


# JANUARY 2018 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	  <b>SENIOR CENTER CLOSED</b>		<b>NO Shape-Up</b> Pinochle 12:30pm Dr. Murphy 1-2pm	Wii Open Bowl 9-11am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities Chair Yoga 12:30pm	
7	8	9	10	11	12	13
	Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm Wii Open Bowl 1-3pm	Shape-Up 10:30am Euchre 12:30pm Diabetes Prevention Program Informational Meeting 1pm	Wii Open Bowl 9-11am Zumba Gold 10am Stroke Club Party Noon Computer Tutor 1-3pm Pickleball 1-3pm	Drop In Activities Dr. Farrar 9:30am Chair Yoga 12:30pm	
14	15	16	17	18	19	20
	Shape-Up 10:30am Sit 'n Knit 11am  <b>NO LUNCH</b>	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm Wii Open Bowl 1-3pm	Shape-Up 10:30am Pinochle 12:30pm	Wii Open Bowl 9-11am Zumba Gold 10am Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	Drop In Activities Gourmet Guild 11:30am Chair Yoga 12:30pm	
21	22	23	24	25	26	27
	Oak Street Health 9:30-10:30am Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm Wii Open Bowl 1-3pm	MCHD Outreach 9am - Noon Shape-Up 10:30am Euchre 12:30pm	Veteran Services 9am-1pm Wii Open Bowl 9-11am MotorCity Departs 9:15am Zumba Gold 10am Senior Day at the DIA Noon-3:30pm Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	Drop In Activities Wii Bowling Banquet 11:30am Chair Yoga 12:30pm	
28	29	30	31			
	Dollar Donut Day 9:30-11am Shape-Up 10:30am Sit 'n Knit 11am	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm Wii Open Bowl 1-3pm	Shape-Up 10:30am Pinochle 12:30pm		<b>FITNESS ROOM HOURS</b> Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm	

# FEBRUARY 2018 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>FITNESS ROOM HOURS</b> Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm			1 Zumba Gold 10am Stroke Club 12:30pm Greeting Card Design Class 1pm Pickleball 1-3pm Red Hat Meeting 1pm	2 Drop In Activities Chair Yoga 12:30pm	3
4 Wii Bowling Week 1	5 Shape-Up 10:30am Sit 'n Knit 11am	6 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	7 Shape-Up 10:30am Euchre 12:30pm	8 Zumba Gold 10am Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	9 Drop In Activities Flapjacks & Flannels Breakfast Party 9-11am Chair Yoga 12:30pm	10
11 Wii Bowling Week 2	12 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	13 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	14 County Commissioner Kathy Tocco 9:30am Valentine Cookies in the Lobby 9:30-11am Shape-Up 10:30am Pinochle 12:30pm	15 Zumba Gold 10am Senior Day at the DIA Noon-3:30pm Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	16 Drop In Activities Chair Yoga 12:30pm	17
18 Wii Bowling Week 3	19 <b>PRESIDENTS DAY</b>  <b>SENIOR CENTER CLOSED</b>	20 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	21 Meadow Brook Trip Departs 10:15am Shape-Up 10:30am Euchre 12:30pm	22 Veteran Services 9am-1pm Zumba Gold 10am Senior Day at the DIA Noon-3:30pm Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	23 Drop In Activities Gourmet Guild 11:30am Chair Yoga 12:30pm	24
25 Wii Bowling Week 4	26 Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	27 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	28 MCHD Outreach 9am - Noon Shape-Up 10:30am Pinochle 12:30pm			