

# JANUARY 2019 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	
	  <b>SENIOR CENTER CLOSED</b>		<b>NO Shape-Up</b> Pinochle 12:30pm	<b>NO Zumba Gold</b> Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities	
6	7	8	9	10	11	12
	Shape-Up 10:30am Sit 'n Knit 11am	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Euchre 12:30pm	Zumba Gold 10am Stroke Club 12:30pm Dr. Murphy 1-2pm Pickleball 1-3pm	Drop In Activities Dr. Farrar 9:30am	
13	14	15	16	17	18	19
	Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	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 Wii Bowling Banquet 11:30am	
20	21	22	23	24	25	26
	Shape-Up 10:30am Sit 'n Knit 11am  <b>NO LUNCH</b>	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Euchre 12:30pm	Veteran Services 9am-3pm Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities Gourmet Guild 12pm	
27	28	29	30	31		
<b>Wii Bowling Week 1</b>	Portable Dental Services 9:30-11am 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	Shape-Up 10:30am Beltone Hearing Screening 11am-1pm Pinochle 12:30pm	MotorCity Trip Departs 9:30am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	<b>FITNESS ROOM HOURS</b>  Monday-Friday 8:30am - 8:00pm  Saturday-Sunday 12:00pm - 6:00pm	

# FEBRUARY 2019 – 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 Drop In Activities	2
3 <b>Wii Bowling Week 2</b>	4 Dollar Donut Day 9:30-11am Shape-Up 10:30am Sit 'n Knit 11am	5 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	6 Shape-Up 10:30am Euchre 12:30pm Diabetes Prevention Program Informational Meeting 1pm	7 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	8 Drop In Activities	9
10 <b>Wii Bowling Week 3</b>	11 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	12 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	13 Shape-Up 10:30am Pinochle 12:30pm	14 Zumba Gold 10am Stroke Club 12:30pm Blast from the Past Pop-Up Party 1pm Pickleball 1-3pm	15 Drop In Activities	16
17 <b>Wii Bowling Week 4</b>	18 <b>PRESIDENTS DAY</b>    <b>SENIOR CENTER CLOSED</b>	19 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	20 American House Tour 9am Shape-Up 10:30am Euchre 12:30pm	21 Zumba Gold 10am Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	22 Drop In Activities Gourmet Guild 12pm	23
24 <b>Wii Bowling Week 5</b>	25 Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	26 Tax Help (By Appt.) Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	27 MCHD Outreach 9am - Noon Shape-Up 10:30am Pinochle 12:30pm	28 Veteran Services 9am-3pm Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm		