

**Rensselaer County Department of Unified Family Services - AGING
HOOSICK FALLS SENIOR CENTER, 69 Church St.- Phone 686 - 7561
JANUARY 2018 ACTIVITIES CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
1)CENTER CLOSED! HAPPY NEW YEAR!!	2)Card Party Day 10:30, Van Transportation Available- Local Errands, Cards	3)Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10-2	4)Cards, Bingo 12:45, Van Transportation Available- Local Errands	5) Cards, Bingo 12:30, Yoga 10:30, Zumba 11:00, Legal Aid Available-sign up!!,
8) Cards, Cribbage 9:00, Yoga 10:30	9) Card Party Day 10:30, Van Transportation Available- Local Errands, Cards, Share Meeting 9:30, Blood Pressure Clinic 10:00	10) Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10-2	11) Cards, Van Transportation- Local Errands, Bingo 12:45, CRAFT - SIP & SWIRL Painting 10:00, Special Dinner Music by: Paul Sluzar	12) Cards, Yoga 10:30, Zumba 11:00, Bingo 12:30
15) CENTER CLOSED! MARTIN LUTHER KING DAY!	16) Card Party Day 10:30, Van Transportation Available – Local Errands, Cards	17) Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10 – 2	18) Cards, Bingo 12:45, Eat Smart Food Ideas 11:00, Van Transportation Available- Local Errands	19) Cards, Yoga 10:30, Zumba 11:00, Bingo 12:30
22) Cards, Cribbage 9:00, Yoga 10:30	23) Card Party Day 10:30, Van Transportation Available, Local Errands, Cards	24) Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10 – 2, Food Stamp Help –Sign Up!!	25)Cards, Bingo 12:45, Van Transportation Available- Local Errands,	26) Cards, Yoga 10:30, Zumba 11:00, Bingo 12:30
29) Cards, Cribbage 9:00, Yoga 10:30	30) Card Party Day 10:30, Van Transportation Available- Local Errands, Cards	31)Cards, Exercise Class 1:00, Motor Vehicle Available 10-2, Bone Builders 10:30		