

AUGUST 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
			 Trip: Red Wings Baseball Game 12:30 Mahjongg	2 Trip: MCOFA Salute to Seniors in Charlotte No Bocce
5 12:30 What is a Kindle w/Marna Wegmans van (E)	6 Trip: Breakfast w/ Boys- Bills Training Camp Crafts: Summer deco 10-Computer Help 12:30 Scrabble 1- PiYo	7  MONTHLY BIRTHDAY! sponsored by the Gables of Brighton 10- Crochet  with Maddie & Dawn Deconnick Farms Gametime:Jeopardy 1-Core-Aid	8 12:30 Mahjongg 1:00 Yoga  TOH Concert 7-8:30pm Mark the Mailman & Friends	9 10- Crafts w/ Jackie 1- Bocce League <hr/> TOH Concert Sunday, Aug. 11 4pm-6pm -Noble Vibes
12 9:30 Eldersource- Srs. Info Counselor 12:30 Tablet talk w/ Laura HPL  12:45 Aldi van (E)	13 Crafts: Greeting cards 10- Computer Help 12:30 Scrabble Aldi van(W)	14 10-Walking Group 1- Core-Aid Gametime: Good Guess Euchre	15 Trip: Public Market or Buffalo Bound 12:30 Mahjongg No Yoga	16 Henrietta ambulance visits w/ Marley(therapy dog) 1- Bocce League Line Dance w/ Will
19 11:30 Dietician Talk w/ Cindy. "The best frozen TV dinners." Walmart van (E) 12:30 Hand & Foot Instruction	20 Crafts: Jewelry 10- Computer Help 12:30 Scrabble 1:00 PiYo Walmart van (W)	21 1- Gametime: Foodies Core-Aid Euchre Trip: Batavia Downs at night.	22 10:00 Hand & Foot 12:30 Mahjongg 1:00-Yoga 	23 Grandkids Day 9:30 Eldersource 9:30 Bingo 12:45-Movie & Popcorn-  "Dumbo" 12:45 For Men Only- STRENGTH TRAINING CLASS 1- Bocce League
26 1:30 Book Club w/ Erin HPL	27 Hike: Great Embankment Park Crafts: Paperdoll 1- Health Coaching by Debbie. 2- Balance Class w/ Lattimore PT	28 1-Gametime: Scattegories/Cattegories Core-Aid or Euchre Tournament	29 12:30 Mahjongg No Yoga	30 End of Summer "Clam Bash" Party 