

NOVEMBER 2017 - ADDISON TOWNSHIP SENIOR PROGRAM

MARIE MAY 248-628-3388 SENIORPROGRAM@ADDISONTWP.ORG

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We have opportunity to open Up a 12 week "Weight Watchers" class at our center. To start up, we need 12 people, paid in advance, \$138.00</p>	<p>THIS IS THE PRICE I WAS QUOTED ON BY W.W. ON OCT. 17. THIS WILL BE A DAY CLASS. IF INTERESTED, PLEASE LET MARIE KNOW ASAP WE ONLY HAVE UNTILL THE END OF NOV. TO SIGN UP</p>	<p>1 Come in observe our TAI CHI Class Senior Rm. 12 iPhone class 11 AM noon Yupo Art Class 12 noon Conference room</p>	<p>2 YOGA 10:30 AM COMPUTER CLASS 12 NOON EUCHER TOURNAMENT 7:30 PM</p>	<p>3 <i>Paint Class 10:30 am Leader: Jerry Thomas Bring a dish to pass</i></p>
<p>6 Nutritious, Delicious, Holiday Dishes Speaker: Joyce Oliveto 11:30 am Part 1 Demo and tasting</p>	<p>7 NEURO MOVEMENT FLOOR LESSONS; 9:30 – 10:30 CHAIR LESSONS: 11 – 12 SPEAKER; CHRISTINE MEYMANS "CONGESTIVE HEART FAILURE" 10:30</p>	<p>8 "Waterstone" Tour & lunch 11:30 meet there iPhone class 11 AM ** Tai Chi 12 noon Communitv Senior Room</p>	<p>9 YOGA 10:30 AM COMPUTER CLASS 12 NOON EUCHER TOURNAMENT 7:30 PM</p>	<p>10 CLOSED</p>
<p>13 Almost Turkey Time! ***</p>	<p>14 NEURO MOVEMENT FELDENKRAIS.COM FLOOR LESSONS; 9:30 – 10:30 CHAIR LESSONS: 11 – 12</p>	<p>15 Tai Chi 12 noon Leader: Reuben iPhone Class 11 AM Essential Oils 1 PM Yupo Art Class 12 noon</p>	<p>16 YOGA 10:30 AM COMPUTER CLASS 12 NOON EUCHER TOURNAMENT 7:30 PM</p>	<p>17 Paint Class 10:30 am Leader: Jerry Thomas Bring a dish to pass</p>
<p>20 Happy Birthday To everyone having a birthday In November!</p>	<p>21 NEURO MOVEMENT Feldenkrais Class, Weight Loss Class and Blood preasure testing Cancelled for today only</p>	<p>22 Tai Chi 12 noon iPhone class cancelled for today only</p>	<p>23 CLOSED HAPPY THANKSGIVING!</p>	<p>24 NO ACTIVITIES SCHEDULED TODAY</p>
<p>27 NO ACTIVITIES SCHEDULED</p>	<p>28 NEURO MOVEMENT FLOOR LESSONS; 9:30 – 10:30 AM CHAIR LESSONS: 11 – 12 PM BLOOD PREASURE TESTING 12 PM</p>	<p>29 Tai Chi 12 noon iPhone Class 11 AM Yupo Art Class 12 noon</p>	<p>30 YOGA 10:30 AM COMPUTER CLASS 12 NOON EUCHER TOURNAMENT 7:30 PM</p>	<p>For Waterstone Tour/Lunch You must sign up by Nov. 1. No charge, but must reserve in Advance. Call Marie 628-3388</p>