Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Salon Appointments 1:00 Craft and Afternoon Tea	**3** 9:00 Basic Sewing Machine Operation Instruction 1:00 Knitting	**4** 8:00 Salon Appointments 10:30 Yoga Class 10:30 Brunch and a Movie	**5** 10:00 Fitness Squad 1:00 Acupuncture 2:00 Tea and Cookies	**6** 8:00 Salon Appointments 9:00 Coffee Hour 9:00 Beading Buddies 9:00 Fly Creek Cider Mill
9 10:00 Fall Foliage Train Ride/Cooperstown 10:30 Salon Appointments **No Nedrow Bus**	**10** 9:00 Basic Sewing Machine Operation Instruction 12:45 Program Meeting 1:45 Knitting	**11** 8:00 Salon Appointments 10:30 Yoga Class 1:00 Wii Bowling	**12** 10:00 Fitness Squad 1:00 Ceramics 4:30 Vernon Downs Birthday Celebrations 	**13** 8:00 Salon Appointments 9:00 Coffee Hour 9:00 Beading Buddies 1:00 Hay Ride at Abbott Farms
16 8:30 Massage Therapy 10:30 Salon Appointments 1:00 Painting	**17** 9:00 Basic Sewing Machine Operation Instruction 1:00 Knitting	**18** 8:00 Salon Appointments 10:30 Yoga Class 12:30 Pumpkin Dessert Contest	**19** 9:00 Last Regional Market in Syracuse 1:00 Acupuncture 2:00 Tea and Cookies	**20** 8:00 Salon Appointments **No Lunch Today** **Elders Craft and Bake Sale**
23 10:30 Salon Appointments 1:00 Painting	**24** 9:00 Photography club 12:45 Program Meeting 1:45 Knitting	***25*** 8:00 Salon Appointments 9:00 Critz Pumpkin Farm 10:30 Yoga Class 11:45 Teyakhishnyehe' Caregivers Support Group	**26** 10:00 Fitness Squad 1:00 Ceramics	**27** 8:00 Salon Appointments 9:00 Coffee Hour 9:00 Beading Buddies 1:00 Bowling Green Lakes Lanes
30 10:30 Salon Appointments 1:00 Halloween Costume Bingo (Last day for Wanderers' Rest Food Drive)	**31** 1:00 Knitting 4:30 Pitch Tournament	**October** **2017**		