

Monday	Tuesday	Wednesday	Thursday	Friday
For Program Information/questions, contact Tammy Patterson (315)829-8135				
3 9:00 Massage Therapy 10:00 Bingo at TSCR	4 10:00 Yoga 12:30 Program Meeting 1:00 Knitting/Crochet 1:00 Chair Exercise	5 9:00 Open Sewing 10:45 Cardio Elders Exercise 1:00 Instructional Beadwork	6 9:00 Salon Appointments 1:00 Ceramics	7 9:00 Colony Center Mall Albany 9:00 Fresh Air Walkers
10 1:00 Smudging and Guided Imagery 2:00 Herbal Tea and Cookies	11 10:00 Yoga 1:00 Knitting/Crochet 1:00 Chair Exercise	12 9:00 Open Sewing 10:45 Cardio Elders Exercise 1:00 Instructional Beadwork	13 9:00 Salon Appointments 4:00 Dinner and a Show Landmark Theater The Buddy Holly Story	14 9:00 Fresh Air Walkers 10:00 Movie and Brunch
17 9:00 Massage Therapy 1:00 Water Color with Birdy	18 10:00 Yoga 1:00 Knitting/Crochet 1:00 Chair Exercise	19 9:00 Open Sewing 10:45 Cardio Elders Exercise 1:00 Instructional Beadwork	20 9:00 Salon Appointments 12:30 Pumpkin Dessert Contest 1:00 Shuffle Board Tournament	21 9:00 Fresh Air Walkers 1:00 Corn Hole tournament
24 1:00 Smudging and Guided Imagery 2:00 Herbal Tea and Cookies	25 10:00 Yoga 1:00 Knitting/Crochet 1:00 Chair Exercise	26 10:45 Teyakhishnyehe' Caregivers Training 1:00 Instructional Beadwork	27 9:00 Chuck Hafner's Farmers Market 9:00 Salon Appointments 1:00 Ceramics	28 9:00 Fresh Air Walkers 1:00 Bingo 
31 9:30 Old Country Market Amish Store	 <h1 data-bbox="1081 1403 1402 1479">October</h1>			