



January 2020

"You are never too old to set a new goal or to dream a new dream."

- C.S. Lewis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED 	2 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	3 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
6 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games Colonie Center 9:30 - 4	7 8:30 Bone Builders 10:00 Bone Builders 1:00 VNA Foot Clinic 3:00 Chair Yoga 4:00 H.E.L.P.	8 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wed. Western 1:30 Balance	9 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner - Snowmen! (Please sign up) 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	10 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
13 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	14 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 4:00 H.E.L.P. Moonlight Diner 11 - 2	15 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:30 - 2 Reflexology with Laurie POT LUCK 11:30 - ??	16 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	17 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
20 CLOSED 	21 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 4:00 H.E.L.P.	22 8:15 Silver Sneakers 9:15 Silver Sneakers 10:30 Coffee with the Chief 1:00 Wed. Western 1:30 Balance	23 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance Wilton Mall & Golden Corral 9:30 - 4:30	24 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
27 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	28 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 4:00 H.E.L.P.	29 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:30 Trivia with Tracy JANUARY	30 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	31 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO

February 2020

"Laughter is Timeless. Imagination has no age.

And dreams are forever."

- Walt Disney

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	4 8:30 Bone Builders 10:00 Bone Builders 1:00 VNA Foot Clinic 3:00 Chair Yoga 4:00 H.E.L.P. Colonie Center 9:30 - 4	5 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wed. Western 1:30 Balance	6 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	7 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
10 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games	11 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 4:00 H.E.L.P. FRAUD ALERT! at People's United Bank 3 - 4pm	12 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 9:30 - 2 Reflexology with Laurie <i>Valentine</i> POT LUCK 11:30 - ?? 	13 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner - Valentines (Please sign up) 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	14 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO 
17 CLOSED 	18 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 4:00 H.E.L.P.	19 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:00 Wed. Western 1:30 Balance Foggy Notions a.k.a. "The Bog" 11 - 2	20 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	21 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
24 9:00 Painting Group 9:00 Leslie Sansone Walking 11:30 Ukulele 1:00 Games Crossgates Mall 9:30 - 4	25 8:30 Bone Builders 10:00 Bone Builders 2:00 Chair Yoga 4:00 H.E.L.P.	26 8:15 Silver Sneakers Classic 9:15 Silver Sneakers Classic 10:00 Leslie Sansone Walking 1:30 Trivia with Tracy	27 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner 5:00 Tribal Dance Workout 5:30 Beginner Bellydance	28 8:15 Silver Sneakers Classic 9:00 Painting Group 9:15 Silver Sneakers Classic 1:00 BINGO
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