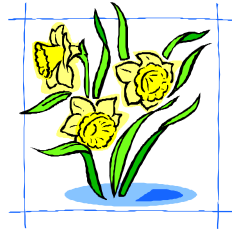


Monday & Friday: Lo-Impact Aerobics here at the center 11:00 AM
 Senior Evaluations: 2nd and 4th Wednesday by Appointment Only
 Tuesday & Thursday: Exercise at All American Fitness Center 10:00 a.m.—12:00 p.m.









New Hartford Adult Dining & Activity Center
 1 Sherman St., N.H.
 315-724-8966



24 Hour Notice
 Required for Reservations
 12:00 Noon is the Deadline

Therapeutic Diet Available
 1. Diabetic—Low Calorie
 2. Low Sodium

August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Seasoned Chicken w/ Gravy Yoga 9:30; Spanish: Basic 9:30, Advanced 10:30; Knitting and Crochet 10:30; Aerobics 11:00; Senior Theater Productions 1:00	3 Cheesy Beef Casserole Bridge 10:00 Entertainment 10:30 Computer 12:30 	4 Hawaiian Pork Yoga 10:00 Chair Yoga 11:05 Movie: Confessions of a Shopoholic 11:00 am	5 Sliced Turkey w/ Lettuce Bingo 11:15 Wii Games 11:00 	6 Oven Brown Fish Bridge 10:00, Aerobics 11:00 Blood Pressure Screening 10:30
9 Steak Parmesan Yoga 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00 Spanish: Basic 9:30, Advanced 10:30	10 Oven Brownd Chicken Bridge 10:00 Entertainment 10:30 Computer 12:30	11 Egg Salad on Lettuce Yoga 10:00 Chair Yoga 11:05 Bingo 11:00 	12 Roast Pork w/ Gravy Bingo 11:15 Wii Games 11:00	13 Spanish Rice Bridge 10:00, Aerobics 11:00
16 Hot Dog w/ Baked Beans Yoga 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00 Spanish: Basic 9:30, Advanced 10:30	17 BBQ Chicken Leg Bridge 10:00 Entertainment 10:30 Computer 12:30 	18 Italian Sausage Yoga 10:00 Chair Yoga 11:05 Game Day w/ CDPHP @ 11:00	19 Salisbury Steak w/ Gravy Bingo 11:15 Wii Games 11:00	20 Sliced Ham & Cheese Bridge 10:00, Aerobics 11:00 
23 BBQ Rib Yoga 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00 Spanish: Basic 9:30, Advanced 10:30	24 Chicken w/ Cacciatore Sauce Bridge 10:00 Entertainment 10:30 Computer 12:30	25 Meatloaf w/ Gravy Yoga 10:00 Chair Yoga 11:05 Birthday Party 11:30 	26 Seafood Salad Bingo 11:15 Wii Games 11:00	27 Macaroni & Cheese Bridge 10:00, Aerobics 11:00
30 Kielbasa Yoga 9:30, Knitting and Crochet 10:30, Aerobics 11:00, Senior Theater Productions 1:00 Spanish: Basic 9:30, Advanced 10:30	31 Sloppy Joes Bridge 10:00 Entertainment 10:30 Computer 12:30	<h1>The Good Ol' Summer</h1>		