

October 2019

"I have reached an age when, if someone tells me to wear socks, I don't have to."

- Albert Einstein

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Bone Builders 10:00 Bone Builders 1:30 VNA Foot Clinic 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P.	2 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:30 Balance	3 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 3:00 Town Trekkers 2	4 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 10:30 Fall Prevention w/ At Home Senior Care 1:00 BINGO
7 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games Colonie Center 9:30 - 4	8 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P. Mystery Ride 9 am - ?	9 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wed. Western "Across The Wide Missouri" 1:30 Balance	10 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner - 3:00 Town Trekkers 2	11 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
14 CLOSED FOR INDIGENOUS PEOPLES DAY 	15 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P.	16 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:30 Reflexology w/ Laurie POT LUCK	17 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 1:00 Flower Arranging w/ Becky Arbella 3:00 Town Trekkers 2 Bob's Country Kitchen	18 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
21 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	22 8:30 Bone Builders 10:00 Bone Builders 1:00 Advance Directives w/ Becky Arbella 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P.	23 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wed. Western "Rio Bravo" 1:30 Balance	24 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 3:00 Town Trekkers 2	25 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
28 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	29 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 3:00 Town Trekkers 1 4:00 H.E.L.P. Crossgates Mall 9:30-4	30 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:30 Jog Your Mind	31 8:30 Bone Builders 10:00 Bone Builders 11:00 Costume Parade 12:30 Halloween Party! 3:00 Town Trekkers 2	October