

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 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/Billardards	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/Billardards
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Crafts:Napkin Rings 12-Lunch 1- PiYo Wegmans van	3 10- Crochet with Maddie & Dawn 10:30 Deconnick Farms No Gametime Core-Aid Oct. 2- REAL ID DMV-Paperwork assistance Trip: Geva Theatre	4 Fall Foliage trip rescheduled. 10/17 12:30 Mahjong No Yoga	7 12-Lunch 1-Bocce Single Elimination Tournament
7 Eldersource-Srs. Info Counselor 12-Lunch 12:30 Tech Help w/ Laura HPL Wegmans van (E)	8 9- Department of Motor Vehicles-REAL ID at Senior Center. Crafts: Halloween cards 12-Lunch 12:30 Scrabble Wegmans van (W)	9  MONTHLY BIRTHDAY! sponsored by the Gables of Brighton Gametime:Family Feud No Core-Aid	10 Trip: Breakfast w/ the Boys- Victor 10- Hand & Foot cards 12:30 Mahjongg 1:00 Yoga	11 10-Crafts w/Jackie-LAST CALL for Sweatshirts. Bring a sweatshirt & ½ yard material. 12-Lunch 12:45-Movie & Popcorn "Breakthrough"
14 Center Closed 	15 Crafts: Jewelry 12-Lunch 12:30 Scrabble 12:45 Sing along w/Betty 1:00 PiYo Wegmans van(W)	17  8am Elder Law Fair & Public Hearing at Temple B'rith Kodesh 10-Walking Group 12-Lunch Gametime: Pub Trivia 1-Core-Aid	18 Trip:Fall Foliage (rescheduled) 11am Flu Shots by Wegmans 12:30 Mahjong 1:00 Yoga	18 Trip: Bingo in Chili 12-Lunch 1-Line Dance w/ Will 
21 11:30 MCOFA Dietician-Living w/Diabetes 12-Lunch Walmart van (E)	22 Reading Program-Crane Crafts: TBD 12-Lunch 12:30 Scrabble Walmart van(W)	23 11:30 Heather Heights visits 12-Lunch 1- Gametime: Halloween Trivia Euchre Tournament	24 Seniors Club Dinner & Meeting &  Call Carol 444-0159 12:30 Mahjongg 1:00 Yoga	25 9:30 Eldersource 10:30 The Bread Man 11- Visit Hen. Library 12-Lunch 12:45 STRENGTH TRAINING CLASS. For Men Only
28 11:30 Elderwood-Long Term Care 12-Lunch 1:30 Book Club w/ Erin HPL Wegmans van(E)	29 Hike: Mendon Ponds 1:00 Healthy Coaching w/Debbie at Wegmans(Calkins R.d.) 2:00 Balance Class by Lattimore PT	30 Monster Ball Halloween Party 10-Boo Bingo w/Cheryl DiNolfo Entertainment by The Magic Guy & Sugar/Spice 	31 10- Hand & Foot Cards No Yoga	Upcoming events: 10/30 Foxwood Resorts 11/13 Queens of Country at Del Lago 11/19 RBTL Come From Away

