

Addison Township Senior Center

Seniorprogram@addisontwp.org

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Game Day 11 am 3 Beginners Card Games Euchre, Canasta, Checkers, Chess Sequence, Mich. Rummy Beginners Welcome!</p> <p>Leader: Kay Bittell</p>	<p>METHOD OF MOVEMENT 4 REGAIN YOUR ABILITY TO MOVE FELDENKRAIS.COM 10:00 AM LEADER: SHIRLEY DELAUIER RN, BSN, GCFP TOWNSHIP HALL</p> <p>LEARN TO PLAY EUCHER 11:30 AM LEADER: REUBEN FLATT COMMUNITY ROOM</p>	<p>Elder Concerns 5 "Alzheimer" 11 am</p> <p>Speaker: Malisa Machae</p> <p>Snacks Provided</p>	<p>Computer Class 101 6 12 noon Leader: Tony Spina Community Room</p> <p>YOGA 10:30 Community Room</p> <p>Eucher every Thursday 7:30 pm</p>	<p>Paint Class 10:30 am 7 Leader: Jerry Thomas Community Room</p> <p>"Weight" Let's Talk & Walk Township Room 11 am</p> <p>Tiger Day Opening! HOT DOGS & SNACKS!</p>
<p>Game Day 11 am 10 Beginners Card Games Euchre, Canasta, Checkers, Chess Sequence, Mich. Rummy Beginners Welcome! Leader: Kay Bittell</p>	<p>METHOD OF MOVEMENT 11 REGAIN YOUR ABILITY TO MOVE FELDENKRAIS.COM 10:00 AM LEADER: SHIRLEY DELAUIER RN, BSN, GCFP COMMUNITY ROOM</p> <p>LEARN TO PLAY EUCHER 11:30 AM LEADER: REUBEN FLATT COMMUNITY ROOM</p>	<p>Essential Oils 12 Solutions for healthy Living Speaker/Owner Susan Glenday 11 AM</p> <p>Hula Hoop With Us! 12 noon</p>	<p>Computer Class 101 13 12 noon Leader: Tony Spina Community Room</p> <p>Learn to use your "I Phone" 10:30 am Leader: Sandy Smith Conference Room</p> <p>Yoga 10:30 Community Room</p>	<p>CLOSED GOOD FRIDAY</p>
<p>Game Day 11 am 17 Leader Kay Bittell Conference Room</p> <p>Optimal Health & Wellness Stepping stones to optimal health. Community Room Joy Olivetro CN, CNC, CTT Lunch Included 11:30 am</p>	<p>METHOD OF MOVEMENT 18 FELDENKRAIS.COM 10:00 AM LEADER: SHIRLEY DELAUIER COMMUNITY ROOM</p> <p>LEARN TO PLAY EUCHER 11:30 AM COMMUNITY ROOM 12:30 CELEBRATE APRIL BIRTHDAYS!</p>	<p>Elder Abuse about 19 "Money Investments"</p> <p>Speaker: Geno Mallia</p> <p>11:30 am</p>	<p>Computer Class 101 20- 12 noon Leader: Tony Spina</p> <p>Learn to use your "I Phone" 10:30 am Leader: Sandy Smith Conference Room Yoga 10:30 Community Room</p>	<p>Paint Class 10:30 am 21 Leader: Jerry Thomas Community Room</p> <p>"Weight" Let's Talk & Walk! Township Room 11 am</p>
<p>Game Day 11 am 24 Beginners Card Games Euchre, Canasta, Checkers, Chess Sequence, Mich. Rummy Beginners Welcome!</p> <p>Leader: Kay Bittell</p>	<p>METHOD OF MOVEMENT 25 REGAIN YOUR ABILITY TO MOVE FELDENKRAIS.COM 10:00 AM SHIRLEY DELAUIER RN, BSN, GCFP COMMUNITY ROOM</p> <p>LEARN TO PLAY EUCHER 11:30 AM LEADER: REUBEN FLATT COMMUNITY ROOM</p>	<p>Crittenton Hospital 26 "Signs & Symptoms" of a Stroke Blood Pressure Check Speaker: Kathy Jenson Snacks Provided 11 am</p>	<p>Computer Class 101 27 12 noon Leader: Tony Spina Community Room</p> <p>Learn to use your "I Phone" 10:30 am Leader: Sandy Smith Conference Room Yoga 10:30 Community Room</p>	<p>Paint Class 10:30 am 28 Leader: Jerry Thomas Community Room</p> <p>"Weight" Let's Talk & Walk! Township Room 11 am</p>