

MAY 2019 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm	OPEN WALKING LARGE GYM Monday-Friday 8:30am - 9:30am	1 Shape-Up 10:30am Euchre 12:30pm	2 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	3 Drop In Activities	4
5	6 Shape-Up 10:30am Sit 'n Knit 11am Seminar: Recycling is Important 1pm	7 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	8 Shape-Up 10:30am Pinochle 12:30pm	9 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	10 Drop In Activities Dr. Farrar 9:30am Wii Bowling Banquet 11:30am	11
12	13 Shape-Up 10:30am Sit 'n Knit 11am Coffee Hour with State Senator Paul Wojno 12:30-1:30pm Fun Bingo 1pm	14 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	15 Red Cross Blood Drive 10am-4pm Shape-Up 10:30am Euchre 12:30pm	16 Zumba Gold 10am Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	17 Drop In Activities Cooking Matters Workshop 9:30am	18
19	20 NO Shape-Up Sit 'n Knit 11am Coloring 1pm	21 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	22 Shape-Up 10:30am Beltone Hearing Screening 11am-1pm Pinochle 12:30pm	23 Zumba Gold 10am Stroke Club 12:30pm Dr. Murphy 1-2pm Pickleball 1-3pm	24 Drop In Activities Cooking Matters Workshop 9:30am Gourmet Guild 12pm	25
26	27 MEMORIAL DAY  SENIOR CENTER CLOSED	28 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	29 MCHD Outreach 9am - Noon Spring Plant Exchange & Sale 9am-Noon Shape-Up 10:30am Euchre 12:30pm	30 Veteran Services 9am-1pm Frankenmuth Trip Departs 9:45am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	31 Drop In Activities Cooking Matters Workshop 9:30am	

JUNE 2019 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm	OPEN WALKING LARGE GYM Monday-Friday 8:30am - 9:30am				1
2	3	4	5	6	7	8
	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	Shape-Up 10:30am Pinochle 12:30pm	Zumba Gold 10am Blast from the Past Pop-Up Party 12pm Stroke Club 12:30pm Pickleball 2-4pm	Drop In Activities Cooking Matters Workshop 9:30am	
9	10	11	12	13	14	15
	Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	NO Line Dance Crochet 11am  HAWAIIAN LUAU PARTY 11:30am-2:30pm NO Rummy NO Pickleball	Shape-Up 10:30am Euchre 12:30pm	Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities Cooking Matters Workshop 9:30am	
16	17	18	19	20	21	22
	Shape-Up 10:30am Sit 'n Knit 11am	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Pinochle 12:30pm	Zumba Gold 10am Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	Drop In Activities Cooking Matters Workshop 9:30am	
23/ 30	24	25	26	27	28	29
	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	MCHD Outreach 9am - Noon Senior Fun Fest 9am - Noon Shape-Up 10:30am Euchre 12:30pm NO LUNCH	Veteran Services 9am-1pm Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities	