

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

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1 Beef Stroganoff</u> 10:00 Yoga, 11:05 Chair Yoga <u>11:00 O.F.A Outreach Worker</u> <u>11:00 St. Elizabeth's Fall Prevention</u>	<u>2 Ham w. Pineapple Sauce</u> 10:00 Pinochle 12:30 Computer <u>11:15 Laurie Steufert "Chair Massage Information"</u>	<u>3 Baked Chicken w. Gravy</u> 10:00 Bridge 11:00 Aerobics <u>10:30 Blood Pressure Screening</u>
<u>6 Meatloaf w. Gravy</u> 9:30 Yoga, 10:30 Knitting & Crochet, 11:00 Aerobics, 9:30 Art Class, 1:00 Senior Theater Productions	<u>7 Rib-B-Que</u> 10:00 Bridge 10:30 Entertainment	<u>8 Chicken & Biscuit</u> 10:00 Yoga, 11:05 Chair Yoga <u>11:00 Attorney Robert Hilton "Asset Protection and other issues"</u>	<u>9 Salisbury Steak w. Fiesta Sauce</u> 10:00 Pinochle, 12:30 Computer <u>11:00 St. Elizabeth's "Pep Up Your Life"</u> <u>10-2 Excellus "General Info"</u>	<u>10 Macaroni & Cheese</u> 10:00 Bridge 11:00 Aerobics
<u>13 Oven Brown Fish</u> 9:30 Yoga, 10:30 Knitting & Crochet, 11:00 Aerobics, 9:30 Art Class, 1:00 Senior Theater Productions	<u>14 Chicken w. Supreme Sauce</u> 10:00 Bridge, 10:30 Entertainment <u>9-12 AARP Tax Aid,</u> <u>10:30 Valentines Day Party w. Jeff Glatt</u>	<u>15 Cream of Broccoli Soup</u> 10:00 Yoga 11:05 Chair Yoga <u>11:00 N.Y. Power Authority "Saving Energy"</u>	<u>16 Roast Pork w. Gravy</u> 10:00 Pinochle, 12:30 Computer <u>11:00 St. Elizabeth's "Heart, Cholesterol, Blood Pressure"</u> <div style="text-align: right; border: 1px solid black; padding: 2px;">AARP Drivers Class 10:00-2:00</div>	<u>17 Beef Stew</u> 10:00 Bridge 11:00 Aerobics
<u>20 President's Day</u> <div style="text-align: center; font-size: 2em;"><i>Center Closed</i></div>	<u>21 Kielbasa w. Mustard</u> 10:00 Bridge, 10:30 Entertainment <u>11:30 Jelly Bun Day</u>	<u>22 Meatballs w. Sauce</u> 10:00 Yoga 11:05 Chair Yoga <u>11:00 Lutheran Care "Helping Hands"</u>	<u>23 Roast Turkey w. Gravy</u> 10:00 Pinochle, 12:30 Computer <u>11:00 St. Elizabeth's "Winter Safety"</u> <div style="text-align: right; border: 1px solid black; padding: 2px;">AARP Drivers Class 8:15-3:00</div>	<u>24 Tuna Noodle Casserole</u> 10:00 Bridge 11:00 Aerobics
<u>27 Spanish Rice</u> 9:30 Yoga, 10:30 Knitting & Crochet, 11:00 Aerobics, 9:30 Art Class, 1:00 Senior Theater Productions	<u>28 Italian Sausage</u> 10:00 Bridge, 10:30 Entertainment <u>9-12 AARP Tax Aid,</u> <u>11:00 St. Elizabeth's "Diabetes: Foot Care"</u>	<u>29 Omelet w. Salsa</u> 10:00 Yoga, 11:05 Chair Yoga <u>11:30 Birthday Party,</u> <u>11:00 St. Elizabeth's "Diabetes: Nutrition"</u>	<div style="font-size: 3em;"><i>Happy Valentines Day</i></div>	