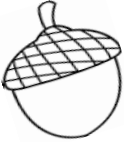







October 2024

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: center;">Ogden Senior Center</p> <p style="text-align: center;">200 S UNION STREET SPENCERPORT, NY 14559</p> <p style="text-align: center;">(585) 617-6126 M-W-F, 9-3</p>	<p>1</p> 	<p>2</p> <p>10:00-12:00 Hollie from Eldersource 12:00 Lunch 10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 1:00 Hands-Only CPR Training provided by Gates Ambulance.</p>	<p>3</p>	<p>4</p> <p>9:00 Mahjong 10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 12:00 Lunch 12:45 Euchre Club</p>
<p>7</p> <p>10:30 Coffee Hour 10:30 Chair Exercise 12:00 Lunch 1:00-4:00 AARP Smart Driver's Course</p>	<p>8</p>	<p>9</p> <p>10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 11:30 Trivia! 12:00 Lunch 1:00-4:00 AARP Smart Driver's Course</p>	<p>10</p> 	<p>11</p> <p>9:00 Mahjong 10:00 Therapy Dog  10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 12:00 Lunch 12:45 Euchre Club</p>
<p>14</p> <p>10:30 Coffee Hour 10:30 Chair Exercise 11:00 Mondays with the Chief! 12:00 Lunch</p>	<p>15</p> <p style="text-align: center;">Westwood Commons</p> <p style="text-align: center;">Lunch and Tour!</p> <p style="text-align: center;">11:15am pick-up and 1:00pm return</p> <p style="text-align: center;">Pre-registration Required</p>	<p>16</p> <p>10:00-12:00 Hollie from Eldersource 10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 11:30 Jeopardy! 12:00 Lunch</p>	<p>17</p>	<p>18</p> <p>9:00 Mahjong 10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 12:00 Lunch 12:45 Euchre Club</p>
<p>21</p> <p>10:30 Coffee Hour</p>  <p>10:30 Chair Exercise 12:00 Lunch</p>	<p>22</p> 	<p>23</p> <p>10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 12:00 Lunch 12:45 Rummikub</p>	<p>24</p>	<p>25</p> <p>9:00 Mahjong 10:30-11:15 Tai Chi for Arthritis (Preregistration Required) 12:00 Lunch 12:45 Euchre Club</p>
<p>28</p> <p>10:30 Coffee Hour 10:30 Chair Exercise 11:00 Mondays with the Supervisor! 12:00 Lunch <u>Special Dinner Menu</u>: Pizza, Tossed Salad w/Dressing, Fruit Cocktail, Apple Juice, and Milk</p>	<p>29</p>	<p>30</p> <p style="text-align: center;">Harvest Festival</p> <p style="text-align: center;">at</p> <p style="text-align: center;">Pineway</p> <p style="text-align: center;">Pre-Registration Required!</p>	<p>31</p>  <p style="text-align: center;">Halloween</p>	<p><i>"October is a symphony of permanence and change."</i></p> <p style="text-align: center;">—Bonato W. Overstreet</p>