

MAY 2018 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm	1 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	2 Shape-Up 10:30am Euchre 12:30pm	3 Zumba Gold 10am Red Hats 11:30am Stroke Club 12:30pm Pickleball 1-3pm	4 Drop In Activities Dr. Farrar 9:30am Chair Yoga 12:30pm	5
6	7 Shape-Up 10:30am Sit 'n Knit 11am	8 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	9 Shape-Up 10:30am Pinochle 12:30pm	10 Zumba Gold 10am Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	11 Drop In Activities Chair Yoga 12:30pm	12
13	14 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	15 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	16 Shape-Up 10:30am Euchre 12:30pm	17 Zumba Gold 10am Senior Day at the DIA Noon-3:30pm Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	18 Drop In Activities Gourmet Guild 11:30am Chair Yoga 12:30pm	19
20	21 Spring Plant Exchange & Sale 9am-1pm Shape-Up 10:30am "Dirt" Pudding Cups 11am - 12:30pm Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	22 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	23 Shape-Up 10:30am Pinochle 12:30pm	24 Veteran Services 9am-1pm Zumba Gold 10am Wii Bowling Banquet 11:30am Senior Day at the DIA Noon-3:30pm Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	25 Drop In Activities Chair Yoga 12:30pm	26
27	28 MEMORIAL DAY  SENIOR CENTER CLOSED	29 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	30 MCHD Outreach 9am - Noon Shape-Up 10:30am Euchre 12:30pm Dr. Murphy 1-2pm	31 District Detroit Trip Departs 8:45am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm		

JUNE 2018 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm				1 Drop In Activities National Donut Day 9:30-11am Chair Yoga 12:30pm	2
3	4 Shape-Up 10:30am Sit 'n Knit 11am	5 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	6 Shape-Up 10:30am Pinochle 12:30pm	7 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	8 Drop In Activities Chair Yoga 12:30pm	9
10	11 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	12 Senior Fun Fest 9am Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	13 Shape-Up 10:30am Euchre 12:30pm	14 Red Hat Outing Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	15 Drop In Activities Chair Yoga 12:30pm	16
17	18 Shape-Up 10:30am Sit 'n Knit 11am	19 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	20 A Day at our Capitol Trip Departs 7:00am Shape-Up 10:30am Pinochle 12:30pm	21 Zumba Gold 10am Stroke Club 12:30pm Flower Arranging w/Viviano's 1pm Ask-a-Lawyer 1-3pm Pickleball 1-3pm	22 Drop In Activities Chair Yoga 12:30pm	23
24	25 Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	26 Line Dance 10am Crochet 11am Wii Open Bowling 11am-2pm Rummy 12:30pm Pickleball 1-3pm	27 MCHD Outreach 9am - Noon Shape-Up 10:30am Euchre 12:30pm	28 Veteran Services 9am-1pm Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	29 Drop In Activities HOORAY FOR THE USA PARTY 11:30am-2:30pm	30