

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Lunch 12:00</p>	<p>3</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>4</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p>	<p>5</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>6</p> <p>Lunch 12:00</p>
<p>9</p> <p>SITES CLOSED</p>  <p>Columbus Day</p>	<p>10</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>11</p> <p>Exercise Program 10:00am</p> <p>History of Local Fairs 11:30 am</p> <p>Lunch 12:00</p> <p>Bingo 1:00-3:30 pm</p>	<p>12</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>13</p> <p>Lunch 12:00</p>
<p>16</p> <p>NY Connects Dept. of Aging & Youth 11:30 am</p> <p>Lunch 12:00</p>	<p>17</p> <p>Bingo 9:45 am</p> <p>HEAP Talk Presented by Dept. of Aging & Youth 11:30 am</p> <p>Lunch 12:00</p>	<p>18</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>September Club 12:00 pm</p>	<p>19</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>20</p> <p>Lunch 12:00</p>
<p>23</p> <p>General Questions Answered by Dept. of Aging & Youth 11:30 am</p> <p>Lunch 12:00</p>	<p>24</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>25</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>Birthday Celebration</p> <p>Bingo 1:00-3:30 pm</p>	<p>26</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Pinecone Frame Garden 11:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>27</p> <p>Fall Park Walk 10:00am</p> <p>Lunch 12:00</p> <p>Craft Day 10:00 am</p>
<p>30</p> <p>Lunch 12:00</p>	<p>31</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>			

All programs in **Green** are held in the Adult Activity Center located in the back room of the Administration Building at Casey Park. Registration is required to reserve your spot for ALL programs.

All other programming is held in the Nutrition Room located at Brown Square Apartments Bldg #1.

• The Ontario Parks and Recreation's Exercise program has been specially designed for senior citizens. Classes are one hour and focus on developing and maintaining flexibility, range of motion, strength and endurance in a fun atmosphere. We guarantee that you will feel more energetic after you leave this great program.

• Wednesday, October 16, the Wayne County Department of Aging presents NY Connects. Join them to learn valuable information.

• Birthday Celebration at Brown Square is at noon on Wednesdays, October 25th. Call Vivian to reserve a lunch and join the festivities.

• Join Denise at the Adult Activity Center to make a Pinecone Frame Garden. Paint pinecones to resemble flowers and mount to frame. Fun starts at 11:00am so be sure to register!

• Craft Day is October 27th ~ be sure to register with Vivian at 524-3034.

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		<p>1</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p>	<p>2</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>3</p> <p>Lunch 12:00</p>
<p>6</p> <p>Lunch 12:00</p>	<p>7</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>8</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>Bingo 1:00-3:30 pm</p>	<p>9</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Watercolor Silk Scarves 11:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>10</p> <p>NUTRITION SITE CLOSED FOR VETERAN'S DAY</p>
<p>13</p> <p>NY Connects Dept. of Aging & Youth 11:30 am</p> <p>Lunch 12:00</p>	<p>14</p> <p>Bingo 9:45 am</p> <p>'Know the Signs' Speaker from the Alzheimer's Association</p> <p>Lunch 12:00</p>	<p>15</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>September Club 12:00 pm</p>	<p>16</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Thanksgiving Dinner 11:30 & 12:30</p> <p>Bingo 1:30 pm</p>	<p>17</p> <p>Craft Day 10:00 am</p> <p>Cardmaking</p> <p>Lunch 12:00</p>
<p>20</p> <p>Lunch 12:00</p>	<p>21</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>22</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>Birthday Celebration</p> <p>Bingo 1:00-3:30 pm</p>	<p>23 24</p> <p>SITES CLOSED FOR HOLIDAY</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	
<p>27</p> <p>General Questions Answered by Dept. of Aging & Youth 11:30 am</p> <p>Lunch 12:00</p>	<p>28</p> <p>Bingo 9:45 am</p> <p>Cardmaking 10:30 am</p> <p>Lunch 12:00</p>	<p>29</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p>	<p>30</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	

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• The Ontario Parks and Recreation Department is hosting an AARP Driver's Safety Course on Saturday, November 18th from 8:30 am - 3:30 pm. Course fee \$20.00 if you are an AARP member; \$25.00 for all others. Registration is required-payment made to the instructor on the day of the class.

• On November 9th we will be decorating silk scarves with a beautiful watercolor effect. If you joined us last time, you know how much this can be! Registration is required.

• Join us for Thanksgiving Dinner on Thursday, November 16th. There are two seatings for your

convenience: 11:30am & 12:30pm. Please call Vivian to make your reservation for this annual holiday tradition.

• Craft Day is November 17th and Sharon Pray is back to help make beautiful homemade cards for the Holidays. Be sure to sign up as class size is limited.

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				1 Lunch 12:00
4 Lunch 12:00	5 Bingo 9:45 am Lunch 12:00	6 Exercise Program 10:00am Lunch 12:00	7 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	8 Lunch 12:00
11 NY Connects Dept. of Aging & Youth 11:30 am Lunch 12:00	12 Bingo 9:45 am Lunch 12:00	13 Exercise Program 10:00am Lunch 12:00 Bingo 1:00-3:30 pm	14 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Christmas Dinner 11:30 & 12:30 Bingo 1:30 pm	15 Craft Day 10:00 am Christmas Cookie Baking 10:00 am Lunch 12:00
18 Lunch 12:00	19 Bingo 9:45 am Lunch 12:00	20 Exercise Program 10:00am Lunch 12:00 September Club 12:00 pm	21 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	22 Lunch 12:00
25 SITES CLOSED 	26 FOR HOLIDAY	27 Exercise Program 10:00am Lunch 12:00 Birthday Celebration Bingo 1:00-3:30 pm	28 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	29 Lunch 12:00

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- The Department of Aging & Youth will be on site, Monday, December 11th to discuss NY Connects and the benefits to you!

- We will be baking Christmas cookies to share with your family and friends on Friday, December 15th at the Adult Activity Center. Please bring your favorite cut-out

and a container to transport your cookies. Registration is required.

- Our annual Christmas Dinner is being served on Thursday, December 14th at 11:30am & 12:30pm. Reservations can be made with Vivian at 315-524-3034. Don't miss out as seating is limited.

- Craft Day at Brown Square is Friday, December 15th at 10:00am, so be sure to save the date. Call Vivian at 524-3034 to register to participate in making a Snowman for the Season and to reserve a lunch.

- Sites are closed on Dec. 25th & 26th in observance of the holiday.

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<p>1</p> <p>SITES CLOSED FOR</p> 	<p>2</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>3</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p>	<p>4</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>5</p> <p>Lunch 12:00</p>
<p>8</p> <p>NY Connects Dept. of Aging & Youth 11:30 am</p> <p>Lunch 12:00</p>	<p>9</p> <p>Bingo 9:45 am</p> <p>'Healthy Brain & Body' Speaker from the Alzheimer's Association</p> <p>Lunch 12:00</p>	<p>10</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>Bingo 1:00-3:30 pm</p>	<p>11</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>12</p> <p>Lunch 12:00</p>
<p>15</p> <p>SITES CLOSED FOR</p> 	<p>16</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>17</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p> <p>September Club 12:00 pm</p>	<p>18</p> <p>Social Crochet/Knitting 9:00 - 11:00 am</p> <p>Grocery Run to Wegmans 10:00 am</p> <p>Lunch 12:00</p> <p>Bingo 1:30 pm</p>	<p>19</p> <p>Lunch 12:00</p>
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<p>29</p> <p>Lunch 12:00</p>	<p>30</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>31</p> <p>Exercise Program 10:00am</p> <p>Lunch 12:00</p>		

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- Sites are closed on Monday, January 1st in observation of New Year's Day. Normal business hours resume Tuesday, January 2nd.

- The Ontario Parks and Recreation Department is hosting an AARP Driver's Safety Course on Saturday, January 6th from 8:30 am - 3:30 pm. Course fee \$20.00

if you are an AARP member; \$25.00 for all others. Registration is required-payment made to the instructor on the day of the class.

- Shira May from the Alzheimer's Association will be hosting a informative talk on Healthy Brain & Body. You won't want to miss this discussion. Presentation will

be held on Tuesday, January 9th at noon. Please join us for lunch - reserve with Vivian at least a day in advance.

- Join for as we celebrate all those born in January on Wednesday, January 18th at the Nutrition Site for cake and socialization after lunch is served.