

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

*July 2010*



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Happy Independence Day!</i></p>			<p><b>1 Salisbury Steak w/ Gravy</b>            Line Dancing 10:00,            Bingo 11:00</p> 	<p><b>2 Seafood Salad</b>            Bridge 10:00,            Aerobics 11:00            Blood Pressure Screening 10:30  <b>4th Of July Party 11:30</b></p>
<p><b>5 Happy 4th of July!!</b>  <i>Center Closed</i></p>	<p><b>6 Rib-B-Que</b>            Bridge 10:00            Entertainment 10:30            Summer Mentoring Program 9:30</p> 	<p><b>7 Swedish Meatballs</b>            Yoga 10:00, Chair Yoga 11:05            Summer Mentoring Program 9:30            Scrabble &amp; Games w/ CDPHD @ 10:30</p>	<p><b>8 Sliced Turkey on Lettuce</b>            Line Dancing 10:00,            Bingo 11:00</p>	<p><b>9 Italian Sausage w/ Peppers &amp; Onions</b>            Bridge 10:00,            Aerobics 11:00</p> 
<p><b>12 Meatloaf w/ Gravy</b>            Yoga 9:30, Knitting and Crochet 10:30,            Aerobics 11:00,            Senior Theater Productions 1:00            Spanish: Basic 9:30, Advanced 10:30            Summer Mentoring Program 9:30</p>	<p><b>13 Oven Brown Fish</b>            Bridge 10:00            Entertainment 10:30            Summer Mentoring Program 9:30</p>	<p><b>14 Baked Chicken w/ Supreme Sauce</b>            Yoga 10:00            Chair Yoga 11:05            Summer Mentoring Program 9:30</p> 	<p><b>15 Roast Pork w/ Gravy</b>            Line Dancing 10:00,            Bingo 11:00</p>	<p><b>16 Corn Chowder</b>            Bridge 10:00,            Aerobics 11:00</p>
<p><b>19 Spaghetti w/ Meatball</b>            Yoga 9:30, Knitting and Crochet 10:30,            Aerobics 11:00, Spanish: Basic 9:30,            Advanced 10:30, Summer Mentoring Program 9:30, Senior Theater Productions presents: "Anoncy the Spider" @ 10:30</p>	<p><b>20 Baked Ham w/ Fruit Sauce</b>            Bridge 10:00            Entertainment 10:30            Summer Mentoring Program 9:30</p> 	<p><b>21 Tuna Mac Salad</b>            Yoga 10:00            Chair Yoga 11:05            Summer Mentoring Program 9:30            Frank Tomaino Presenting @ 10:30</p>	<p><b>22 Hot Dog w/ Mustard</b>            Line Dancing 10:00            Bingo 11:00</p>	<p><b>23 Sloppy Joes</b>            Bridge 10:00,            Aerobics 11:00</p>
<p><b>26 Cranberry Glazed Chicken</b>            Yoga 9:30, Knitting and Crochet 10:30, Aerobics 11:00,            Senior Theater Productions 1:00            Spanish: Basic 9:30, Advanced 10:30            Summer Mentoring Program 9:30</p>	<p><b>27 Meatloaf w/ Gravy</b>            Bridge 10:00            Entertainment 10:30            Summer Mentoring Program 9:30</p>	<p><b>28 Chef Salad w/ Turkey, Ham &amp; Cheese</b>            Yoga 10:00            Chair Yoga 11:05            Summer Mentoring Program            Completion Party 9:30</p> 	<p><b>29 Macaroni &amp; Cheese</b>            Bingo 11:00</p> 	<p><b>30 Roast Turkey w/ Gravy</b>            Bridge 10:00,            Aerobics 11:00</p> 