Billards 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/Billards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:45 Trip: Dryden Theatre	2 Crafts: Craft Sale prep	3 Set-up for garage sale. No afternoon cards. 1:00 Core-Aid only	4 9am-2pm Craft & Garage Sale  No Senior activities	5 Center Closed Bocce League games only.
8 9:30 Eldersource- Srs. Info Counselor Wegmans van (E)	9 Crafts: Greeting cards 10-Computer Help 12:30 Scrabble 1- PiYo	10  MONTHLY BIRTHDAY! sponsored by the Gables of Brighton 10- Crochet with Maddie & Dawn Deconnick Farms returns Gametime:Wikipedia 1-Core-Aid	11 Trip: Breakfast w/ the Boys. Peppermints & Coopervision 12:30 Mahjongg 1:00 Yoga	12 10- Crafts w/ Jackie-Sweatshirts-sign up in book 12:45 Movie & Popcorn "Holmes & Watson" 1- Bocce League
15  12:45 Wegmans van (E)	16 Crafts: Jewelry 10- Computer Help 12:30 Scrabble Wegmans van(W)	17 10-Walking Group 11- Tour GV K9 1- Core-Aid Gametime: Summer Time Trivia or Euchre	18 12:30 Mahjongg 1:00 Yoga 	19 1- Bocce League or Line Dance w/ Will <hr/> 6:30 TOH Concert Series "Skycoasters"
22 Trip: Batavia Downs 1:30 Book Club w/ Erin HPL Walmart van (E)	23 Crafts: Summer magnet 10- Computer Help 12:30 Scrabble 1:00 PiYo Walmart van (W)	24 11-1 Workforce Job Fair 1- Gametime: Family Feud Core-Aid or Euchre Trip: Newsies at JCC	25  Trip: Red Wings Baseball Game 12:30 Mahjongg No Yoga	26 9:30 Eldersource Srs. Info Counselor 11:00 Tour "new" Library 12:45- FOR MEN ONLY STRENGTH TRAINING CLASS 1- Bocce League
29 Reminder: construction is expected to begin on our roof. Watch for detours. 	30 Hike: Thousand Acre Swamp Crafts: Christmas in July 1- Health Coaching by Debbie. 2- Balance Class w/ Lattimore PT	31 1-Gametime: Apples to Apples Core-Aid or Euchre Tournament		<i>"Peacefully the quiet stars came out, one after one, the holy twilight fell upon the sea, the summer day was done." -Celia Thaxter</i>