

# September 2019

"You can only perceive real beauty in a person as they get older."  
- Anouk Aimee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>CLOSED FOR LABOR DAY</b> 	<b>3</b> 8:30 Bone Builders 10:00 Bone Builders 1:30 VNA Foot Clinic 3:00 Town Trekkers 1 4:00 H.E.L.P.	<b>4</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wednesday Western - Hondo	<b>5</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 3:00 Town Trekkers 2  Colonie Center 9:30 - 4	<b>6</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:00 Painting Group 1:00 BINGO
<b>9</b> 9:00 Advanced Tai Chi 9:00 Painting Group 10:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	<b>10</b> 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P.  Burlington 7am - 9:30pm	<b>11</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:30 Reflexology w/ Laurie  <b>POT LUCK</b> <b>11:30 - ???</b>	<b>12</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner - Inspiration Rocks 3:00 Town Trekkers 2	<b>13</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:00 Painting Group 1:00 BINGO
<b>16</b> 9:00 Advanced Tai Chi 9:00 Painting Group 10:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games  Olive Garden/ Red Lobster 10:30 - 2:30	<b>17</b> 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P.	<b>18</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking  The Big E 8am - 8:30pm	<b>19</b> 8:30 Bone Builders 10:00 Bone Builders 2:00 Fraud Alert w/ People's Bank 3:00 Town Trekkers 2	<b>20</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:00 Painting Group 1:00 BINGO
<b>23</b> 9:00 Advanced Tai Chi 9:00 Painting Group 10:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games  1:00 Jewelry Making w/ Becky Arbella	<b>24</b> 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P.	<b>25</b> 8:15 Silver Sneakers Classic 8:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wed. Western episodes of "The Deputy" and "Wagon Train" 1:30 Trivia with Tracy	<b>26</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 3:00 Town Trekkers 2	<b>27</b> 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:00 Painting Group 1:00 BINGO
<b>30</b> 9:00 Advanced Tai Chi 9:00 Painting Group 10:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games				<b>September</b>