

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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 11:45 am Talk: Town Supervisor Frank Robusto Lunch 12:00
11 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 St. Patty's Day Party 11:00 am Lunch 12:00 Bingo 1:30 pm	15 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 Spring Bunny Door Hanger 11:00 am Lunch 12:00 Bingo 1:30 pm	22 Cardmaking Craft 10:00 am Lunch 12:00
25 Lunch 12:00	26 Bingo 9:45 am Lunch 12:00	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

All programs in **Green** are held in the Adult Activity Center located in the back room of the Administration Building at Casey Park. Programs in **Orange** are held at the Ontario Community Center. 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.

• Think Green!! Join us at the Adult Activity Center in Casey Park for a St. Patrick's Day celebration. There will be oodles of great songs and shenanigans. Registration is required to attend.

• The Ontario Parks and Recreation Department is hosting an AARP Driver's Safety Course on Saturday, March 18; 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.

• Join Denise at the Adult Activity Center to make a cute Spring Bunny hanger. Fun starts at 11:00am on Thursday, March 21, so be sure to register!

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<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>8</p> <p>11:45am Historian Talk: Ship Wrecks Lake Ontario 1800's</p> <p>Lunch 12:00</p>	<p>9</p> <p>Bingo 9:45 am</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>Lunch 12:00</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>SITES CLOSED</p> 
<p>22</p> <p>11:45 Health Talk Alzheimer's Association "Know the Signs"</p> <p>Lunch 12:00</p>	<p>23</p> <p>Bingo 9:45 am</p> <p>Lunch 12:00</p>	<p>24</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>25</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>26</p> <p>Craft Day 10:00 am</p> <p>Lunch 12:00</p>
<p>29</p> <p>Lunch 12:00</p>	<p>30</p> <p>Bingo 9:45 am</p> <p>Cardmaking Craft 10:30 am</p> <p>Lunch 12:00</p>			

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- Liz Albright, Town of Ontario's Historian, will be sharing stories of the numerous ship wrecks in Lake Ontario in the 1800's. Please call Vivian to make your reservation for lunch after this informative discussion.



- The Alzheimer's Association will be presenting a health talk on

"Know the Signs" of Alzheimer's. Don't miss this informative talk. Everyone is affected by Alzheimer's - know the facts. Call Vivian at 315.524.3034 to reserve a lunch for after the presentation.

- All Town offices will be closed on Friday, April 19 in observance of Good Friday.**

The Ontario Community Center will be open from 7:00 am - 7:00 pm.

- Birthday Celebration at Brown Square is at noon on Wednesday, April 24. Call Vivian to reserve a lunch and join the festivities at 315.524.3034.

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		1 Exercise Program 10:00am Lunch 12:00	2 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	3 Lunch 12:00
6 Lunch 12:00	7 Bingo 9:45 am Lunch 12:00	8 Exercise Program 10:00am Lunch 12:00 Bingo 1:00-3:30 pm	9 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	10 Lunch 12:00
13 11:45am Historian Genealogy Lunch 12:00	 14 Bingo 9:45 am Lilac Trip 9:50 am Lunch 12:00	15 Exercise Program 10:00am Lunch 12:00 September Club 12:00 pm	16 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	17 Lunch 12:00
20 Lunch 12:00	21 Bingo 9:45 am Lunch 12:00	22 Exercise Program 10:00am 11:45am Sheriff Virts Senior Safety Lunch 12:00 Birthday Celebration Bingo 1:00-3:30 pm	23 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Let's Paint Some Lilacs 11:00 am Lunch 12:00 Bingo 1:30 pm	24 Craft Day 10:00 am Lunch 12:00
 27	28 Bingo 9:45 am Lunch 12:00	29 Exercise Program 10:00am Lunch 12:00	30 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	31 Lunch 12:00

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- Town Historian, Liz Albright, will be presenting on Monday, May 13 at 11:45 am on the topic of genealogy. Call Vivian at 315.524.3034 to reserve a lunch!

- **Annual Lilac Trip is Tuesday, May 14.** Highland Park will be in full bloom so let's take some time and smell the flowers! Register by May 10 to guarantee your spot!

- Sheriff Virts invites you to join him for an informational discussion on the importance of Senior Safety on Wednesday, March 22 at 11:45am at the Nutrition Site. Don't miss this presentation - Stay and have lunch and share in the Birthday celebration. Be sure to reserve your lunch with Vivian at 315.524.3034.

- Let's paint some Lilacs on Thursday, May 23. Denise will lead you through the creative process to paint a beautiful piece of art to show off to your friends.

- AARP Driver Safety class will be held on Sat., May 18, from 8:30am-3:00pm in the Adult Activity Center. Pre-Registration is required.

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24 Lunch 12:00	25 Bingo 9:45 am Lunch 12:00	26 Exercise Program 10:00am Lunch 12:00 Birthday Celebration Bingo 1:00-3:30 pm	27 Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm	28 Lunch 12:00

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- Back by popular demand: **Garden Stepping Stones**. Join us on Thursday, June 20 at 11:00 am in the Adult Activity Center as we make stepping stones to spruce up your gardens and flower beds.

- Craft Day at Brown Square is Friday, June 21 at 10:00 am, so be sure to save the date! Call Vivian

at 315.524.3034 to register and reserve a lunch.

- Happy June Birthdays!! We will be celebrating with a beautiful cake on Wednesday, June 26th at the Nutrition Site. Whether your birthday is in June or not, everyone is welcome to celebrate!! Be sure to call ahead and reserve a lunch!