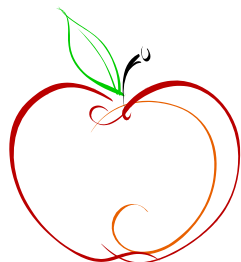


FEBRUARY 2019



Cortland Senior Center
60 Central Ave. - County Office Building
Phone: 753-5166
Hours: Monday-Friday 8:00am-3:00pm
Thursday-8:00am-7:30pm
Center Manager: Sue Preston



WEEKLY ACTIVITIES:

NOTE: All activities are held in the Activity Room (B1) unless noted otherwise; DR=Dining Room; Gym =Youth Bureau Gym

Monday: Breakfast served 8:00-9:00am; Shuffleboard 8:15am; Ping Pong (DR) 9:00am; Bingo 10:30am; Pickleball (Gym) noon

Tuesday: Fourscore (80+ Club) 10:00am; Pickleball (Gym) 9:00am; Ping Pong (DR) 9:00am; Swing Into Shape 12:30pm

Wednesday: Billiards & Senior Club Coffee Hour 8:00am; Senior Club Meeting 10:00am; Pickleball (Gym) noon; Pitch League (DR) 12:45pm

Thursday: Breakfast served 8:00-9:00am; Shuffleboard 8:30am; Ping Pong (DR) 9:00am; Pickleball (Gym) 9:00am; Pinochle 12:30pm; Billiards 12:30pm; Cards 3:00pm; Thursday Evening Out 4:00-7:30pm; Dinner served at 5:00pm w/Pitch to follow

Friday: Wii Bowling League 8:15am; Ping Pong (DR) 9:00am; Pickleball (Gym) 9:00am; Swing Into Shape 12:30pm

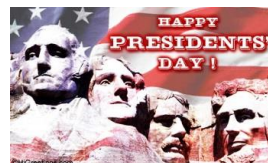
For Information Regarding Snow Closings: 753-5061 (Nutrition Program Office)

Reminder: When Cortland Schools are closed on Wednesdays, the Cortland Senior Club will be cancelled.

SPECIAL EVENTS

"Heart Healthy Month"

- 01 Food Pantry 9:00 am to noon
- 06 Blood Pressure Screening 8:30-10:00am
- 12 Bunco 1:15 pm
- 14 Valentine's Day Celebration and Valentine's Basket Drawing 11:00am
- 15 Vision Support Group 11:30am; Food Pantry 9:00am to noon
- 18 **Presidents' Day - Center Closed**
- 22 **Team Registration Deadline: 13th Annual "Strike Out Hunger" Bowl-a-Thon at Cort-Lanes on March 16th from 1:00-4:00pm**
- 26 Nutrition Task Force 8:30am; Center Manager's Meeting 1:00pm; Bunco 1:15pm
- 27 Birthday Dinner 50/50 Raffle



Thursday Eve Out Menu

- 07 - Minestrone Soup, Chicken Breast Sandwich, Tossed Salad, Fruit
- 14 - Grilled Turkey Rueben Sandwich, Broccoli, Tossed Salad, Fruit
- 21 - Roast Beef w/Gravy, Mashed Potatoes, Carrots, Tossed Salad, Fruit, Fig Newtons
- 28 - Danny's Famous Macaroni & Cheese, Green Beans, Fruit

February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



Harford Senior Center
Creamery Hills Living Complex
Phone: 844-3808
Hours: Monday- Thursday 8:30 am- 2:30 pm
Center Manager: Joyce VanDeWeert



WEEKLY ACTIVITIES:

Daily: Coffee Hour 9:30am; Walking & Chair Exercises 10:30-11:30am;
Cards & Puzzles

Monday: Bingo 1:15pm, Door Prize Day

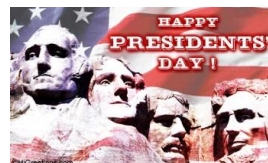
1st & 3rd Tuesday: Pancake Brunch 10:00am-12:15pm

1st Thursday: Open House for new participants, Tea Social 9:30am;
Center Council Meeting 1:15pm

SPECIAL EVENTS

"Heart Healthy Month"

- 04 Bonesaver Exercise Class 9:30-10:30am; Bingo 1:15pm
- 05 Pancake Brunch 10:00am-12:15pm; Blood Pressure Screening 10:30-11:30am
- 06 Coffee/Tea Time 9:30am; Puzzles, Cards and Games
- 07 Bonesaver Exercise Class 9:30-10:30am; Center Council Meeting 1:15pm
- 11 Bonesaver Exercise Class 9:30-10:30am; Bingo 1:15pm
- 12 Coffee/Tea Time 9:30am; Puzzle; Nutrition Ed Program 11:45
- 13 Legislator Sandy Price visit w/special guest Greg Johnson
- 14 Bonesaver Exercise Class 9:30-10:30am; Valentine's Day Party
- 18 Senior Center Closed - Presidents' Day**
- 19 Pancake Brunch 10:00am-12:15pm; Cards & Puzzle
- 20 Coffee/Tea Time 9:30am; Remembering Our Presidents Day
- 21 Bonesaver Exercise Class 9:30-10:30am; Crafts 10:30am
- 22 Team Registration Deadline: 13th Annual "Strike Out Hunger" Bowl-a-Thon at Cort-Lanes on March 16th from 1:00-4:00pm**
- 25 Bonesaver Exercises 9:30-10:30am; Bingo 1:15pm
- 26 Nutrition Task Force 8:30am (Cortland Senior Center Dining Room); Coffee/Tea Time 9:30am; Center Manager's Meeting 1:00pm; Family Photo Day
- 27 Coffee/Tea Time 9:30 am; Birthday Dinner - Take Away Game 1:15pm
- 28 Bonesaver Exercises 9:30-10:30am; Share A Poem Day



February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



David Harum Senior Center
Town Hall, Homer, NY
Phone: 749-2362
Hours: Monday - 2:00-7:30pm
Tuesday - Thursday - 9:00am - 2:30pm
Center Manager: Harold Swartwood Jr.

WEEKLY ACTIVITIES

- Monday:** Painting 10:00am-12:00pm; Wii 2:30-4:15pm
Every Monday: Monday Night Out (MNO) Dinner 4:30pm; Pitch 5:30pm;
Tuesday: Ceramics 9:00-11:00am; Wii 9:00-9:30am; Movie (every other Tuesday)
Puzzles/Games 9:00-11:30am
Wednesday: Share a Reading, a Funny Story or Poem 11:00-11:30am; Bonesaver Exercises
1:30-3:00pm
4th Wednesday: Pancake Brunch 10:00am-12:00pm
Thursday: Quilting 9:00am; Coffee Hour/Stretching 9:30am; Senior Club Mtg. 10:00am;
Bingo 10:30am
Friday: Bonesaver Exercises 1:30-3:00pm

SPECIAL ACTIVITIES "Heart Healthy Month"

- 04 **MNO:** Homemade Pizza 4:30pm; Pitch 5:30pm; 50/50 Raffle
05 Retired Nurses Luncheon & Meeting 11:30am; Center Council Meeting 12:30pm
06 Bonesaver Exercises 1:30-3:00pm
07 Stretching 9:30am; Club Meeting 10:00am; Bingo 10:30am
11 **MNO:** Regular meal 5:00pm; Pitch 5:45pm; 50/50/Raffle
13 Brewster House 11:00am; Bingo 12:00-1:15pm; Bonesaver Exercises 1:30-3:00pm
14 Stretching 9:30am; Club Meeting 10:00am; Bingo 10:30am
18 **Center Closed: Presidents' Day**
20 Bonesaver Exercises 1:30-3:00pm
21 Stretching 9:30am; Club meeting 10:00am; Bingo 10:30am
22 **Registration Deadline: 13th Annual "Strike Out Hunger" Bowl-a-Thon at Cort-Lanes,
March 16th 1:00-4:00pm**
25 **MNO:** Regular menu w/Éclair cake; Pitch 5:30pm; 50/50 Raffle
26 Nutrition Task Force 8:30am (Cortland Senior Center Dining Room); Center Manager's
Meeting 1:00pm
27 Pancake Brunch 10am - Noon; Bonesaver Exercises 1:30-3:00pm
28 Stretching 9:30am; Club Meeting 10:00am; Bingo 10:30am



February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



Marathon Maple Leaf Senior Center
Civic Center, Brink Street, Marathon
Phone: (607) 849-3884
Hours: Monday-Friday - 8:00am-3:00pm
Center Manager: Anita Doty



WEEKLY ACTIVITIES:

Daily: Coffee & Tea Hour 9:00am; Cards, Puzzles, Sharpen your Mind w/Games; Billiards, & Read the Daily News

Monday: Penny Bingo; Pay-me, Pinochle, Pitch, and Dominoes 10:30pm

Tuesday: Loosen up your muscles with walking at 10:30am & 1:00pm (outside weather permitting)

2nd Tuesday: Pancake Brunch 9:00am-12:00pm w/Cards 11:30am; 50/50 Raffle

Wednesday: Billiard Games w/Partners 10:00am; Cards 12:30pm

Thursday: Crafts or projects in progress; Cards and billiards 10:30am

4th Thursday: Pancake Brunch 9:00am-12:00pm w/Cards 11:30am; 50/50 Raffle

Friday: Open Activities 10:00am

SPECIAL EVENTS:

“Heart Healthy Month”

04 Wii Bowling 10:30am; Pinochle 12:30pm

05 “Chinese New Year” Celebration!!

06 Center Council Meeting 10:00am; BP Screening 11:00am; Quarter Day & Bingo 12:30pm

07 Warm Up w/ Light Flexible Stretching & Stretch Bands 10:30 - 11:00am

08 Tease Your Memory, Build Your Brain 10:30am

11 Wii Bowling 10:30am; Pinochle 12:30pm

12 Pancake Brunch 9:00am-12:00pm; Cards 11:30

12 Heart Healthy Month - Enjoy some oatmeal

13 Quarter Day & Bingo 12:30pm

14 Valentine’s Day Celebration; Warm Up w/ Light Flexible Stretching & Stretch Bands 10:30 - 11:00am

18 Center Closed for President’s Day

19 “Wine & Say Cheese” - Enjoy some sparkling wine w/ cheese and crackers

20 Quarter Day & Bingo 12:30pm

21 Warm Up w/ Light Flexible Stretching & Stretch Bands 10:30 - 11:00am

22 **Registration Deadline: 13th Annual “Strike Out Hunger” Bowl-a-Thon at Cort-Lanes, March 16th, 1:00-4:00pm**

25 Wii Bowling 10:30am; Jell-O Trivia 11:00am; Pinochle 12:30pm

26 Nutrition Task Force Meeting 8:30am; Center Managers’ Meeting 1:00pm

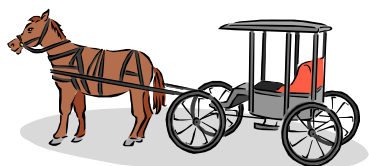
27 Birthday Celebration; Blood Pressure Screening; Quarter Day & Bingo 12:30pm

28 Pancake Brunch 9:00am - 12:00pm; Cards 11:30am; 50/50 raffle



February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



McGraw Senior Center
Community Building, Clinton St.
Phone: 836-8916
Hours: Monday-Thursday 9:00am-3:00pm
Center Manager: Sarah Snyder

WEEKLY ACTIVITIES:

Daily: Dominos, pool, puzzle table, cards, games, shuffleboard, oldies music, magazine and book exchange, Wii games, karaoke, Laughter Therapy, Walking Group

Monday: "People w/Arthritis Can Exercise" 10:45-11:45am

Tuesday: Quarter Day; Bonesaver Exercises 10:00-11:00am

Wednesday: "People w/Arthritis Can Exercise" 10:45-11:45am;

Share your favorite poem, joke or story; Bingo after lunch

1st Wednesday: Pancake Brunch 8:30-11:30am; Open House for new participants,

Thursday: Bonesaver Exercises 10:00-11:00am

SPECIAL EVENTS: "Heart Healthy Month"

04 Trivia Day

05 Chinese New Year

07 Listen to Old Rock Music

11 Center Council Meeting 10:00am; Pitch after lunch

14 Valentine's Day Party - Wear red or pink

18 **Senior Center Closed - President's Day**

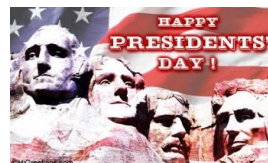
19 Book Club Meets

20 Valentine's Day Craft

22 **Registration Deadline: 13th Annual "Strike Out Hunger" Bowl-a-Thon at Cort-Lanes on March 16th from 1:00-4:00pm**

26 Nutrition Task Force Mtg. 8:30am; Center Managers' Mtg. 1:00pm

27 Birthday Dinner



February is Sharing Friendships Month – Invite a friend to lunch



FEBRUARY 2019



Scott Senior Center
United Methodist Church, Route 41
Phone: 749-7973
Hours: Monday-Thursday 8:30am-2:30pm
Friday 6:00am - Noon
Center Manager: Kay Harvey

WEEKLY ACTIVITIES:

Monday: Pitch 9:30am; Quarter Day

Tuesday: Ice Cream Sundaes after Lunch; Bingo 1:00pm

Wednesday: Movie 8:30am; Yahtzee 1:00pm

Thursday: Community Coffee 9:00am; Knit & Chat 9:30 -11:30am; Mexican Train (Dominoes) 1:00pm

Friday: Pancake Breakfast every Friday 7:30-9:30am

SPECIAL EVENTS:

“Heart Healthy Month”

04 Pitch @ 9:30am - All are welcome

06 Wii @ 1:00pm

07 Knit & Chat 9:30am; Mexican Train @ 1:00pm

11 Pitch @ 9:30am; Quarter Day - All are welcome

12 Bingo after lunch

13 Wii @ 1:00pm

14 Celebrate Valentine’s Day - Wear red or pink

14 Mexican Train @ 1:00pm

18 Senior Center Closed - Presidents’ Day

19 Pitch @ 9:30am; Quarter Day - All are welcome

20 Center Council Meeting 9:30am

20 Bring a picture of your pet and share with us; Wii @ 1:00pm

21 Knit & Chat 9:30; Mexican Train @ 1:00pm

22 Registration Deadline: 13th Annual “Strike Out Hunger” Bowl-a-Thon at Cort-Lanes on March 16th from 1:00-4:00pm

22 Breakfast 7:30-9:30am

25 Pitch @ 9:30am; Quarter Day - All are welcome

26 Nutrition Task Force 8:30 am; Center Managers’ Meeting 1:00pm

27 Wii @ 1:00pm

28 Knit & Chat 9:30am; Mexican Train @ 1:00pm



February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



Truxton Senior Center
United Methodist Church
Phone: 842-6253
Hours: Monday, Wednesday, Thursday
8:30am-2:30pm
Tuesday: 2:30-7:00pm
Center Manager: Kelly Rotunda

WEEKLY ACTIVITIES:

Daily: Walking, puzzles, games, exercise, craft table and bingo.
Movies are always available.

Tuesday: Tuesday Night Out 4:00-7:00pm

2nd Tuesday: Pizza & Bingo 4:00-7:00pm

1st & 3rd Thursday: Pancake Brunch 8:00-10:30am (Center open 6am - 12:00pm)

SPECIAL ACTIVITIES: "Heart Healthy Month"

04 Tell A Joke Day

06 Board Games

07 Brunch; Blood Pressure Screening

12 Pizza Night 4:00-7:00pm; Basket Raffle Drawing

14 Wear Red/Pink and get a gift

18 Senior Center Closed - Presidents' Day

20 Look at old center memories

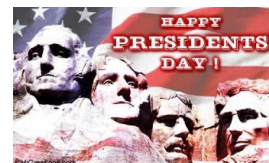
21 Brunch

22 Registration Deadline: 13th Annual "Strike Out Hunger" Bowl-a-Thon at Cort-Lanes on March 16th from 1:00-4:00pm

25 Puzzles

26 Nutrition Task Force 8:30am; Center Manager's Meeting 1:00pm

28 Birthday Dinner



Tuesday Night Out

05 - Beef & Broccoli Stir-Fry w/Rice, Baby Carrots, Clementine, Strawberry Tartlette

12 - Pizza Night

19 - Hearty Chili w/Cornbread, Mixed Veggie, Mandarin Oranges

26 - Pork Loaf, Baked Potato w/Sour Cream, Parmesan Brussel Sprouts, Tossed Salad, Peanut Butter Cookie

February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



Willet/Cincinnati Area Senior Center
Town Hall, Willet
Phone: 863-4887
Hours: Monday-Thursday 8:00am-3:00pm
Friday 6am - 1:00pm
Center Manager: Laurie Snyder

WEEKLY ACTIVITIES:

Daily: Coffee Hour 8:00 am; Cards; Puzzles; Shuffleboard; Pool; Knitting; Board Games; TV

Monday: Bingo 12:30pm

Tuesday: Cut Throat Pitch 12:30pm

Wednesday: Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm

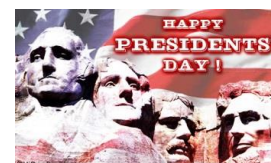
1st Wednesday: Blood Pressure Screening 1:30pm

2nd Wednesday: Center Council Meeting 10:30am

Friday: Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am

SPECIAL EVENTS "Heart Healthy Month"

- 01 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10.00am;
- 04 Bingo 12:30pm
- 05 Chinese New Year Celebration 11:30am
- 06 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm; BP Screening 1:30pm
- 07 Shuffleboard Tournament 10:30am
- 08 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
- 11 Bingo 12:30pm
- 12 Line Dancing 10:30am
- 13 Center Council Meeting 10:30am; Stretch Band Exercises 10:30am;
Pitch Tournament 12:30pm
- 14 Valentine's Day Dinner 11:30am;
- 15 Pancake Breakfast 8:00-10:00am; Pitch Tournament 10:00am
- 18 **Senior Center Closed - Presidents' Day**
- 19 Movie and Popcorn 9:30am
- 20 Stretch Band Exercises 10:30am; Pitch Tournament 12:30pm
- 21 Pinochle 10:30am
- 22 Pancake Breakfast 8:00-10:00am, Pitch Tournament 10:00am
- 22 **Registration Deadline: 12th Annual "Strike Out Hunger" Bowl-a-Thon at Cort-Lanes
on March 16th from 1:00-4:00pm**
- 25 Bingo 12:30pm
- 26 Dominoes 10:30pm
- 26 Nutrition Task Force Meeting 8:30am; Center Managers' Meeting 1:00pm
- 27 Stretch Band Exercises 10:30am; Birthday Dinner 11:30am;
Pitch Tournament 12:30pm
- 28 50/50 Raffle Drawing 11:45am



February is Sharing Friendships Month – Invite a friend to lunch

FEBRUARY 2019



February is Sharing Friendships Month – Invite a friend to lunch