

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2) Cards, Cribbage 9:00, Yoga 10:30, Shopping Day- Van leaves 9:30 to Saratoga	3) Card Party Day 10:30, Van Transportation Available – Local Errands, Cards	4) CENTER CLOSED!  HAPPY 4 <sup>TH</sup> OF JULY!!	5) Cards, Van Transportation- Local Errands, Bingo 12:45	6) Cards, Bingo 12:30, Yoga 10:30
9) Cards, Cribbage 9:00, Yoga 10:30	10) Card Party Day 10:30, Van Transportation Available- Local Errands, Cards, 3 <sup>rd</sup> Annual Beach Bash --- Music by: Joe Cybulski	11) Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10-2, Legal Aid Available – sign up!!	12) Cards, Van Transportation- Local Errands, Bingo 12:45, Health Dept. Presentation on Fall Prevention 11:30	13) Cards, Yoga 10:30, Bingo 12:30
16) Cards, Cribbage 9:00, Yoga 10:30, Van to Via Aquarium- leaves 9:30 – sign up!	17) Card Party Day 10:00, Van Transportation Available – Local Errands, Cards	18) Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10 – 2, Food Stamp Help- Sign up!! ROUSE PICNIC 10:00	19) Cards, Bingo 12:45 , Van Transportation Available- Local Errands, Eat Smart Ideas 11:00	20) Cards, Yoga 10:30, Bingo 12:30
23) Cards, Cribbage 9:00, Yoga 10:30	24) Card Party Day 10:30, Van Transportation Available, Local Errands, Cards, Info Table for Blueshield of Northeastern NY 10:00-12:00	25) Cards, Bone Builders 10:30, Exercise Class 1:00, Motor Vehicle Available 10 – 2	26)Cards, Bingo 12:45, Van Transportation Available, Eat Smart Ideas 11:00, Special Dinner 12:00	27) Cards, Yoga 10:30, Bingo 12:30
30) Cards, Cribbage 9:00, Yoga 10:30, Shopping Day- Van leaves 9:30	31)Card Party Day 10:30, Van Transportation Available- Local Errands, Cards			