

**APRIL 2018**

**Addison Township Senior Program**

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>ZOOMBA 9:30 2 Final Weight Weigh in 11 AM Bring in low calorie dish to pass ‘Juicing for Life’ Speaker : Callie Bradford 12 pm NEW WIEGHT LOSS CONTEST starts today Contestants Get Together after</p>	<p>Neuro movement 3 Feldenkrais 9:30–10:30 Leader:Shirley Delauler</p>	<p>4 ANDROID PHONE LESSONS 10:30 I phone 11:30 Leader: Sandy Smith</p>	<p>Yoga 10:30 5 Word Processing 12 noon Leader: Tony Spina Eucher tournament 7:30 pm</p>	<p>Paint Class 6 10:30 AM Leader: Jerry Thomas Bring a dish to pass</p>
<p><b>AARP</b> 9 Mark Steffins 11:30 Answering insurance questions <b>ZOOMBA 9:30</b> Weight loss Club meet 10:30 Bring a dish to pass</p>	<p>Neuro movement 10 Feldenkrais 9:30–10:30 Leader:Shirley Delauler <b>CELEBRATING SENIORS APRIL BIRTHDAYS!</b></p>	<p>11 ANDROID PHONE LESSONS 10:30 I phone 11:30 Leader: Sandy Smith Spirit River Naturals Oils Susan Glenday 11 AM ***</p>	<p>Yoga 10:30 12 Word Processing 12 noon Leader: Tony Spina Eucher tournament 7:30 pm</p>	<p>Paint Class 13 10:30 AM Leader: Jerry Thomas Bring a dish to pass</p>
<p>16 <b>COFFEE TIME</b> MEET NEW FRIENDS! Greeter: Cindy 11 AM <b>ZOOMBA 9:30</b> Weight loss Club meet 10:30 Bring a dish to pass</p>	<p>Neuro movement 17 Feldenkrais 9:30–10:30 Leader:Shirley Delauler</p>	<p>18 ANDROID PHONE LESSONS 10:30 I phone 11:30 Leader: Sandy Smith</p>	<p>Yoga 10:30 19 Word Processing 12 noon Leader: Tony Spina Eucher tournament 7:30 pm</p>	<p>Paint Class 20 10:30 AM Leader: Jerry Thomas Bring a dish to pass</p>
<p><b>ZOOMBA 9:30</b> Weight Loss Club meets to discuss weight loss 10:30 Bring a low calorie dish to pass for lunch.</p>	<p>Neuro movement 24 Feldenkrais 9:30–10:30 Leader:Shirley Delauler</p>	<p>25 ANDROID PHONE LESSONS 10:30 I phone 11:30 Leader: Sandy Smith</p>	<p>Yoga 10:30 26 Word Processing 12 noon Leader: Tony Spina Eucher tournament 7:30 pm</p>	<p>Paint Class 27 10:30 AM Leader: Jerry Thomas Bring a dish to pass</p>
<p>We are having a Spring lunch Party on Wednesday, May 9, 11:30 am RSVP By Monday, April 30.</p>	<p><b>RSVP for May 9<sup>th</sup> party by Monday April 30</b></p>	<p>Sign up for a dish to pass for May 9<sup>th</sup>. spring party Call Sandy 248-224-5309</p>	<p>We hold a limited amount of People in our Senior Room, so Please sign up early.</p>	

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