HOOSICK FALLS SENIOR CENTER MONTHLY ACTIVITIES

Office: 518-686-7561 Meals served or Grab & Go Daily at noon, call by 10:00 to reserve

NOVEMBER 2024

Center Open Daily 9:00 – 3:00

Daily Events

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAY	FRIDAYS
Gym Open 9:00 – 2:30 ***Theater room*** *Exercise with Sonya 10:30*	*Gym Open 9:00 – 2:30* *10:00 Senior Games*	*Gym Open 9:00 – 2:30* ***Theater room*** *Cardio Drumming 10:30* *1:30 Exercise Group by Pat*	*Gym Open 9:00 – 2:30* *10:00 Senior Games*	*Gym Open 9:00 – 2:30* ***Theater room*** *Cardio Drumming 10:30* *Bingo 12:30 11/15,11/22*

EVENTS FOR NOVEMBER 2024

Friday November 1st 10:00 – 2:00 Medicare appointments w/MJ Murray call to set appointment/12:45 Minute to Win it game

Wednesday November 6th & Thursday November 7th Let's Get crafting. Senior led craft class in the Arts and Crafts Room

Wednesday November 6th 12:30 Special Music w/Woody Stroebeck

Friday November 8th 12:30 – 2:00 Bring your own device Tech help drop in/ 1:00 5 games of Card Bingo

Wednesday November 13th 11:00 Hoosick Falls Senior Meeting / Veterans Lunch at 12:00 program to follow

Monday November 18th 1:30 Medicare Monday, Medicare w/ Casey Bates call to set appointment

Tuesday November 19th 10:00 – 2:00 Medicare appointments w/MJ Murray call to set appointment

Wednesday November 20th 11:00 Eat Smart /12:30 Monthly Birthday Celebration w/senior game

Monday November 25th 10:30 Yarn and more, Senior led in the arts & crafts room/ 12:30 Movie Monday, Planes Trains and Automobiles
Wednesday November 27th 12:30 game Senior Feud

Tuesday November 5th CLOSED ELECTION DAY
Monday November 11th CLOSED HAPPY VETERANS DAY
Thursday November 28th & Friday November 29th CLOSED HAPPY THANKSGIVING