

Monday

Tuesday

Wednesday

Thursday

Friday

September



For Program information/questions, contact Tammy Patterson (315) 829-8335

1
9:00 Salon Appointments
1:00 Wii Games

2
Closed for Indian Day

5
Closed for labor day

6
10:30 Yoga
1:00 Knitting/Crochet
1:00 Chair Exercise

7
10:45 cardio elders exercise
1:00 Beading Instruction

8
9:00 Salon Appointments
1:00 Ceramics

9
9:30 Fresh Air Walkers
9:30 Brunch and a Movie
In New Hartford
(Movie TBA)

12
10:00 Bingo at TSCR

13
10:30 Yoga
1:00 Knitting/Crochet
1:00 Chair Exercise

14
10:45 cardio elders exercise
11:30 Blood Pressure
Screening
1:00 Beading Instruction

15
8:30 Train ride
9:00 Salon Appointments

16
9:30 Fresh Air Walkers
1:00 Bowling Green Lake
lanes

19
9:00 Massage Therapy
1:00 Canning (Cook House)

20
10:30 Yoga
1:00 Knitting/Crochet
1:00 Chair Exercise

21
10:45 cardio elders exercise
1:00 Beading Instruction

22
9:00 Regional Market
9:00 Salon Appointments
1:00 Shuffle Board
Tournament

23
9:30 Beak & Skiff Apple
Picking



26
1:00 Canning (Cook House)

27
10:30 Yoga
1:00 Knitting/Crochet
1:00 Chair Exercise

28
11:30 Teyakhishnyehe'
Caregivers Training
1:00 Beading Instruction

29
9:00 Salon Appointments
1:00 Monthly Bingo

30
9:30 Fresh Air Walkers
12:30 Apple Dessert
Contest
1:00 corn hole Tournament