

# October 2019

**Cortland Senior Center**  
**60 Central Ave. - County Office Building**  
**Cortland - Phone: (607) 753-5166**  
**Hours: Monday-Friday 8:00am-3:00pm**  
**Thursday: Until 7:30pm**  
**Center Manager: Sue Preston**



## WEEKLY ACTIVITIES:

**NOTE:** All activities are held in the Activity Room (B40) unless noted otherwise; DR = Dining Room; Gym = Youth Bureau Gym

**Monday:** Breakfast served 8:00-9:00am; Shuffleboard 8:15am; Pickleball (Gym) Noon; Bonesaver Exercises 1:00-2:00pm

**Tuesday:** Fourscore(80+ Club) 10:00am; Pickleball (Gym) 9:00am; Shuffleboard 12:30pm

**Wednesday:** Billiards & Senior Club Coffee Hour 8:00am; Senior Club Meeting 10:00am; Pickleball (Gym) Noon; Pitch League (DR) 12:30pm; Bonesaver Exercises 1:00-2:00pm

**Thursday:** Breakfast served 8:00-9:00am; Shuffleboard 8:30am; Pickleball (Gym) 9:00am; Pinochle 12:30pm; Billiards 12:30pm; Cards 3:00pm; Thursday Eve Out (4:00-7:30pm) Dinner served at 5:00pm w/Pitch to follow

**Friday:** Wii Bowling 8:15am; Pickleball (Gym) 9:00am;

## SPECIAL EVENTS:

02 BP Screening 8:30-10:00am; National Pumpkin Seed Day

03 Fish Fry - Ticket Required

04 Food Pantry 9am-noon

09 Bake Sale 8:30-10:00am

10 **Open House - 45<sup>th</sup> Anniversary Celebration w/ Medicare Open Enrollment Information Table 9:30 -11:30am**

October 13 - 19 is World Food Week - Your food donations will help your community pantry.

14 Center Closed - Columbus Day Observance

16 Prize Drawing for World Food Day Donations (DR) noon

18 Council Meeting 8:30am; Vision Support Group - 11am; Food Pantry 9am-noon

23 Birthday Dinner with 50/50 Raffle (DR) 11:30am

30 Halloween Trivia w/Treats 11:00am (DR); Cauldron Drawing Noon

## Thursday Eve Out

03 - Danny's Famous Macaroni and Cheese, Green Beans, Coleslaw, Fruit, Ice Cream

10 - Baked Chicken Ranch Sandwich, Broccoli, Tossed Salad, Fruit

17 - Meatball Sub, Zucchini, Tossed Salad, Fruit

24- Sloppy Joe, Corn, Tossed Salad, Fruit

31- BLT Sandwich, 3 Bean Salad, Tossed Salad, Fruit



**Fire Prevention Week: October 6-12, 2019**  
**Signed into effect by President Calvin Coolidge in 1925**



# October 2019



**Harford Senior Center  
Creamery Hills Living Complex  
Phone: 607- 844-3808  
Hours: Monday- Thursday 8:30am- 2:30pm  
Center Manager: Joyce VanDeWeert**

## WEEKLY ACTIVITIES:

**Daily:** Coffee Hour 9:30am; Cards & Puzzles

**Monday:** Bingo 1:15pm

**1<sup>st</sup> & 3<sup>rd</sup> Tuesday:** Pancake Brunch 10:00am-12:15pm

**2<sup>nd</sup> Wednesday:** Evening Meal 4:30pm

**1<sup>st</sup> Thursday:** Open House for new participants; Center Council Meeting 1:00pm

## SPECIAL EVENTS:

01 Pancake Brunch 10:00am-12:15pm; BP Screening 10:30-11:30am

02 Share a Joke Day

03 Bonesaver Exercises 9:30-10:30am; Center Council Meeting 1:15pm

07 Bonesaver Exercises 9:30-10:30am; Bingo 1:15pm

08 Nutrition Education Program 11:30am

09 35<sup>th</sup> Anniversary Celebration/Evening Meal - Snacks 4:30pm, Meal 5:00pm - Baked Chicken, Stuffing w/ Country Gravy, Spinach, Fruit Pie; Musical Entertainment by John Storie & Friends

10 **Flu Clinic 11:00am - 1:00pm - provided by Walgreen's**

10 Bonesaver Exercises 9:30-10:30am; Trivia Program 11:30am

**October 13 - 19 is World Food Week - Your food donations will help your community pantry.**

14 **Center Closed - Columbus Day Observation**

15 Pancake Brunch 10:00am-12:15pm; Blood Pressure Screening 10:30-11:30am

16 Bake Sale 10:00am; Quiz Program 11:30am

17 Bonesaver Exercises 9:30-10:30am; Crafts 10:30am

21 Bonesaver Exercises 9:30-10:30am; Bingo 1:15pm

22 Hobby Day - Bring in your hobby.

23 Birthday Dinner; Take Away Game 1:15pm

24 Bonesaver Exercises 9:30-10:30am; Good News Day - Let's Share!

28 Bonesaver Exercises 9:30-10:30am; Bingo 1:15pm

29 Baking Halloween Cookies 10:30

30 Share A Poem Day

31 Bonesaver Exercises 9:30-10:30; Halloween Party



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# October 2019



**David Harum Senior Center**  
**Town Hall, Homer, NY**  
**Phone: 749-2362**  
**Hours: Mon. - 2:00-7:30pm**  
**Tues.-Thurs. - 8:30am-2:30pm**  
**Center Manager: Harold Swartwood**

## WEEKLY ACTIVITIES:

**Daily:** Coffee Hour 8:30am; Cards/puzzles, Wii Bowling

**Monday:** Painting 10:00am-12:00pm; Monday Night Out (MNO) Dinner 4:30pm;  
Pitch 5:30pm; 50/50 Raffle

**Tuesday:** Ceramics 9:00-11:30am; Wii 9:00-9:30am; Puzzles/Games 9:00-11:30am

**Wednesday:** Share a Reading, Funny Story or Poem 11:00-11:30am;  
Bonesaver Exercises 1:30-3:00pm

**4th Wednesday:** Pancake Brunch 10:30am-12:30pm

**Thursday:** Quilting 9:00am; Coffee Hr/Stretching 9:30am; Senior Club Meeting 10:00am;  
Bingo 10:30am; Game Day 12:15 - 2:15pm

**Friday:** Bonesaver Exercises 1:30-3:00pm

## SPECIAL ACTIVITIES:

01 Retired Nurses Lunch 11:30am, Meeting 12:30pm

02 Bonesaver Exercises 1:30-3:00pm

03 Stretching 9:30am; Club meeting 10:00am; Bingo 10:30am

07 **MNO:** Homemade Pizza 4:30pm; Pitch 5:30; 50/50 Raffle

08 Center Council Meeting 12:30pm

09 Brewster House 11:00am; Bingo 12:00-1:15pm; Bonesaver Exercises 1:30-3:00pm

10 Stretching 9:30am; Club meeting 10:00am; Bingo 10:30am

**October 13 - 19 is World Food Week - Your food donations will help your community pantry.**

14 **Center Closed - Columbus Day Observance**

16 JM Murray Center Traveling Band 10:00-10:30am

17 Stretching 9:30am; Club meeting 10:00am; Bingo 10:30am

21 **Special Evening Meal - Baked Chicken, Stuffing w/Country Gravy, Spinach, Fruit Pie**

23 Pancake Brunch 10:30am-12:30pm; Bonesaver Exercises 1:30-3:00pm

24 Stretching 9:30am; Club meeting 10:00am; Bingo 10:30am

28 **MNO:** Baked Chicken Parmesan, Pasta and Sauce, Spinach, Apricots

30 Bonesaver Exercises 1:30-3:00pm

31 **Halloween Costume Party!!! 10:00am**



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# October 2019



**Marathon Maple Leaf Senior Center**  
Civic Center, Brink Street  
Marathon  
Phone: (607) 849-3884  
Hours: Monday-Friday - 8:00am-3:30pm  
Center Manager: Anita Doty

## WEEKLY ACTIVITIES:

**Daily:** Coffee Hour 9:00am; Cards, Puzzles; Sharpen your mind w/Games; Billiards; Read the Daily News

**Monday:** Penny Bingo; Pay-me; Dominoes 12:30pm

**Tuesday:** Loosen up your muscles with walking 10:00am & 1:00pm outside (weather permitting)

**Wednesday:** Billiard Games w/Partners 10:00am; Cards 12:30pm

**Thursday:** Crafts or projects in progress 10:00am; Movie Day 10:00am (First Thursday);  
Billiards 10:00am, Cards 12:30pm

**Friday:** Open Activities 10:00am

## SPECIAL EVENTS:

- 01 National Homemade Cookie Day; Open House for New Participants - those attending for the first time will receive a complimentary gift bag
- 02 Center Council Meeting 10:00am; Blood Pressure Screening 11:00am; Quarter Day & Bingo 12:30pm
- 03 Loosen Up, Limber Up stretch band & walking 10:30-11:00am; Chip Bingo 12:30pm
- 04 Think Pink! Breast Cancer Awareness Month, Wear your Pink today! World Smile Day "Put On a Happy Face"
- 07 Wii Bowling 10:30am; Pinochle & Cards 12:30pm; Blue Shirt Day "Stop Bullying Day"
- 08 Pancake Brunch 9:00am - 12:00pm; Cards 11:30am; 50/50
- 09 Quarter Day & Bingo 12:30pm; Fire Prevention Week - "Not Everyone Wears a Cape"
- 10 National Tic Tac Day
- 11 Tease your memory; Build Your Brain 10:30am
- October 13 - 19 is World Food Week - Your food donations will help your community pantry.**
- 14 Center Closed - Columbus Day Observance
- 17 Loosen Up, Limber Up stretch band & walking 10:30-11:00am; Chip Bingo 12:30pm
- 23 Birthday Celebration; Blood Pressure Screening 11:00am; Quarter Day & Bingo 12:30pm
- 24 Pancake Brunch 9:00am-12:00pm; Cards 11:30am; 50/50 Raffle
- 28 Wii Bowling 10:30am; Pinochle & Cards 12:30pm; National Chocolates Day
- 29 Make up 20 treat bags for Little Ghost & Goblins 10:30am
- 30 Quarter Day & Halloween Bag Bingo 12:30
- 31 Halloween Celebration

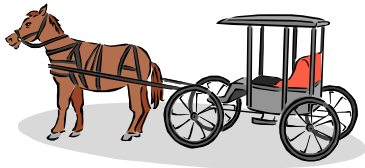


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# October 2019



**McGraw Senior Center**  
**Community Building, Clinton St.**  
**Phone: 836-8916**  
**Hours: Monday-Thursday 9:00am-3:00pm**  
**Center Manager: Sarah Snyder**

## WEEKLY ACTIVITIES:

**Daily:** Dominos, Pool, Puzzle Table, Cards, Games, Shuffleboard, Oldies Music, Book Exchange, Wii Games; Karaoke; Laughter Therapy; Walking Group

**Monday:** "People w/Arthritis Can Exercise" 10:45-11:45am

**Tuesday:** Quarter Day; Bonesaver Exercises 10:00-11:00am

**Wednesday:** "People w/Arthritis Can Exercise" 10:45-11:30am

**1<sup>st</sup> Wednesday :** Pancake Brunch & Open House for New Participants  
8:30am-11:30am

**Thursday:** Bonesaver Exercises 10:00 - 11:00am

## SPECIAL EVENTS:

01 Pitch 1:00pm

02 Pancake Brunch 8:30-11:30am

03 Decorate for fall

08 Center Council Meeting 10:00am; Pitch 1:00pm

**October 13 - 19 is World Food Week - Your food donations will help your community pantry.**

23 Book Club Meets 1:30am; Birthday Dinner

24 Blood Pressure Screening 10:00am

28 Pumpkin Decorating

31 Halloween Party



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# October 2019



**Scott Senior Center**  
**United Methodist Church, Route 41**  
**Phone: 749-7973**  
**Hours: Monday-Thursday 8:30am-2:30pm**  
**Friday: 6:00-12:00pm**  
**Center Manager: Kay Harvey**

## WEEKLY ACTIVITIES:

**Monday:** Pitch 9:30am; Quarter Day; Scrapbooking 12:30pm  
**Tuesday:** Wii Games 9:00-11:00am, Ice Cream Sundaes after lunch; Bingo 1:00pm  
**Wednesday:** Movie 9:00am; Yahtzee 1:00pm, Walking Club  
**Thursday:** Knit & Chat; Coffee Hour 9:30am; Mexican Train 12:30pm  
**Friday:** Breakfast 7:00-9:30am; Walking Club

## SPECIAL EVENTS

- 01 Community Soup 10:00am; Card making for an occasion 12:30pm
- 02 Wii 1:00pm
- 04 Breakfast 7:00-9:30am (Sausage)
- 07 Pitch 9:30am ; Quarter Day; Community Soup 10:00am; Scrapbooking 12:30pm
- 08 Baking Day 10:00am
- 09 & 10 AARP Drive Course 1:30-4:30pm
- 11 Breakfast 7:00-9:30am (Bacon)
- 14 Center Closed - Columbus Day Observance
- October 13 - 19 is World Food Week - Your food donations will help your community pantry.**
- 15 Pitch 9:30am; Quarter Day, Scrapbooking 12:30pm
- 16 Community Soup 10:00am; Wii 1:00pm
- 18 Breakfast 7:00-9:30am (Sausage)
- 21 Pitch 9:30am; Quarter Day; Community Soup 10:00am; Scrapbooking 12:30pm
- 23 Evening Meal - Baked Chicken, Stuffing with Country Gravy, Spinach, Fruit Pie; Pitch after dinner
- 25 Breakfast 7:00 - 9:30am (Ham)
- 28 Pitch 9:30am; Quarter Day; Scrapbooking 12:30pm
- 29 Baking Day 10:00am
- 30 Community Soup Day 10:00am

- Fundraiser this month is Rada Cutlery and 50/50
- We will be collecting items for our Thanksgiving Basket Raffle



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 October 2019



Truxton Senior Center  
United Methodist Church  
Phone: 842-6253  
Hours: Monday, Wednesday, Thursday  
8:30am-2:30pm  
Tuesday 2:00-7:30pm

**WEEKLY ACTIVITIES:**

**Daily:** Walking, Puzzles, Games, Exercise, Craft Table, and Bingo. Movies are always available. Come Wii w/us!

**Monday:** Quarter Day at lunch; "Let's Bake a Cake" after lunch

**Tuesday:** Tuesday Night Out 4:00-7:00pm

**1<sup>st</sup> & 3<sup>rd</sup> Thursday:** Pancake Brunch 8:00-10:30am

**SPECIAL ACTIVITIES:**

01 Tuesday Night Out 4:00-7:00pm

03 Brunch 8:00-10:30am

08 Center Closed - Columbus Day

07 Board Games

08 Pizza Night and Bingo 4:00-7:00pm

09 Cards

14 **Center Closed - Columbus Day Observance**

October 14 - 19 is World Food Week - Your food donations will help your community pantry.

15 Tuesday Night out 4:00-7:00pm

16 Walk and Stretch

17 Brunch 8:00-10:30am

22 Evening Meal 4-7pm

23 Movie Night Sweets and Treats

24 Party - Baking Cookies and exchange

28 Halloween Crafts

29 Halloween Night Out Meal (Spooky)

**Tuesday Night Out**

01 - Hearty Chili w/ Cornbread, Mixed Veggies, Mandarin Oranges

08 - Pizza Night

15 - Danny's Famous Macaroni & Cheese, Stewed Tomatoes, Pears

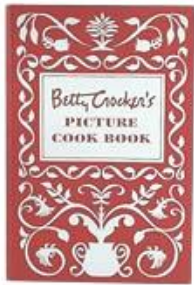
22 - Baked Chicken, Stuffing w/ Country Gravy, Spinach, Fruit Pie

29 - Hamburger Stew, Biscuit, Peas



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# October 2019



**Willet/Cincinnati Area Senior Center**  
**Town Hall, Route 41, Willet**  
**Phone: 607-863-4887**  
**Hours: Monday-Thursday 8:00am-3:30pm**  
**Friday: 6:00am-1:00pm**  
**Center Manager: Laurie Snyder**

## WEEKLY ACTIVITIES:

**Daily:** Coffee Hour 8:00 am; Cards, Puzzles, Shuffleboard, Pool, Knitting, Board Games & TV

**Monday:** Bingo 12:30pm

**Wednesday:** Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm

**Friday:** Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am

## SPECIAL EVENTS:

02 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm

03 Chip Bingo 10:30am

04 Pancake Breakfast 8:00-10:00am; Cortland at Willett Pool Tournament 8:30am; Pitch Tournament 10:00am; Blood Pressure Screening 10:00am

07 Pinochle 9:00am; Bingo 12:30PM

08 Bean Bag Game 11:00am

09 Stretch Band Exercises 10:30am; Center Council Meeting 10:30am; Pitch Tournament 12:30pm

10 Chip Bingo 10:30am

11 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am

**October 13 -19 is World Food Week - Your food donations will help your community pantry.**

14 **Center Closed - Columbus Day Observance**

15 Guess the Word Pictures 11:45am

16 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm

17 Willet at Cortland Pool Tournament 8:30am; Chip Bingo 10:30am

18 Pancake Breakfast 8:00 - 10:00am; Pitch Tournament 10:00am

21 Pinochle 9:00am; Bingo 12:30pm

22 Dominoes 10:00am

23 Stretch Band Exercises 10:30am; Birthday Dinner 11:30am; Pitch Tourney 12:30pm

24 Chip Bingo 10:30am

25 Pancake Breakfast - 8:00-10:00am; Pitch Tournament 10:00am

28 Pinochle 9:00am; Bingo 12:30pm

29 "Sharing Superstitions" Day 11:45am

30 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm

31 Chip Bingo 10:30am; Halloween Celebration 11:30am



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