











# AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Sun Program Key</b></p> <ul style="list-style-type: none"> <li>◆ Community &amp; Friendship</li> <li>◆ Education &amp; Lifelong Learning</li> <li>◆ Convenience &amp; Economics</li> <li>◆ Health &amp; Wellness</li> <li>◆ Fun &amp; Recreation</li> <li>◆ Safety &amp; Security</li> <li>◆ Finance, Legal &amp; Administrative</li> </ul>	<p><b>CODES</b></p> <ul style="list-style-type: none"> <li>AC - Arts &amp; Crafts Room</li> <li>B - Billiards Room</li> <li>F—Fitness Room</li> <li>G—Great Room</li> <li>P - Pool</li> <li>S - Salon</li> <li>T - Theater</li> </ul>	<p><b>Color Codes:</b></p> <ul style="list-style-type: none"> <li><b>Fitness</b></li> <li><b>Bus Trips</b></li> <li><b>Clubhouse Activities</b></li> <li><b>Food/Casino Outings</b></li> <li><b>Happy Hour</b></li> <li><b>Seminars</b></li> </ul>				
			<p>1</p> <p>10:00 Bus Run Hannaford◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G◆</p> <p>4:30 Writers Group G◆◆</p> <p>5:30 Chair Yoga—CANCELLED</p>	<p>2</p> <p>9:00-12:00 New Hartford Doctor Appointments ◆</p> <p>9:30 Fitness Class—CANCELLED</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T◆</p> <p>1:00 Bus Run— Clinton Farmers Market ◆◆</p> <p>4:30 Happy Hour G◆</p> <p>5:00-7:00 Evening Swim P◆</p>	<p>3</p> <p>8:30 Bus Trip</p> <p>Café Domenico ◆◆◆◆</p> <p>9:15 Chair Zumba G◆◆</p> <p>11:30 Lunch Bunch— Borunda Asian Buffet◆◆</p> <p style="text-align: center;">**Last day to sign up for Grab-N-Go by 4:00PM**</p>	<p>4</p> <p>9:30 Aqua Motion P◆</p> <p>9:30 Intro to Table Tennis G◆</p> <p>10:00 Table Tennis G◆</p> <p>1:00-3:00 Canasta G◆</p> <p>1:00-4:00 Open Swim P◆</p> <p>5:30 Bus Trip—Utica Brew Fest ◆</p>
<p>5</p> <p>1:00-3:00 Open Swim P◆</p> <p>2:00-Chips &amp; Chat AC◆</p>	<p>6</p> <p>9:30 Breakfast Break Craylee's ◆◆</p> <p>10:00 Bus Run—Consumer Sq. (Wal-mart) &amp; Walking Group</p> <p> Birthday Party 2:00pm Terry Johnson</p> <p>5:00-7:00 Evening Swim P◆</p>	<p>7</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>2:00 Chair Zumba G◆</p> <p>4:00 Bus Trip What the Truck? ◆</p> <p>6:00 Poker Night◆◆</p> <p></p>	<p>8</p> <p>10:00 Bus Run N. Utica Shopping Center/Aldi's</p> <p>11:30 Grab and Go Lunch</p> <p>1:00 Liberty Mutual Insurance Seminar ◆</p> <p>1:30 Bible Study AC</p> <p>2:00 New Hartford Farmers Market</p> <p>3:00 Bingo G◆</p> <p>4:30 Writers Group G◆◆</p>	<p>9</p> <p>9:00-12:00 New Hartford Doctor Appointments ◆</p> <p>9:30 Fitness Class G◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T◆</p> <p>4:30 Happy Hour G◆</p> <p>5:00-7:00 Evening Swim P◆</p>	<p>10</p> <p>9:00 Bus Trip Saratoga Race Track ◆◆</p> <p>10:00 Stamina Strength &amp; Stretch—CANCELLED</p> <p style="text-align: center;">Great Room Reserved 4:00—9:00pm</p> <p style="text-align: center;">**Last day to sign up for Grand Kid Day by 4:00PM**</p>	<p>11</p> <p>9:00 Bus Trip— Sylvan Beach Vendor Fair, Canal Fest &amp; Mind Mentalist ◆◆</p> <p>9:30 Aqua Motion P◆</p> <p>9:30 Intro to Table Tennis G◆</p> <p>10:00 Table Tennis G◆</p> <p>1:00-3:00 Canasta G◆</p> <p>1:00-4:00 Open Swim P◆</p>
<p>12</p> <p>1:00-3:00 Open Swim P◆</p> <p>2:00-Chips &amp; Chat AC◆</p> <p></p>	<p>13</p> <p>10:00 Bus Run Sangertown Square Mall</p> <p>1:00 BB Designs Canvas ◆◆</p> <p>2:30 Bus Trip Utica Public Library Tour ◆◆</p> <p>5:00-7:00 Evening Swim P◆</p>	<p>14</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>9:30 Fitness Class G◆◆</p> <p style="text-align: center;"><b>Grandkid Day</b> 11:30AM-1:00PM</p> <p>3:30 Aqua Aerobics CANCELLED</p> <p>4:00 Bus Trip What the Truck? ◆</p>	<p>15</p> <p>10:00 Bus Run Chantry's</p> <p>11:30 Clear Captions Seminar ◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G◆</p> <p>4:30 Writers Group G◆◆</p> <p>5:30 Chair Yoga—CANCELLED</p>	<p>16</p> <p>9:00-12:00 New Hartford Doctor Appointments ◆</p> <p>9:30 Fitness Class G◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T◆</p> <p>1:00 Bus Run— Clinton Farmers Market ◆◆</p> <p>4:30 Happy Hour G◆</p> <p>5:00-7:00 Evening Swim P◆</p>	<p>17</p> <p>9:15 Chair Zumba G◆◆</p> <p>11:00-3:00 Lunch Bunch Turning Stone Casino &amp; Resort◆◆</p> <p></p> <p style="text-align: center;">**Last day to sign up for the WOW Event by 4:00PM**</p>	<p>18</p> <p>9:30 Aqua Motion P◆</p> <p>9:30 Intro to Table Tennis G◆</p> <p>10:00 Table Tennis G◆</p> <p>1:00-3:00 Canasta G◆</p> <p>1:00-4:00 Open Swim P◆</p>
<p>19</p> <p>1:00-3:00 Open Swim P◆</p> <p>2:00-Chips &amp; Chat AC◆</p>	<p>20</p> <p>9:30 Breakfast Break Bagel Grove ◆</p> <p>10:00 Bus Run New Hartford Shopping Center &amp; Walking Group ◆◆</p> <p>5:00-7:00 Evening Swim P◆</p> <p>6:00 Bus Trip— Music in the Park ◆◆</p>	<p>21</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆*</p> <p>12:30 Trivia Mania G◆◆</p> <p>2:00 Chair Zumba G◆◆</p> <p>4:00 Bus Trip What the Truck? ◆</p> <p>6:00 Poker Night◆◆</p>	<p>22</p> <p>10:00 Bus Run New Hartford Price Chopper ◆</p> <p>12:30 Chiropractic Seminar◆</p> <p>1:30 Bible Study AC</p> <p>2:00 Bus Trip New Hartford Farmers Market</p> <p>3:00 Bingo G◆</p> <p>4:30 Writers Group G◆◆</p>	<p>23</p> <p>9:00-12:00 New Hartford Doctor Appointments ◆</p> <p>9:30 Fitness Class G◆◆</p> <p>1:00 Rosary T◆</p> <p style="text-align: center;"><b>Black Tie</b> <i>10th Anniversary Party</i> 4:00-7:00PM</p> <p></p>	<p>24</p> <p>10:00 Stamina Strength &amp; Stretch**CANCELLED</p> <p>11:00 Chair Yoga**CANCELLED</p> <p>11:30 Lunch Bunch Tiny's Bar &amp; Grill ◆◆</p>	<p>25</p> <p>9:30 Aqua Motion P◆</p> <p>9:30 Intro to Table Tennis G◆</p> <p>10:00 Table Tennis G◆</p> <p>1:00-3:00 Canasta G◆</p> <p>1:00-4:00 Open Swim P◆</p> <p></p>
<p>26</p> <p>1:00-3:00 Open Swim P◆</p> <p>2:00-Chips &amp; Chat AC◆</p>	<p>27</p> <p>9:00 Bus Trip New York State Fair ◆◆</p> <p>5:00-7:00 Evening Swim P◆</p> <p></p>	<p>28</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>3:30 Aqua Aerobics CANCELLED</p> <p>4:00 Bus Trip What the Truck? ◆</p>	<p>29</p> <p>8:30 Bus Run North Utica Wal-Mart ◆</p> <p>10:00-1:30 Bus Trip Vernon Downs ◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G◆</p> <p>4:30 Writers Group G◆◆</p>	<p>30</p> <p>9:00-12:00 New Hartford Doctor Appointments ◆</p> <p>9:30 Fitness Class G◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T◆</p> <p>1:00 Bus Run— Clinton Farmers Market ◆◆</p> <p>4:30 Happy Hour G◆</p> <p>5:00-7:00 Evening Swim P◆</p>	<p>31</p> <p>9:15 Chair Zumba G◆◆</p> <p>11:00 Lunch Bunch The Waterfront Grill &amp; Erie Canal Boat Cruise◆◆</p> <p></p> <p><i>Buzz!</i></p>	