

Monday & Friday: Lo-Impact Aerobics here at the center 11:00 AM
 Senior Evaluations: 2nd and 4th Wednesday by Appointment Only
 Tuesday & Thursday: Exercise at All American Fitness Center 10:00 a.m.—12:00 p.m.



New Hartford Adult Dining & Activity Center
 1 Sherman St., N.H.
 315-724-8966



24 Hour Notice
 Required for Reservations
12:00 Noon is the Deadline

Therapeutic Diet Available
 1. Diabetic—Low Calorie
 2. Low Sodium

June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Happy Father's Day</i>		1 Baked Chicken Breast Yoga 10:00, Chair Yoga 11:05, <u>Movie: The King's Speech 10:30</u>	2 Sliced Ham w. Fruit Sauce Bingo 11:30, Pinochle 10:30,	3 Macaroni & Cheese Bridge 10:00, Aerobics 11:00, Free Blood Pressure Screening 10:00
6 Italian Sausage Yoga 9:30, Art Class 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00	7 BBQ Chicken Leg Bridge 10:00, Entertainment 11:00, Computer Instruction 12:30	8 Sliced Roast Beef w. Gravy Yoga 10:00, Chair Yoga 11:05, <u>Central Association of the Blind 11:00</u>	9 Seafood Salad Bingo 11:30, Pinochle 10:30, <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">AARP Drivers Class 8:15-3:30</div>	10 Salisbury Steak w. Gravy Bridge 10:00, Aerobics 11:00,
13 Meatloaf w. Gravy Yoga 9:30, Art Class 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00,	14 Omelet w. Salsa Bridge 10:00, Entertainment 11:00, Computer Instruction 12:30	15 Oven Brownd Chicken Yoga 10:00, Chair Yoga 11:05, <u>Elder Laws Seminar 11:00</u>	16 Sliced Pork w. Gravy Bingo 11:30, Pinochle 10:30, <u>Father's Day Recognition 11:30</u> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">AARP Drivers Class 9:00—2:00</div>	17 Goulash Bridge 10:00, Aerobics 11:00,
20 Chicken Ala King Yoga 9:30, Art Class 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00	21 Fiesta Burger Bridge 10:00, Entertainment 11:00 Computer Instruction 12:30	22 Sliced Turkey w. Gravy Yoga 10:00, Chair Yoga 11:00, <u>Ed Chapin Presents "Skype" 11:00</u>	23 Kielbasa Bingo 11:30, Pinochle 10:30, <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">AARP Drivers Class 9:00—2:00</div>	24 Tuna-Mac Salad Bridge 10:00, Aerobics 11:00,
27 Macaroni & Cheese Yoga 9:30, Art Class 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00	28 Rib-B-Que Bridge 10:00, Entertainment 11:00, Computer Instruction 12:30	29 Oven Brownd Fish Yoga 10:00, Chair Yoga 11:00, <u>Birthday Party 11:30</u>	30 Spaghetti and Meatballs Bingo 11:30, Pinochle 10:30,	