

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
8635 Clinton Street
(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
<i>If N H Schools close because of ice/bad weather, we close. Road Runners meet the 1st and 3rd Tuesdays at 1p.m.</i>	Free Computer Help and other tech items. 1/2 hr per person. Call to sign up for appt. 10 to Noon	AARP DRIVERS CLASS IS BEING HELD AT THE NH SENIOR SQUARE APPARTMENTS ON MIDDLE SETTLE ROAD		1 Pepper Steak 10:00 Bridge 9:45 Aerobics
4 BBQ Chicken 10:30 Knitting/Croqueting 11:00 Aerobics 1:00 Sr. Theater Prod.	5 Swedish Meatballs 10:00 Bridge/ Canasta 10:00 Computer Instruction	6 Eggplant Parm 11:00 OFA Outreach Worker	7 Roast Turkey 10:00 Canasta Zumba	8 Chicken /Rice 10:00 Bridge 9;45 Aerobics
11 Chili 10:30 Knitting/Croqueting 11:00 Aerobics 1:00 RSVP Theater Group	12 Cranberry/glazed Chicken Breast 10:00 Bridge / Canasta Computer 11:15 Heart Health Nurses	13 Seafood Chowder FISH NUGGETS	14 Roast Pork/Gravy 10:00 Canasta Zumba Valentines Party Senior Band	15 Spaghetti & Meatballs 10:00 Bridge 9;45 Aerobics
18 CLOSED PRESIDENT DAY	19 Rib B Que 10:00 Bridge / Canasta 10:00 Computer Instruction 11:00 Winter Safety	20 Oven Brn Chicken	21 Bean/Sausage Stew 10;00 Canasta Zumba	22 Fish on a Bun w/ Cheese 10:00 Bridge 9;45 Aerobics
25 Kielbasa 10:30 Knitting/Croqueting 11:00 Aerobics 1:00 RSVP Sr. Theater Prod.	26 Chicken ala King 10:00 Bridge Canasta Computer AARP DRIVERS CLASS 8:30—3:30	27 Ham/Orange Sauce Birthday Party	28 Meatloaf/Gravy 10:00 Canasta Zumba	EVERY TUESDAY CHARLES ERNST PLAYS THE PIANO AT 11:15