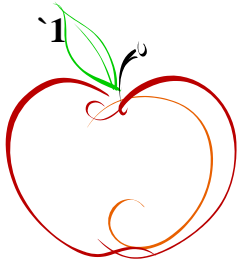


November

Thankful



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

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

WEEKLY ACTIVITIES:

- Monday:** Breakfast served 8:00-9:00am; Shuffleboard 8:15am; Bingo 10:30am; Pickleball (Gym) Noon; Bonesaver Exercises 1:00pm
- 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 1:00pm
- Thursday:** Breakfast served 8:00-9:00am; Shuffleboard 8:30am; Pickleball (Gym) 9:00am; Pinochle 12:30pm; Billiards 12:30pm; Cards 3:00pm; Thursday Evening Out 4:00-7:30pm, Dinner served at 5:00pm w/Pitch to follow
- Friday:** Wii Bowling League 8:15am; Pickleball (Gym) 9:00am;

SPECIAL EVENTS

- 03 Daylight Saving Time ends "Fall Back"
- 05 **Center Closed - Training Day**
- 06 Voting for New Council Members 9:00am-1:00pm; Blood Pressure Screening 8:30-10am
- 06 Veteran's Day Celebration w/Veteran Speakers (DR) 11:00am
- 08 Center Council Meeting 8:30am
- 11 **Center Closed - Veterans Day Observation**
- 13 Bake Sale 8:30 - 10:00am
- 15 Vision Support Group
- 27 Thanksgiving Celebration; Birthday Dinner with 50/50
- 28 **Center Closed - Thanksgiving Day Observation**
- 29 **Center Closed - County Office Closed**

THURSDAY EVE OUT MENU:

- 07 - Chicken 'N Biscuit, Broccoli, Tossed Salad, Fruit
- 14 - Roast Beef w/ Gravy, Mashed Potatoes, Carrots, Tossed Salad, Fruit, Fig Bar
- 21- Minestrone Soup, Chicken Breast Sandwich, Tossed Salad, Fruit
- 28 - Closed for Thanksgiving Observance

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.

November

Thankful



Harford Senior Center
Creamery Hills Living Complex
Phone: 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; Door Prize Day

1st & 3rd Tuesday: Pancake Brunch 10:00am-12:15pm

2nd Wednesday: Bake Sale 10:00am-1:00pm

1st Thursday: Open House for new participants, Center Council Meeting 1:00pm

SPECIAL EVENTS:

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

05 **Senior Center Closed - Annual Training & Cleaning Day**

06 Nutrition Education Program 11:30

07 Bonesaver Exercises 9:30-10:30am; Game Day; Center Council Meeting 1:15pm

11 **Senior Center Closed - Veterans Day Observance**

12 Sweatshirt Day

13 Legislator Price visit w/her guest, Renee Parks. Renee will be presenting a program on recycling 12:30pm

14 Bonesaver Exercises 9:30-10:30am; Quiz Program 11:30am

14 **HEAP Application Assistance with Matt Kemak 12:30pm**

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

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

20 Bake Sale 10:00am; Corn Hole Game 10:30am

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

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

26 Pet Story Day - Bring in Photos

27 Birthday Dinner, Take Away Game 1:15pm

28 **Senior Center Closed - Thanksgiving Observance**

November

Thankful



David Harum Senior Center
Town Hall, Homer, NY
Phone: 749-2362
Hours: Monday - 2:00-7:30pm
Tuesday - Thursday 8:30am-2:30pm
Center Manager: Harold Swartwood

WEEKLY ACTIVITIES

Monday: Painting 10:00am-12:00pm; Wii/Games 2:30-4:15pm

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; Puzzles/Games 9:00-11:00am

Wednesday: Share a Reading, Funny Story or Poem 11:00-11:30am; Bonesaver Exercises 1:30-2:30pm

4th Wednesday: Pancake Brunch 10:00am -12:00pm

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

Friday: Bonesaver Exercises 1:30-2:30pm

SPECIAL EVENTS

04 **MNO:** Homemade Pizza 4:30pm, 50/50 Raffle, Pitch 5:30pm

05 **Senior Center Closed - Annual Training & Cleaning**

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

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

11 **Senior Center Closed - Veterans Day Observance**

12 **Retired Nurses**

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

14 **Stretching 9:30am; Club Meeting 10:00am; Bingo 10:30am**

14 **HEAP Application Assistance with Matt Kemak 9:00am-10:00am**

18 **MNO:** Regular Meal w/ éclair cake 4:30pm; Pitch 5:30pm; 50/50 Raffle

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

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

25 **MNO:** Regular meal 4:30pm; 50/50 Raffle; Pitch 5:30pm

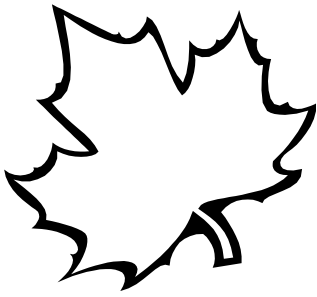
27 **Thanksgiving Celebration - No Brunch today**

28 **Senior Center Closed - Thanksgiving Day Observance**

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.

November

Thankful



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 & Tea Hour 9:00am, Cards, Puzzles, Sharpen your mind w/Games, Billiards, Read the Daily News; Paint by Number; Adult Coloring Therapy
- Monday:** Penny Bingo, Pay-me, Dominoes 12:30pm
- Tuesday:** Loosen up your muscles with walking 10:30am & 1:00pm outside (weather permitting)
- Wednesday:** Billiards Games w/Partners 10:00am; Cards 12:30pm
- Thursday:** Crafts or projects in progress 10:00am; Movie Day 10:00am (First Thursday); Billiards, Cards & Dominoes 10:30pm
- Friday:** Open Activities 10:00am; Joke For The Day

SPECIAL EVENTS

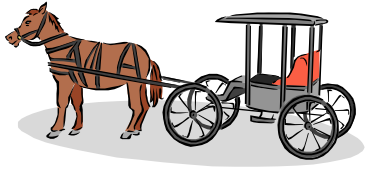
- 01 National Brush Your Teeth Day - Get A Free Toothbrush
- 03 Daylight Savings Time Ends- Fall Back 1 Hour
- 04 Wii Bowling 10:30am; Pinochle & Cards 12:30pm
- 05 **Center Closed for General Election**
- 06 Center Council meeting w/Center Council Elections 10:00am; Blood Pressure Screening 11:00am; Quarter Day & Bingo 12:30pm
- 07 Loosen Up, Limber Up - Stretch Band & Walking 10:30-11:00am; Chip Bingo 12:30pm
- 11 **Center Closed for Veterans Day Observance**
- 12 **No Pancake Brunch - Will have regular lunch on the menu**
- 13 Quarter Day & Bingo 12:30pm;
- 13 **HEAP Application Assistance with Matt Kemak 11:00am-12:00pm**
- 15 Tease your Memory, Build Your Brain 10:30am
- 18 Wii Bowling 10:30am; Pinochle & Cards 12:30pm
- 19 National Play Monopoly Day 10:30am
- 20 Blood Pressure Screening 11:00am; Quarter Day & Bingo 12:30pm
- 21 Loosen Up, Limber Up - Stretch Band & Walking 10:30-11:00am; Chip Bingo 12:30pm
- 21 Thanksgiving Dinner at Marathon High School 4:00-7:00pm - Reservations 849-3149
- 25 Wii Bowling 10:30am; Pinochle & Cards 12:30pm
- 27 Birthday & Thanksgiving Celebration; Quarter Day; Bingo 12:30pm; Pie Raffle
- 28 **Center Closed for Thanksgiving Day Observance (Next Pancake Brunch is on Dec 12th)**
- 29 **Center Closed**

November is truly a time to give thanks for all the blessings in your life.

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.

November

Thankful



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, Magazine & Book Exchange, Wii, Karaoke, Walking Group, Laughter Therapy

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" 10:45-11:45am;

1st Wednesday: Pancake Brunch & Open House for New Participants 8:30-11:30am

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

SPECIAL EVENTS:

04 Decorate - Harvest Theme

05 **Center Closed - Annual Training**

06 Brunch

07 Loosen Up Day - Bring a joke to share

11 **Senior Center Closed - Veterans Day Observance**

12 Pitch 1:00pm; Military Appreciation Day; Council Meeting 10:00am

13 Make Quick Breads

14 Backwards Day

18 Making Peanut Butter Fudge

19 Pitch 1:00pm

27 **HEAP Application Assistance with Matt Kemak 1:00-2:00 pm**

27 Book Club 1:00pm

28 **Senior Center Closed - Thanksgiving Day Observance**

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.



November

Thankful

Scott Senior Center
United Methodist Church, Route 41
Phone: 749-7973
Hours: Mon-Thurs 8:30am-2:30pm
Friday 6:00am - Noon
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 7:30-9:30am; Walking Club

SPECIAL EVENTS

- 01 Breakfast 7:00-9:30am (Sausage)
- 04 Pitch 9:30am; Quarter Day; Scrapbooking 12:30pm
- 05 **Center Closed for Annual Training**
- 06 Baking Day 9:30am
- 07 Knit & Chat Coffee Hour 9:30am; Mexican Train 12:30pm
- 08 Breakfast 7:00-9:30am (Bacon)
- 11 **Senior Center Closed - Veterans' Day Observance**
- 12 Pitch 9:30am; Quarter Day; Card Making 12:30pm
- 13 Community Soup Day 10:00am; Wii 1:00pm
- 14 Knit & Chat Coffee Hour 9:30am; Mexican Train 12:30pm
- 15 Breakfast 7:00-9:30am (Sausage)
- 18 Pitch 9:30am; Quarter Day; Scrapbooking 12:30pm
- 19 Baking Day 9:30am
- 21 Knit & Chat Coffee Hour 9:30am; Mexican Train 12:30pm
- 22 Breakfast 7:00-9:30am (Ham)
- 22 **HEAP Application Assistance with Matt Kemak 8:30pm**
- 25 Pitch 9:30am; Quarter Day; Scrapbooking 12:30pm
- 27 Thanksgiving Dinner 11:30am
- 28 **Senior Center Closed - Thanksgiving Day Observance**
- 29 **Senior Center Closed**

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.

November

Thankful



**Truxton Senior Center
United Methodist Church
Phone: 842-6253
Hours: Mon, Wed, Thurs 8:30am-2:30pm
Tuesday 2pm -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

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

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

SPECIAL EVENTS

- 05 Center Closed - Annual Training & Cleaning**
- 06 Military Appreciation Day - Bring in a photo to share**
- 07 Brunch**
- 11 Center Closed - Veterans Day Observance**
- 12 Pizza Night**
- 14 Board Games**
- 18 Puzzles**
- 19 Tuesday Night Out 4:00-7:00pm**
- 20 Walk and Stretch**
- 21 Brunch 8:00-10:30;**
- 21 HEAP Application Assistance with Matt Kemak 9:00am**
- 25 Thanksgiving Crafts - Table Settings**
- 26 Tuesday Night Out 4:00-7:00pm**
- 27 Movie Night with Snacks, Thanksgiving & Birthday Celebration**
- 28 Senior Center Closed - Thanksgiving Day Observance**

Tuesday Night Out Menu:

05 - Closed - Annual Training

12 - Pizza Night

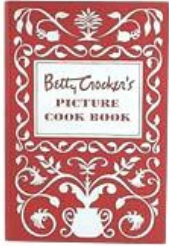
19 - Vegetable Barley Soup, Loaded Baked Potato w/ Cheese & Broccoli, Banana

26 - Chicken 'N Biscuit, Spinach, Mixed Fruit

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.

November

Thankful



Willet/Cincinnati Area Senior Center
Town Hall, Willet
Phone: 863-4887
Hours: Monday-Thursday 8:00am-3:30pm
Friday: 6:00am-1:30pm
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

- 01 Pancake Breakfast 8:00-10:00am; Blood Pressure Screening 10:00am; Pitch Tournament 10:00am
- 04 Pinochle 9:00am; Bingo 12:30pm
- 05 **Senior Center Closed for Annual Training & Cleaning**
- 06 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm
- 07 Chip Bingo 10:30am
- 08 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
- 11 **Senior Center Closed - Veteran's Day Observance**
- 12 Bean Bag Game 11:00am
- 13 Center Council Meeting 10:30am; Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm
- 14 Chip Bingo 10:30am
- 15 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
- 18 Pinochle 9:00am; Bingo 12:30pm
- 19 "The Great Outdoors" word search 11:45am
- 20 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm
- 21 **Senior Center Closed - Thanksgiving Dinner at Cincinnati School 11:00am**
- 22 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
- 25 Pinochle 9:00am; Bingo 12:30pm
- 26 "Guess The Word Pictures" 11:45am
- 27 **HEAP Application Assistance with Matt Kemak 11:00am-12:00pm**
- 27 Stretch Band Exercises 10:30am; Thanksgiving/Birthday Dinner 11:30am; Pitch Tournament 12:30pm
- 28 **Senior Center Closed - Thanksgiving Day Observance**
- 29 **Senior Center Closed**

The Area Agency on Aging would like to wish everyone a safe and happy holiday season.