

April 2012

PARISH

healthy aging centers

A program of Oswego County Opportunities, Inc. Health and Nutrition Department 239 Oneida Street, Fulton NY 13069 315-598-4712

HEALTH * EDUCATION * MEALS * RECREATION * SOCIALIZATION * COMMUNITY SERVICE * ARTS * TRANSPORTATION

	Mon	Tue	Wed	Thu	Fri
April Birthdays Helen Mullen April 1 Kathryn Perkins April 6 Laura Ruffos April 7 Luke Griffith April 10 Alice Simon April 19 Luella Laney April 21 Carole Champion April 23 Ken Dayger April 24 Nancy Sweatland April 25 Janice Clarke April 30 <hr/> Fulton 592-3408 Oswego 343-0232 Phoenix 695-4841 Hannibal 564-5471 Sandy Creek 298-5020 Mexico 963-7757 Parish 625-4617 Constantia 623-9803	2 10:00 am– cards 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– B-I-N-G-O	3 10:00 am– Wii 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– chair exercise	4	5 10:00 am– Wii 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– nutrition jeopardy	6
	9 10:00 am– cards 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– B-I-N-G-O	10 10:00 am– Wii 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– wii	11	12 10:00 am– cards 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– B-I-N-G-O	13
	16 10:00 am– cards 11:00 lunch at Mexico OCO kitchen Sign up early –see Mary Lou for details	17 10:00 am– Wii 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– Diabetes Support	18	19 10:00 am– cards 12:00 pm– Lunch served 12:30 pm– Club mtg b-day celebration	20
	23 10:00 am– cards 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– B-I-N-G-O	24 10:00 am– Wii 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– craft	25	26 10:00 am– 11:00 am 12:00 pm– Lunch served 1:00 pm– wii	27
	30 10:00 am– cards 11:00 am Stretch bands 12:00 pm– Lunch served 12:30 pm– B-I-N-G-O				