


# SEPTEMBER 2017 – 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	<b>REC AUTHORITY BUILDING SHUTDOWN</b>				1	2
3	4 <b>HAPPY LABOR DAY</b>  <b>SENIOR CENTER CLOSED</b>	5 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	6 Shape-Up 10:30am Euchre 12:30pm	7 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	8 Drop In Activities Dr. Farrar 9:30am Wii Bowling Mtg. 10am Chair Yoga 12:30pm	9	
10	11 Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm	12 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	13 Fortune Cookie Day 9-11am Shape-Up 10:30am Pinochle 12:30pm	14 Zumba Gold 10am Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	15 Drop In Activities Chair Yoga 12:30pm	16	
17 Wii Bowling Week 1	18 Fall Plant & Produce Exchange/Sale 9:00am-1:00pm Shape-Up 10:30am Sit 'n Knit 11am	19 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	20 Shape-Up 10:30am Euchre 12:30pm	21 Zumba Gold 10am Stroke Club 12:30pm Ask a Lawyer 1-3pm Pickleball 1-3pm PACE Cookie Social & Discussion 10:30am	22 Drop In Activities Chair Yoga 12:30pm	23	
24 Wii Bowling Week 2	25 Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	26 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-1pm Zumba Gold 10am Red Hat Picnic Noon Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	29 Drop In Activities Gourmet Guild 11:30am Chair Yoga 12:30pm	30	

# OCTOBER 2017 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Wii Bowling Week 3	2 FirstLight HomeCare 10-11am Shape-Up 10:30am Sit 'n Knit 11am	3 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	4 Shape-Up 10:30am Euchre 12:30pm	5 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	6 Drop In Activities Chair Yoga 12:30pm	7
8 Wii Bowling Week 4	9 Traverse City Wine & Dine Trip Departs Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm <b>NO LUNCH</b>	10 Harvest Adventure Trip Departs at 7:45am Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	11 Shape-Up 10:30am Pinochle 12:30pm Who Should You Trust Seminar 12:30pm <b>NO WALKING IN BIG GYM</b>	12 Zumba Gold 10am Stroke Club 12:30pm Computer Tutor 1-3pm Pickleball 1-3pm	13 Drop In Activities <b>NO</b> Chair Yoga	14
15 Wii Bowling Week 5	16 Shape-Up 10:30am Sit 'n Knit 11am	17 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	18 Chocolate Cupcake Day 10am-Noon Shape-Up 10:30am Euchre 12:30pm	19 Zumba Gold 10am Stroke Club 12:30pm Ask a Lawyer 1-3pm Pickleball 1-3pm	20 Drop In Activities Chair Yoga 12:30pm	21
22 Wii Bowling Week 6	23 Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	24 Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	25 MCHD Outreach 9am - Noon Shape-Up 10:30am Pinochle 12:30pm Dr. Murphy 1-2pm	26 Veteran Services 9am-1pm Zumba Gold 10am Stroke Club 12:30pm Red Hat Luncheon 11:30am Computer Tutor 1-3pm Pickleball 1-3pm	27 Drop In Activities Gourmet Guild 11:30am Chair Yoga 12:30p	28
29 Wii Bowling Week 7	30 Shape-Up 10:30am Sit 'n Knit 11am	31 <b>NO</b> Line Dance <b>Halloween Party 11:30am-2:30pm</b> Crochet 11am Rummy 12:30pm <b>NO</b> Pickleball <b>NO WALKING IN BIG GYM</b>			<b>FITNESS ROOM HOURS</b> Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm	