

Rensselaer County Department of Unified Family Services - AGING
HOOSICK FALLS SENIOR CENTER, 69 Church St.- Phone 686 - 7561
OCTOBER 2017 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2) Cards, Cribbage 9:00, Business Meeting 12:45, Yoga 10:30	3) Card Party Day 10:30, Van Transportation Available	4) Cards, Exercise Class 1:00, Bone Builders 10:30	5) Cards, Van Transportation Available, Bingo 12:45	6) Cards, Bingo 12:30, Yoga 10:30, Zumba 11:00
9) CENTER CLOSED!! HAPPY COLUMBUS DAY!!	10) Card Party Day 10:30, Van Transportation Available, Cards, Blood Pressure 10:00, Fidelis Presentation 12:15	11) Cards, Exercise Class 1:00, Motor Vehicle Available 10-2, Bone Builders 10:30	12) Cards, Van Transportation-Local Errands, Bingo 12:45, Clear Captions-Free Phones for Hearing Impaired 11:15	13) Cards, Bingo 12:30, Yoga 10:30, Zumba 11:00
16) Cards, Cribbage 9:00, Yoga 10:30	17) Card Party Day 10:30, Van Transportation Available – Local Errands, Cards	18) Cards, Exercise Class 1:00, Motor Vehicle Available 10 – 2, Bone Builders 10:30, AARP 55 Alive Driving Program 9-3:30 Sign up in advance!!	19) Cards, Van Transportation Available, Bingo 12:45, Eat Smart Ideas 11:00, Long Term Care Services Expo: 10:30-1:00 –(Info for Many Services)	20) Cards, Bingo 12:30, Yoga 10:30, Zumba 11:00, Open Enrollment –Make an Appointment!!
23) Cards, Cribbage 9:00, Shopping Day – Van Leaves 9:30, Yoga 10:30	24) Card Party Day 10:30, Van Transportation Available, Local Errands, Cards	25) Cards, Exercise Class 1:00, Motor Vehicle Available 10 – 2, Food Stamp Help –Sign Up!! Bone Builders 10:30	26) Cards, Van Transportation Available—Local Errands, Bingo 12:45, Tea Party 10:00	27) Cards, Bingo 12:30, Yoga 10:30, Zumba 11:00, Open Enrollment- Make an Appointment!!
30) Cards, Cribbage 9:00, Shopping Day – Van Leaves 9:30, Yoga 10:30	31) Card Party Day 10:30, Van Transportation Available, Local Errands, Cards, Special Dinner –“Halloween”- Special Guests!!			