

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
1	2 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-10:30</i> Play Rehearsal <i>10:45am-11:45am</i> Barnyard Bingo	3 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Special Bingo	4 <i>8:30am-9:30am</i> Bit of Breakfast	5 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Exercise with Richard <i>11:45am-1:00pm</i> Farmers Market Coupon Distribution	6 <i>Buffalo Urban League Staff Picnic</i> <i>Center Closed</i>	7	
8	9 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-10:30</i> Play Rehearsal <i>10:30am-11:30am</i> Presentation - <i>EPIC</i>	10 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Special Bingo	11 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Shopping @ Tops Supermarket	12 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Exercise with Richard <i>11:00am-2:30pm</i> Miss Buffalo Cruise	13 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-11:00am</i> Food Giveaway <i>10:30am-11:30am</i> Bingo	14	
15	16 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-10:30</i> Play Rehearsal <i>10:30am-11:30am</i> Presentation - <i>Univera</i>	17 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Special Bingo	18 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-11:00am</i> Sheehan@MSC <i>11:15am-11:45am</i> Preparing for the Harvest Festival	19 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-10:30am</i> Blood Pressure <i>10:30am-11:30am</i> Exercise with Richard	20 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Bingo	21	
22	23 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-10:30</i> Play Rehearsal <i>10:45am-11:45am</i> Barnyard Bingo	24 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Special Bingo	25 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Presentation <i>Legacy</i> <i>11:00-12:00n</i> Food Giveaway	26 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-1:00pm</i> Hula Picnic & Birthday Celebration at the Center!	27 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Bingo	28	
29	30 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:00am-12:00n</i> Movie Day! -TBA-	31 <i>8:30am-9:30am</i> Bit of Breakfast <i>10:30am-11:30am</i> Special Bingo					





Buffalo Urban League, Inc.

Multi Service Center • 86 Pine Street • Buffalo, NY 14204

Mr. Aubrey Turner – Program Coordinator

(716) 847-8951

August, 2010



Daily schedule:

- 8:30am-10:00am Transportation to the Center
- 8:30am-9:30am **Bit of Breakfast** – We're helping to kick start your day the healthy way! (nutritionally balanced breakfast)
- 10:00am-1:00pm Coffee, Tea or Milk? Reading, current events, discussion... Join us!
- 11:30am-12:30pm Hot Lunches
- 1:00pm – 2:00pm *Enhance Your Quality of Life* Daily Walk & Exercise - Sheehan Hospital
- 1:00pm - 2:00pm *Pokeno*



New friends are always welcome! Please stop in and join us, or call 847-8951 for more information!

Reminders

- August 6, 2010 – Buffalo Urban League Staff Picnic – Center Closed
- August 12, 2010 – Miss Buffalo Cruise



C N G O M Q J L F V B Q J Q G L K D X D L O A T Q P S O P
 H P M S N J C N E X T A L B N B B E A R Z Q C I I Y G U I
 M L P A W H U R U O P E M R F K E J G T T K I E A N A M P
 T T I K L C M N R D F T Q G Q D G S N V T O A U A C O I G
 G O F G T G C R I F N T J H P I O W U C W F C N E F O D R
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 D O L S Y S Y X H G I U Z A C R T N U Y K R E O F S I E T
 G K I S B Q B O S W H I A P J K H A Y T E W P M R M Z R K
 P A D A T J G T O F O C I N B C Q B B H U Y Y N P A Z N C
 A U A J U N B U H M T R L I A T C B T T T Y Y A T K T C A
 O A M Z I H Q R H J O J M H I L Y N R H G B N F D B S J N
 E X R M O G Z K T N A H P E L E A A O X U Z W J T M O M I
 Z H A B M A L E S R A F E V A P T N B T E I W Z B Z R L W
 W L C M S G S Y B H L O C Y D G C M T E F H A M S T E R S
 F Z H H U Z Q E H M L T Z M G X L E O Y J P D E K Z C E W
 Y Q M Z P S Z B V X I Q N K P N R E L Q L E R R D R O C P
 Z S O V O A D L Y S G R B D Z F D U A W Q N L P I L N W A
 D P S Y T G M I B C A E O J L Y T D F S G G V H I B I O R
 D O C C C X S Z O O T J C Y L P K R F T X U U O B G H L T
 Z H P I O Y N A P R O F Y T R V G A U H V I W R U K R L B
 L Z S O E G B R T P R T G G B C Q P B N B N C S H U T H M
 G R D K H W O D A I S U M A T O P O P P I H S E W H I W T
 C U N M I D M K P O Q D P D V X R E K H O H K H E H Q P V
 B O R Z E T D A X N Q Q O G F H G L M O S Q U I T O K K M
 M V M O D N A C I L E P C O Y O T E R L Y P A A I L R F W

- SCORPION
- CAMEL
- FLAMINGO
- DOLPHIN
- PENGUIN
- LEOPARD
- TURKEY
- PELICAN
- EAGLE
- HORSE
- BUFFALO
- PANTHER
- PYTHON
- ZEBRA
- MONKEY
- LIZARD
- IGUANA
- ARMADILLO
- EARTHWORM
- OCTOPUS
- MOUSE
- ELEPHANT
- GIRAFFE
- TURTLE
- KANGAROO
- BIRD
- MOSQUITO
- JAGUAR
- BEAR
- ALLIGATOR
- PARROT
- HAMSTER
- COYOTE
- CHIMPANZEE
- DINOSAUR
- BUTTERFLY
- HIPPOTAMUS
- RHINOCEROS

