








Mondays & Fridays: Lo-Impact Aerobics at the Center 11:00.
 Senior Evaluations: 2nd and 4th Wednesday by appointment.
 Tuesdays & Thursdays: 10:00-12:00
 Exercise at All-American Fitness Center.



**New Hartford Adult
 Dining & Activity Center**
1 Sherman St.
(315 724-8966)

24 Hour Notice
 Required for Reservations
12:00 Noon is the deadline
 Therapeutic Diet Available
 1. Diabetic— Low Calorie

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage/Peppers 10:00 Bridge / Canasta / Computer 1:15 Senior Road Runners Club 11:15 Entertainment	2 Cheeseburger 10:00 Yoga 11:00 Outreach 11:00 Chair Yoga 11 Mark Wolber	3 Tuna Noodle Casserole 10:00 Canasta 10:00 a.m. Chair Zumba Chicken BBQ 2:30 p.m. till gone	4 Chicken Salad 10:00 Bridge 11:00 Aerobics 10:00 YOGA 
7 Kielbasa w/ Kraut 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr Theater Prod 12:00 Chair Yoga	8 Baked Chicken 10:00 Bridge/ Canasta 10:00 Computer Class 11:15 Entertainment 	9 Macaroni/Cheese 10:00 YOGA 11:00 Chair Yoga 11:00 Atty. Paul Lupia	10 Meatloaf / Gravy 10:00 Canasta / Chair Zumba 11:00 BAND 	11 MOTHER'S DAY Dinner Vegetable Lasagna 10:00 Bridge 10:00 YOGA 11:00 Aerobics 11:30 DEDICATION IN MEMORY OF RYE KING
14 Sweet/Sour Chicken 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr. Theatre 12:00 Chair Yoga 	15 Swedish Meatballs 10:00 Bridge /Canasta 11:15 Entertainment 10:00 Computer Class 1:15 Senior Road Runners Club	16 Oven Brown Fish 10:00 YOGA 11:00 Chair Yoga 11:00 Living Healthier	17 Chicken Breast 10:00 Canasta 10:00 Chair Zumba 11:00 BAND <div style="border: 1px solid black; padding: 2px; display: inline-block;">AARP DRIVERS</div>	18 Salisbury Steak 10:00 Bridge 10:00 YOGA 11:00 Aerobics <div style="border: 1px solid black; padding: 2px; display: inline-block;">COURSE 10:00—2:00</div>
21 Chicken Cacciatore 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair Yoga 1:00 Sr. Theater Production	22 B B Q Ribs 10:00 Bridge /Canasta 11:15 Entertainment 	23 Broccoli/Cheese 10:00 YOGA 11:00 Chair Yoga 11:00 Senior Recognition	24 Sliced Ham 10:00 Canasta/Chair Zumba 8:30-3:30 AARP DRIVING CLASS	25 Seafood Salad 10:00 Bridge 10:00 YOGA 11:00 Aerobics
28 Closed Memorial Day  <p>Thank you to all our military personnel for the sacrifices you have made for our freedom.</p>	29 Picnic Beef Hot Dog 10:00 Bridge/ Canasta/ Computer 11:15 Entertainment	30 Goulash/Birthday 10:00 Yoga 11 Chair Yoga	31 Turkey Tetrzzini 10:00 Canasta /Chair Zumba 11:00 Band	