

NOVEMBER 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 Firekeepers Trip Departs 8:30am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	2 COMPUTER ROOM CLOSED 9am-4pm Drop In Activities	3
4 Wii Bowling Week 8	5 Shape-Up 10:30am Sit 'n Knit 11am	6 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm NO LUNCH	7 Shape-Up 10:30am Pinochle 12:30pm	8 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	9 Drop In Activities	10
11 Wii Bowling Week 9	12 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm NO LUNCH	13 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	14 Shape-Up 10:30am Euchre 12:30pm	15 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	16 COMPUTER ROOM CLOSED 9am-4pm Drop In Activities Dr. Farrar 9:30am Gourmet Guild 11:30am	17
18 Wii Bowling Week 10	19 Shape-Up 10:30am Sit 'n Knit 11am	20 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	21 Shape-Up 10:30am Pinochle 12:30pm	22  SENIOR CENTER CLOSED	23	24
25 Wii Bowling Week 11	26 Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	27 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	28 MCHD Outreach 9am - Noon Shape-Up 10:30am Euchre 12:30pm	29 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	30 COMPUTER ROOM CLOSED 9am-4pm Drop In Activities Senior Marketplace 10am-1pm	

DECEMBER 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
2 Wii Bowling Week 12	3 Package Testing 10am-Noon Shape-Up 10:30am Sit 'n Knit 11am	4 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	5 Shape-Up 10:30am Pinochle 12:30pm Eastpointe Christmas Tree Lighting 7pm	6 Zumba Gold 10am Red Hat Holiday Luncheon 1:00pm Stroke Club 12:30pm Pickleball 1-3pm Roseville Christmas Tree Lighting 6:30pm	7 COMPUTER ROOM CLOSED 9am-4pm Drop In Activities	8
9	10 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	11 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	12 Shape-Up 10:30am Euchre 12:30pm Gourmet Guild 11:30am	13 Zumba Gold 10am Stroke Club Holiday Luncheon 12:30pm Pickleball 1-3pm	14 HOLIDAY PARTY 11am-3pm  EASTPOINTE MANOR FITNESS ROOM OPEN SENIOR CENTER CLOSED	15
16	17 Shape-Up 10:30am Sit 'n Knit 11am	18 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	19 Shape-Up 10:30am Pinochle 12:30pm Cookies, Cocoa, and Carols 12pm	20 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	21 Drop In Activities Until Noon NO COFFEE SERVICE TODAY	22
23	24  SENIOR CENTER CLOSED	25 	26 Drop In Activities Computer Room Game Room Fitness Room	27 NO Zumba Gold Drop In Activities Computer Room Game Room Fitness Room	28 Drop In Activities Computer Room Game Room Fitness Room	29
30	31  SENIOR CENTER CLOSED	JANUARY 1	2 NO Shape-Up Pinochle 12:30pm	3 NO Zumba Gold Stroke Club 12:30pm Dr. Murphy 1-2pm Pickleball 1-3pm	4 Drop In Activities	5