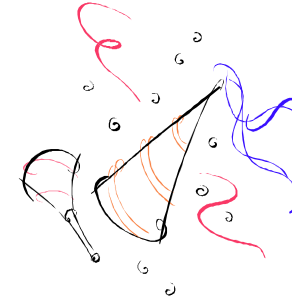


Monday & Friday: Lo-Impact Aerobics here at the center 11:00 AM
 Senior Evaluations: 2nd and 4th Wednesday by Appointment Only
 Tuesday & Thursday: Exercise at All American Fitness Center 10:00 a.m.—12:00 p.m.



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

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2 Happy New Year!!</u> <i>Center Closed</i></p>	<p><u>3 Salisbury Steak</u> 10:00 Bridge 10:30 Entertainment</p>	<p><u>4 Chicken Ala King</u> 10:00 Yoga, 11:05 Chair Yoga <u>11:00 O.F.A Outreach Worker</u></p>	<p><u>5 Sliced Ham w. Fruit Sauce</u> 10:00 Pinochle 12:30 Computer</p>	<p><u>6 Macaroni & Cheese</u> 10:00 Bridge 11:00 Aerobics <u>10:30 Blood Pressure Screening</u></p>
<p><u>9 Swedish Meatballs</u> 9:30 Yoga, 10:30 Knitting & Crochet, 11:00 Aerobics, 9:30 Art Class, 1:00 Senior Theater</p>	<p><u>10 BBQ Chicken Leg</u> 10:00 Bridge 10:30 Entertainment</p>	<p><u>11 Sliced Roast Beef w. Gravy</u> 10:00 Yoga, 11:05 Chair Yoga <u>11:00 Paul Smith "Star Program"</u></p>	<p><u>12 Rib-B-Que</u> 10:00 Pinochle, 12:30 Computer</p>	<p><u>13 Goulash</u> 10:00 Bridge 11:00 Aerobics</p>
<p><u>16 Martin Luther King Jr</u> <i>Center Closed</i></p>	<p><u>17 Meatloaf w. Gravy</u> 10:00 Bridge 10:30 Entertainment</p>	<p><u>18 Liver w. Fiesta Sauce</u> 10:00 Yoga 11:05 Chair Yoga <u>11:00 Attorney Robert Hilton</u></p>	<p><u>19 Sliced Pork w. Gravy</u> 10:00 Pinochle, 12:30 Computer</p>	<p><u>20 Tuna Noodle Casserole</u> 10:00 Bridge 11:00 Aerobics</p>
<p><u>23 Meatballs w. Sauce</u> 9:30 Yoga, 10:30 Knitting & Crochet, 11:00 Aerobics, 9:30 Art Class, 1:00 Senior Theater</p>	<p><u>24 Kielbasa w. Cabbage</u> 10:00 Bridge, 10:30 Entertainment</p>	<p><u>25 Sliced Turkey w. Gravy</u> 10:00 Yoga 11:05 Chair Yoga <u>11:30 Birthday Party</u></p>	<p><u>26 Beef Stroganoff</u> 10:00 Pinochle, 12:30 Computer <u>10-2 Excellus Blue cross/Blue Shield</u></p>	<p><u>27 Oven Brown Fish</u> 10:00 Bridge 11:00 Aerobics</p>
<p><u>30 Oven Roasted Chicken</u> 9:30 Yoga, 10:30 Knitting & Crochet, 11:00 Aerobics, 9:30 Art Class, 1:00 Senior Theater</p>	<p><u>31 Beef Stew</u> 10:00 Bridge 10:30 Entertainment</p>	<p><i>Happy New Year!!</i></p>		

AARP Drivers Class 10:00-2:00

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