

HOOSICK FALLS SENIOR CENTER MONTHLY ACTIVITIES

Office: 518-686-7561

Meals served or Grab & Go Daily at noon, call by 10:00 to reserve

September 2024

Center Open Daily 9:00 – 3:00

Daily Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAY	FRIDAYS
<p><i>Gym Open 9:00 – 2:30</i></p> <p><i>Theater room</i> <i>Simple Chair exercises 9:45 –</i> <i>Exercise with Sonya 10:30</i> <i>(starting 9/16)</i></p>	<p><i>Gym Open 9:00 – 2:30</i></p> <p><i>10:00 Senior Games</i></p>	<p><i>Gym Open 9:00 – 2:30</i></p> <p><i>Theater room</i> <i>Simple Chair exercises 9:45 –</i> <i>Cardio Drumming 10:30</i> <i>(starting 9/11)</i></p> <p><i>10:00 Senior Games</i> <i>1:30 Exercise Group by Pat</i></p>	<p><i>Gym Open 9:00 – 2:30</i></p> <p><i>10:00 Senior Games</i></p>	<p><i>Gym Open 9:00 – 2:30</i></p> <p><i>Theater room</i> <i>Simple Chair exercises 9:45 –</i> <i>Cardio Drumming 10:30</i> <i>12:30 Bingo (most Fridays)</i></p> <p><i>10:00 Senior Games</i></p>

EVENTS FOR SEPTEMBER 2024

Tuesday September 3rd and Wednesday September 4th – Let's Get crafting. Senior led craft class in the Arts and Crafts Room

Wednesday September 11th –11:00 Hoosick Falls Senior Meeting /12:30 Special Music by John Hill

Monday September 16th – 12:30 Medicare Monday 101, presented by MJ Murray in Theater Room

Wednesday September 18th – Eat Smart 11:00am/ 12:30 Navigating Senior Care, presented by Kimberly Loszynski in Theater Room

Monday September 23rd – Yarn and more, have you ever wanted to learn how to knit? Do you already know how?
 Senior led 10:30 in the arts & crafts room

Wednesday September 25th – Monthly Birthday Celebration w/senior game

Friday September 27th – 12:30 Special Music by Woody Stroebeck – POSTPONED to 11/6/2024

Monday September 30th – Movie Monday 12:45 Movie w/ popcorn A touching, no-holds-barred adventure that shows
 it's never too late to live life to its fullest—The Bucket List.