

EDWARD C. SWARTZ SOUTHERN TIER SENIOR CENTER

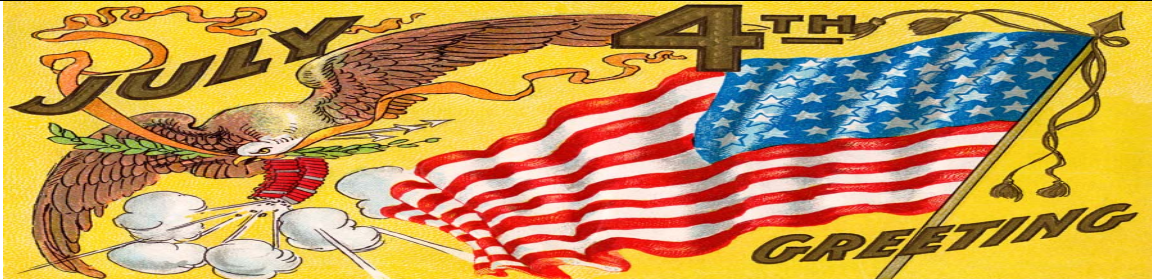

Director : Barbara A. Fausner
 President: Paul Ball

“ Happy Fourth”
 of July

For Information: 518-477-6581
 Kitchen: 518-477-6591

July 2010

Dinner Served Daily at Noon

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Cards (your Choice) 1:00 Exercise Class	2 <u>VAN</u> 9:30 Attorney Services 12:30 Price Chopper 12:45 Darts
5 <u>HOLIDAY</u> Senior Center Closed 	6 <u>VAN</u> 10:00 Knitting Group 12:30 Hannaford	7 10:00 Hearing Clinic 10:00 Tai-Chi 12:30 Line Dancing	8 10:00 Cards (your Choice) <u>No Exercise Class</u>	9 <u>VAN</u> 11:15 Senior Business Meeting 12:30 Price Chopper 12:45 Darts
12 10:00 Community Service <u>Chorus on the Road</u>	13 <u>VAN</u> 10:00 Knitting Group 12:30 Hannaford	14 12:00 Special Dinner. Entertainment: <u>Schodack Swinging Seniors</u>	15 10:00 Cards (your choice) 1:00 Exercise	16 <u>VAN</u> 12:30 Price Chopper 12:45 Darts
19 10:00 Community Service <u>No Chorus</u>	20 <u>VAN</u> 10:00 Knitting Group 11:00 Blood Pressure Clinic 12:30 Hannaford	21 10:00 Tai-Chi 12:30 Line Dancing	22 10:00 Cards (your choice) 1:00 Exercise	23 <u>VAN</u> 11:00 Good Food Ideas 12:30 Wal-Mart 12:45 Darts
26 10:00 Community Service <u>No Chorus</u>	27 <u>VAN</u> 10:00 Knitting Group 12:30 Price Chopper 12:30 Bingo	28 10:00 Tai-Chi 12:30 Line Dancing	29 10:00 Cards (your choice) 1:00 Exercise	30 <u>VAN</u> 12:30 Hannaford 12:45 Darts

