

RENSSELAER COUNTY'S HOOSICK SENIOR CENTER MONTHLY ACTIVITIES

21299 NY Rte 22

Office: 518-686-7561 Lunch served Daily at Noon

Grab&Go available daily

February 2025

Daily Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAY	FRIDAYS
10:00 Card Group 10:30 Exercise with Sonya 9:00 – 2:00 Exercise room open	10:00 Card Group 9:00 – 2:00 Exercise room open	10:00 Card Group 10:00 Cardio Drumming 1:30 Exercise Group 9:00 – 2:00 Exercise room open	10:00 Card Group 9:00 – 2:00 Exercise room open	10:00 Card Group 10:00 Cardio Drumming 9:00 – 2:00 Exercise room open

EVENTS FOR FEBRUARY 2025

Monday, February 3 rd	12:30 National Feed the Birds Day, making upcycled bird feeders
Wednesday, February 5 th	10:00 Senior lead Craft, \$5.00
Thursday, February 6 th	10:00 Senior lead Craft, \$5.00
Friday, February 7 th	12:30 Superbowl fun, wear your favorite football team apparel
Monday, February 10 th	12:30 Movie Monday ~ <i>80 for Brady</i>
Wednesday, February 12 th	11:00 Hoosick Senior Meeting/Monthly Birthday Celebration w/trivia 12:30
Thursday, February 13 th	10:00 – 11:30 Electronics Help w/Cornell Digital Literacy Program, appointment preferred
Friday, February 14 th	12:30 Bingo
Monday, February 17th	Center Closed, Presidents' Day
Wednesday, February 19 th	11:00 Eat Smart w/tastings /12:30 Music by Ray Gifford
Friday, February 21 st	12:30 Variety Bingo
Wednesday, February 26 th	10:30 "Wicked Wednesday" "I Don't Cause Commotions. I Am One. Some of Us Are Just Different."
Friday, February 28 th	12:30 Bingo