

# SENIOR EVENTS

## EXERCISE

### **Walking Club Sponsored by Joe Cecconi Chrysler**

#### **Complex**

12-week program starting May 12th (*no walk Memorial Day*) 10am at the community center \$5 and must sign up by May 1st. Everyone will receive a t-shirt, water and a chance to win prizes at the end of the program.

### **Tai Chi with Cathy Hoy-Patterson**

For arthritis and fall prevention 2nd Saturday of every month (April 12th, May 10th, June 14th, July 12th, August 9th) \$3 per class per person. Inside the community center. Sign up is not necessary but is encouraged.

#### **Morning Yoga**

Tuesday Chair Yoga with Kathy Noakes \* Wednesday Sliver Sneakers with Kathy Noakes \* Thursday Video chair yoga 9:30am-10:30am Inside community center \*FREE with insurance (sliver sneakers), or \$2 a class. Thursdays are always free

## BINGO

Tuesday, Wednesday, Thursday

10:45 am—12:00 pm

## LUNCHES

Tuesday, Wednesday, Thursday

12:00 pm Sign up required a week in advance.

\$3.25 contribution (recommended)

### **Summer Senior Lunch**

July 24 11am-1pm

**Sign up starts June 9**

**Town Residents FREE**

**Non-Residents \$5**

## ARTS & CRAFTS

Tuesday 5/20 1pm-3pm Paint a birdhouse

Tuesday 6/24 1pm-3pm: Paint wind chimes

Tuesday 7/17 1pm-3pm: Paint a welcome sign.

All craft days you must sign up in advance and space is limited. They are held inside the community center.

## WORKSHOPS & SPEAKERS

Diabetes Self-Management Program Thursday's May 8th- June 19th 1pm-3:30pm Sign up by calling 716-431-5100

Attorney Schedule: Gary Billingsley May 8th 12:30 July 3rd 12:30 Must sign up by calling 716-434-5783.

### **FREE**

**Senior Mini Golf**  
**Thursday May 15th**  
**11am -1pm**