

October 2018

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; Ping Pong (DR) 9:00am; Pickleball (Gym) 9:00am; Bingo 10:30am; Volleyball (Gym) 12:30pm
- Tuesday:** Ping Pong (DR) 9:00am; Pickleball (Gym) 9:00am; Fourscore (80+ Club) 10:00am; Swing Into Shape 12:30pm; Volleyball (Gym) 12:30pm
- Wednesday:** Pickleball (Gym) 9:00am; Volleyball (Gym) 12:30pm; Pitch (DR) 12:45pm
- Thursday:** Breakfast served 8:00-9:00am; Shuffleboard 8:30am; Ping Pong (DR) 9:00am; Pickleball (Gym) 9:00am; Pinochle 12:30pm; Billiards 12:30pm; Volleyball (Gym) 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; Ping Pong (DR) 9:00am; Pickleball (Gym) 9:00am;

SPECIAL EVENTS:

- 03 BP Screening 8:30-10:00am
- 04 Fish Fry - Ticket Required
- 05 Food Pantry 9am-noon
- 08 Closed - Columbus Day Observed
- 09 Bunco - 1:15pm
- 10 Bazaar and Bake Sale 8:30-10:30am
- 12 Center Council Meeting 8:30am
- October 14 - 19 is World Food Week - Your food donations will help your community pantry.**
- 15 Matter of Balance - 1:30-3:30pm
- 17 Prize Drawing for World Food Day Donations (DR) noon
- 19 Vision Support Group - 11am; Food Pantry 9am-noon
- 22 Matter of Balance - 1:30-3:30pm
- 23 Nutrition Task Force Meeting 8:30am; Center Managers Meeting 1:00pm; Bunco 1:15pm
- 24 Birthday Dinner (DR) 11:30am
- 29 Matter of Balance - 1:30-3:30pm
- 31 Halloween Bingo w/Treats 11:00am (DR); Cauldron Drawing Noon

Thursday Eve Out

- 04 - Danny's Famous Macaroni & Cheese, Green Beans, Coleslaw, Ice Cream
- 11 - Minestrone Soup, Chick Breast Sandwich, Tossed Salad, Fruit
- 18 - Roast Beef w/gravy, Mashed Potatoes, Carrots, Fruit
- Grilled Turkey Rubeen Sandwich, Broccoli, Tossed Salad, Fruit



Fire Prevention Week: October 7-13, 2018
Signed into effect by President Calvin Coolidge in 1925



October 2018



Harford Senior Center
Creamery Hills Living Complex
Phone: 844-3808
Hours: Monday- Thursday 9:00am- 2:30pm
Center Manager: Joyce VanDeWeert

WEEKLY ACTIVITIES:

Daily: Coffee Hour 10:00am; Walking & Chair Exercises 10:30-11:30am, Cards & Puzzles

Monday: Bingo 1:15pm, Door Prize Day

1st Tuesday: Pancake Brunch 10:00am-12:15pm

3rd Tuesday: Pancake Brunch 10:00am-12:15pm

3rd Wednesday: Evening Meal 5:00 pm

1st Thursday: Open House for new participants, Tea Social 10:00am; Center Council Meeting 1:00pm

SPECIAL EVENTS:

01 Bonesaver Exercises 9:30-10:30am; Door Prize Day; Bingo 1:15pm

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

03 Coffee/Tea Time 10:00am; Trivia 11:45am

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

08 Center Closed - Columbus Day

09 Coffee/Tea Time 10:00am; Share a Poem Day

10 Flu Clinic 11:00am - 1:00pm

10 Coffee/Tea Time 10:00am; Bake Sale 10:00am; Nutrition Ed. Program 11:45am

11 Bonesaver Exercises 9:30-10:30am; Hobby Day

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

15 Bonesaver Exercises 9:30-10:30am; Door Prize Day; Bingo 1:15pm

16 Pancake Brunch 10:00am-12:15pm; Cards, Puzzles

17 Evening Meal 5:00pm 34th Anniversary Celebration; Roast Beef w/gravy, Mashed Potatoes, Carrots, Ice Cream Sundae; Music by John Storie

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

22 Bonesaver Exercises 9:30-10:30am; Door Prize Day; Bingo 1:15pm

23 Coffee/Tea Time 10:00am; 11:45am; Quiz program 11:45am

24 Coffee/Tea Time 10:00am; Birthday Dinner; Take Away Game 1:15pm

25 Bonesaver Exercises 9:30-10:30am; Sweatshirt Day w/contest

29 Bonesaver Exercises 9:30-10:30am; Door Prize Day; Bingo 1:15pm

30 Coffee/Tea Time 10:00am; Share apple recipes

31 Coffee/Tea Time 10:00am; Halloween Party



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October 2018



David Harum Senior Center
Town Hall, Homer, NY
Phone: 749-2362
Hours: Mon. - 2:00-7:30pm
Tues.-Thurs. - 9:00am-2:30pm
Center Manager: Harold Swartwood

WEEKLY ACTIVITIES:

Monday: Bonesaver Exercises 8:30-9:30am; Painting 10:00am-12:00pm; Wii 2:30-4:15m

Every Monday: Monday Night Out (MNO) Dinner 4:30pm; 50/50 Raffle; Pitch 5:30pm

Tuesday: Ceramics 9:00-11:30am; Wii 9:00-9:30am; Movie (every other Tuesday) 9:30-10:30am; Puzzles/Games 9:00-11:30am

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

Fourth Wednesday: Pancake Brunch 10:30am-12:30pm

Thursday: Quilting 9:00am; Coffee Hour 9:30am; Senior Club Meeting 10:00am; Bingo 10:30am

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

SPECIAL ACTIVITIES:

01 **MNO:** Homemade Pizza 4:30pm, 50/50 Raffle, Pitch 5:30pm; Flu Shot Clinic 3-5pm

01 **Flu Clinic 3:00 - 5:00pm**

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

04 Stretching 9:30am; Club meeting 10:00am; Bingo 10:30am; Game Day 12:15-2:15pm; Bonesaver Exercises 1:30-3:00pm

08 Center Closed - Columbus Day

09 Center Council Meeting 12:30pm

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

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15 **MNO:** Roast Beef w/gravy, Mashed Potatoes, Carrots, Ice Cream Sundae; 50/50 Raffle; Pitch 5:30pm

17 JM Murray Center Traveling Band 10:00-10:30am; Bonesaver Exercises 1:30-3:00pm

18 Birthday Celebration

22 **MNO:** Sweet & Sour Chicken Over Rice, Southwest Blend Veggies, Éclair Cake

23 Task Force Meeting 8:30am; Center Manager Meeting 1:00pm

24 Pancake Brunch w/ bacon 10:30am-12:00pm; BP Reading 10:30-11:30am; Bonesaver Exercises 1:30-3:00pm

29 **MNO:** Ham and Scalloped Potatoes, Peas, Apricots



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

WEEKLY ACTIVITIES:

Daily: Regular Roasted Coffee & Tea Hour 9:00am, Read the daily news, Cards, Puzzles, Sharpen your mind w/games and Billiards

Monday: Penny Bingo, Pay-me, Pinochle, Pitch, and Dominoes 12:30pm

Tuesday: Loosen up your muscles with walking 10:30am & 1:00pm

2nd Tuesday: Pancake Brunch 9:00am-12:00pm w/Cards 11:30am; 50/50 Raffle

Wednesday: Billiard Games w/Partners 10:00am, Wii Bowling 10:00am; Quarter Day & Bingo 12:30pm; Cards following Bingo

Thursday: Crafts or projects in progress 10:00am, Billiards 10:00am, Cards 12:30pm

4th Thursday: Pancake Brunch 9:00am-12:00pm w/Cards 11:30am; 50/50 Raffle

Friday: Open Activities 10:00am; Wii Bowling 10:30am

SPECIAL EVENTS:

01 Wii Bowling 10:30am; Pinochle & Cards 12:30pm

03 Center Council Meeting 10:00am; BP Screening /w Nancy; 11:00am; Quarter Day & Bingo 12:30pm

04 Exchange Bingo 12:30pm

05 Joke for the Day; Think Pink! Cancer Awareness Month, Wear your PINK today!

07-13 Fire Prevention Week - Will have a sheet cake for Marathon Fire Department

08 Center Closed - Columbus Day

09 Pancake Brunch Canceled. Will have regular lunch on menu and activities.

10 Quarter Day and Bingo 12:30pm; Program w/Liz for Cooperative Extension 11:00am "Healthy Eating on a Budget."

12 Tease your memory; Build Your Brain

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15 Wii Bowling 10:30am; Pinochle & Cards 12:30pm

17 Quarter Day & Bingo 12:30pm

18 Exchange Bingo 12:30pm

22 Wii Bowling 10:30am; Pinochle & Cards 12:30pm

23 Task Force Meeting 8:30am; Center Manager's Meeting 1:00pm

24 Halloween Celebration w/cider and donuts; Birthday Celebration; BP Screening w/Nancy 11:00am; Quarter Day & Bingo 12:30pm

25 Pancake Brunch 9:00am-12:00pm w/Cards 11:30am; 50/50 Raffle

29 Wii Bowling 10:30am; Pinochle & Cards 12:30pm

30 Make up 20 treat bags for Little Ghost & Goblins - Charlene will be at our center 10:00am

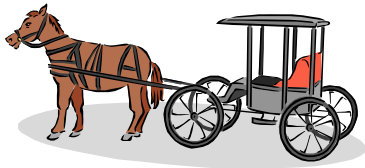
31 Quarter Day and Bingo 12:30pm



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McGraw Senior Center
Community Building, Clinton St.
Phone: 836-8916
Hours: Monday-Thursday 9:00am-2:30pm
Center Manager: Sarah Snyder

WEEKLY ACTIVITIES:

Daily: Dominos, pool, puzzle table, cards, games, shuffleboard, oldies music, book exchange, Wii daily after lunch

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

Tuesday: Quarter Day

Wednesday: "People w/Arthritis Can Exercise" 10:45-11:30am; Bingo after lunch;
Share your favorite poem or story

1st Wednesday : Pancake Brunch 8:30am-11:30am

4th Thursday: Evening Meal w/entertainment 4:30pm

SPECIAL EVENTS:

- 01 Pitch after lunch
- 02 National Story Day - Bring a story to share
- 03 Pancake Brunch 8:30-11:30am
- 04 Hand & Foot (card game)
- 08 Center Closed - Columbus Day
- 09 Center Council Meeting 10:30am
- 10 World Smile Day - Make someone smile today☺
- 11 Hillbilly Rummy

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

- 15 Blood pressure screening
- 16 Decorate for Halloween
- 22 Mexican Train - Dominos
- 23 Nutrition Task Force Meeting 8:30am; Center Managers' Meeting 1:00pm
- 29 Pumpkin Decorating
- 31 Halloween Party



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Scott Senior Center
United Methodist Church, Route 41
Phone: 749-7973
Hours: Monday-Thursday 9:00am-2:30pm
Friday: 7:00-11:30am
Center Manager: Lorraine Eldridge

WEEKLY ACTIVITIES:

Monday: Pitch 9:30am; Walking Club 1:00pm

Tuesday: Knit & Chat, Wii Games 9:00-11:00am, Ice Cream Sundaes after lunch; Bingo 1:00pm

Wednesday: Movie 9:00am; Yahtzee, Walking Club 1:00pm

Thursday: Community Coffee 9:00am, Quarter Day 12:30pm; Mexican Train & Bingo 1:00pm

Friday: Breakfast 7:30-9:30am; Walking Club

SPECIAL EVENTS

- 01 Pitch 9:30am (please call ahead if you need a partner) Wii bowling tournament 1:00pm
- 02 We need volunteers to help with Halloween decorations for the evening meal
- 03 Butterfly and Hummingbird day. Come make a craft.
- 04 National cinnamon bun day. Please sign up to make cinnamon buns at 9:30am; Mexican Train 1:00pm
- 08 Center Closed - Columbus Day
- 09 Pitch 9:30am (please call ahead if you need a partner) Wii bowling tournament 1:00pm
- 11 Mexican Train 1:00pm
- October 14 - 19 is World Food Week - Your food donations will help your community pantry.**
- 15 Pitch 9:30am (Please call ahead if you need a partner) Wii bowling tournament 1:00pm
- 17 Apple Candle Holders; Center Council Meeting 9:30am
- 18 Mexican Train
- 22 Pitch 9:30am (please call ahead if you need a partner) Wii bowling tournament 1:00pm
- 23 Task Force Meeting 8:30am; Center Manager's Meeting 1:00pm
- 24 Evening Meal Roast Beef w/Gravy, Mashed Potatoes, Carrots, Ice Cream Sundae (please sign up ahead of time)
- 25 Mexican Train 1:00pm
- 29 Pitch 9:30am (please call ahead if you need a partner) Wii bowling tournament 1:00pm



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Truxton Senior Center
United Methodist Church
Phone: 842-6253
Hours: Mon., Wed., Thurs. 9:00am-2:30pm
Tuesday Night Out 4:00-7:00pm
Center Manager: Kay Harvey

WEEKLY ACTIVITIES:

Daily: Walking, puzzles, games, exercise, craft table, and bingo. Movies are always available. Come Wii w/us!

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

1st & 3rd Thursday: Pancake Brunch 8:00-10:30am

SPECIAL ACTIVITIES:

02 Tuesday Night Out 4:00-7:00pm; Quarter Night and Pitch

04 Brunch 8:00-10:30am; Blood Pressure Screening 9-10

08 Center Closed - Columbus Day

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

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

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

18 Brunch 8:00-10:30am

23 Nutrition Task Force Meeting 8:30am; Center Managers Meeting 1:00pm

23 Evening Meal 4-7pm - (Entertainment - William Locke)

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

Tuesday Night Out

02 - Hamburger Stew, Biscuit, Sugar Cookie

09 - Pizza Night

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

23 - Roast Beef w/gravy, mashed potatoes, carrots, ice cream sundae

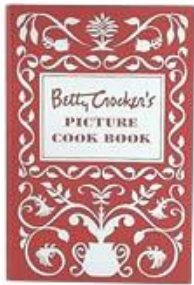
30 - Garden Vegetable Soup, Turkey Sandwich, Cinnamon Applesauce



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Willet/Cincinnati Area Senior Center
Town Hall, Willet
Phone: 863-4887
Hours: Monday-Thursday 8:00am-3:00pm
Friday: 7:00am-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
Tuesday: Cut Throat Pitch 12:30pm
Wednesday: Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm
1st Wednesday: BP Screening 1:30pm
2nd Wednesday: Center Council Meeting 10:30am
3rd Thursday: Willet at Cortland Pool Tournament 8:30am
Friday: Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
1st Friday: Cortland at Willet Pool Tournament 8:30am

SPECIAL EVENTS:

- 01 Bingo 12:30pm
- 02 Cut Throat Pitch 12:30pm
- 03 Stretch Band Exercises 10:30am; Pitch Tourney 12:30pm; BP screening 1:30pm
- 05 Pancake Breakfast 8:00-10:00am; Cortland at Willett Pool Tournament 8:30am; Pitch Tournament 10:00am
- 08 Center Closed - Columbus Day
- 09 Cut Throat Pitch 12:30pm
- 10 Stretch Band Exercises 10:30am; Center Council Meeting 10:30am; Pitch Tournament 12:30pm
- 12 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
- October 14 -19 is World Food Week - Your food donations will help your community pantry.**
- 15 Bingo 12:30pm
- 16 Cut Throat Pitch 12:30pm
- 17 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm
- 18 Willet at Cortland Pool Tournament 8:30am
- 19 Pancake Breakfast 8:00 - 10:00am; Pitch Tournament 10:00am
- 22 Bingo 12:30pm
- 23 Cut Throat Pitch 12:30pm; Nutrition Task Force Meeting 8:30am; Center Managers' Meeting 1:00pm
- 24 Stretch Band Exercises 10:30am; Birthday Dinner 11:30am; Pitch Tourney 12:30pm
- 26 Pancake Breakfast - 8:00-10:00am; Pitch Tournament 8:30am
- 29 Bingo 12:30pm
- 30 Cut Throat Pitch 12:30pm
- 31 Halloween Dinner 11:30am; Pitch Tournament 12:30pm



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