

NORTHWEST BUFFALO COMMUNITY CENTER  
 155 LAWN AVENUE  
 BUFFALO, NEW YORK 14207  
 876-8108 EXT. 17- FRAN

FRAN LULL - SITE DIRECTOR

# SEPTEMBER 2010

\*\*\* NO PUBLIC SWIMMING WHEN SCHOOLS ARE CLOSED \*\*\*

		1. 9:00 Cards 10:00 Black Rock Homemakers 12:00 Group Dining <b>BINGO</b>  HOT DOG	2. 10:00 Discussion group 11:00 Exercise 12:00 Group Dining 12:30 Cards 1:00 Advisory Bd. Mtg. *ALT SALAD* PENNE PASTA	3. 10:00 Cards/Crafts 12:00 Group Dining 12:30 Cards/Pinochle Tournament  OMELET
6. 	7. 10:00 Cards 11:00 Exercise 12:00 Group Dining 12:30 Cards  ROAST BEEF	8. 9:00 Cards 10:00 Black Rock Homemakers 12:00 Group Dining <b>BINGO</b>  PICNIC LUNCH	9. 10:00 Discussion group 11:00 Exercise 12:00 Group Dining 12:30 Cards <b>CARD PARTY</b> GRILLED CHICKEN BREAST	10. 10:00 Cards/Crafts 12:00 Group Dining 12:30 Cards/Pinochle Tournament  VEAL PARMESAN
13. 9:00 Cards/Ceramics 11:00 Exercise Room 12:00 Group Dining/ Cards <b>SPECIAL BINGO</b> MEAT LOAF	14. 10:00 Cards 11:00 Exercise 12:00 Group Dining 12:30 Cards  STUFFED SHELLS	15. 9:00 Cards 10:00 Black Rock Homemakers 12:00 Group Dining <b>BINGO</b>  BREADED PORK CHOP	16. 10:00 Discussion group 11:00 Exercise 12:00 Group Dining 12:30 Cards 12:45 <b>Gentle Yoga-NEW CLASS</b>  HOT DOG	17. 10:00 Cards/Crafts 12:00 Group Dining 12:30 Cards/Pinochle Tournament  CHICKEN DRUMSTICKS
20. 	21. 10:00 Cards 11:00 Exercise 12:00 Group Dining 12:30 Cards  CHILI	22. 9:00 Cards 10:00 Black Rock Homemakers 12:00 Group Dining <b>BINGO</b>  BEEF STEW	23. 10:00 Discussion group 11:00 Exercise 12:00 Group Dining 12:30 Cards 12:45 <b>Gentle Yoga-NEW CLASS</b> TURKEY	27. 10:00 Cards/Crafts 12:00 Group Dining 12:30 Cards/Pinochle Tournament  GREEN PEPPERS
27. 9:00 Cards/Ceramics 11:00 Exercise Room 12:00 Group Dining/ Cards  BEEF STROGANOFF	28. 10:00 Cards 11:00 Exercise 12:00 Group Dining 12:30 Cards  BONELESS CHICKEN BREAST	29. 9:00 Cards 10:00 Black Rock Homemakers 12:00 Group Dining <b>BINGO</b>  PORK	30. 10:00 Discussion group 11:00 Exercise 12:00 Group Dining 12:30 Cards 12:45 <b>Gentle Yoga-NEW CLASS</b>  CHEESE MANICOTTI	