

OCTOBER, 2018

Addison Township Senior Program

Marie May – Senior Coordinator (248) 628-3388 / Seniorprogram@addisontwp.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 Weight contest extended To Monday, Dec. 3, 2018 Good Luck!	NEURO MOVEMENT 2 CLASS CANCELLED TODAY ONLY	iPhone Class 10-11:30 3 Leader: Sandy Smith Cards/Canasta/Pinochle 11:30-2:30 Leader: Kay Bittell Bring a dish to pass!	Yoga 10:00 am 4 Leader: Kathy Dawson Wellness Chair Exercises Leader: Pat Robinson 11:30 Computer Class 12 noon Leader: Tony Spina	Paint Class 5 10:30 AM Bring a dish to pass For lunch! Leader: Jerry Thomas
8 CLOSED	NEURO MOVEMENT 9 Feldenkrais Class 9:30-10:30 Leader: Shirley Delauler Bring floor mat & 4 towels HAPPY BIRTHDAY DAY! Have Cake with us today!	iPhone Class 10-11:30 10 Leader: Sandy Smith Cards/Canasta/Pinochle 11:30-2:30 Leader: Kay Bittell Bring a dish to pass! **	Yoga 10:00 am 11 Leader: Kathy Dawson Wellness Chair Exercises Leader: Pat Robinson 11:30 Computer Class 12 noon Leader: Tony Spina	Paint Class 12 10:30 AM Bring a dish to pass For lunch! Leader: Jerry Thomas
15 Sewing/Quilting 10 AM Leader: Debbie Brown Bring Sewing machine/supplies	NEURO MOVEMENT 16 Feldenkrais Class 9:30-10:30 Leader: Shirley Delauler Bring floor mat & 4 towels Spirit River Natural Oils Susan Glenday 10:30	17 Senior Fall Luncheon By reservation 11:30 AM iPhone & Cards cancelled today only	Yoga 10:00 am 18 Leader: Kathy Dawson Wellness Chair Exercises Leader: Pat Robinson 11:30 Computer Class 12 noon Leader: Tony Spina	19 Paint Class 10:30 AM Bring a dish to pass For lunch. Leader: Jerry Thomas
22 Getting Ready for the Holidays!	23 NEURO MOVEMENT Feldenkrais Class 9:30-10:30 Leader: Shirley Delauler Bring floor mat & 4 towels	iPhone Class 10-11:30 24 Leader: Sandy Smith Cards/Canasta/Pinochle 11:30-2:30 Leader: Kay Bittell Bring a dish to pass!	Yoga 10:00 am 25 Leader: Kathy Dawson Wellness Chair Exercises Leader: Pat Robinson 11:30 Computer Class 12 noon Leader: Tony Spina	26 Paint Class 10:30 AM Bring a dish to pass For lunch. Leader: Jerry Thomas
29 Looking for Seniors to Sing Carol's for the Holiday's. Come in and Practice with me!	30 Neuro Movement Feldenkrais Class 9:30-10:30 Leader: Shirley Delauler Bring floor mat & 4 towels	31 iPhone Class 10-11:30 Cards 11:30-2:30 Happy Halloween! Wear a costume! Bring a dish to pass!		COOKIE EXCHANGE BEGINNING OF DECEMBER. SIGN UP AT SENIOR CENTER

--	--	--	--	--