

JANUARY 2018- ADDISON TOWNSHIP SENIOR PROGRAM
 MARIE MAY 248-628-3388 SENIORPROGRAM@ADDISONTWP.ORG

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">1</p> <p align="center">HAPPY NEW YEAR</p>	<p>2 Neuro Movement Feldenkrais 9:30 – 10:30 Leader: Shirley Delaurier</p>	<p>3 iPHONE 11 AM LEADER: SANDY SMITH</p> <p>THI CHI 12 pm MUST SIGN UP IN ADVANCE FOR THIS CLASS</p>	<p>4 Yoga 10:30 am</p> <p>Computer Class 12 noon</p> <p>Eucher tournament 7:30 pm</p>	<p>5 Paint Class 10:30 am</p> <p>Leader: Jerry Thomas Bring a dish to pass</p>
<p>Greek Town Casino Trip \$25.00 to go. \$15.00 back</p> <p>MUST BE PRE-PAID Call Marie for details</p> <p>248-628-338</p>	<p>9 Neuro Movement Feldenkrais 9:30 – 10:30 Leader: Shirley Delaurier</p> <p>Drum Circle 11 AM Leader: Diane Z</p>	<p>10 iPHONE 11 AM "Spirit River Natural's" Essential oils 11 AM Susan Glenday</p> <p>Pinnacle Tournament Starts Today 11 AM **</p>	<p>11 Yoga 10:30 am</p> <p>Computer Class 12 noon</p> <p>Eucher tournament 7:30 pm</p>	<p>12 Paint Class 10:30 am</p> <p>Leader: Jerry Thomas Bring a dish to pass</p>
<p>15</p> <p align="center">CLOSED</p>	<p>16 Neuro Movement Feldenkrais 9:30 – 10:30 Leader: Shirley Delaurier</p> <p>Henry Ford 10 - 4 Vascular Screening by appointment only</p>	<p>17 iphone 11 AM Leader: Sandy Smith</p> <p>THI CHI 12 pm MUST SIGN UP IN ADVANCE FOR THIS CLASS</p>	<p>18 Yoga 10:30 am</p> <p>Computer Class 12 noon</p> <p>Eucher tournament 7:30 pm</p>	<p>19 Paint Class 10:30 am</p> <p>Leader: Jerry Thomas Bring a dish to pass</p>
<p>22</p> <p align="center">Happy Winter!</p>	<p>23 Neuro Movement Feldenkrais 9:30 – 10:30 Leader: Shirley Delaurier</p> <p>Blood Pressure Testing After class</p>	<p>24 iPHONE 11 AM Leader: Sandy Smith</p> <p>THI CHI 12 pm must sign up in Advance for this class</p>	<p>25 Yoga 10:30 am</p> <p>Computer Class 12pm</p> <p>Eucher tournament 7:30 pm :</p>	<p>26 Paint Class 10:30 am</p> <p>Leader: Jerry Thomas Bring a dish to pass</p>
<p>29</p> <p>Wow! This month is almost Gone!</p>	<p>30 Neuro Movement Feldenkrais 9:30 – 10:30 Leader: Shirley Delaurier</p>	<p>31 iPHONE 11 AM Leader; Sandy Smith</p> <p>THI CHI 12 pm Must sign up in advance For this class</p>	<p>We are starting BINGO in February on a Monday Check Feb. Calendar for Details.</p>	<p>Valentines's Day will be a special lunch. Please come with your plus one special person. Bring a dish to pass. Must RSVP To Marie.</p>

Neuro Movement is a way to reconnect with your natural ability to move. Eliminate aches, pains and stiffness, increase flexibility, both physical and mental. Boosts strength and energy.

Yoga: Yoga is the perfect way to help us remain active as we age. Movements are designed to increase strength and flexibility, improve posture and balance, and help you feel both more relaxed and energetic. We offer 3 levels to allow you to find the appropriate yoga practice for your needs and abilities. Group class, one level is practiced each for the group.

Tai Chi: Must sign up in advance for class.

Computer and iPhone Class: Walk in's Welcome

Paint Class: Students that just started painting when this class started in 2017, are now selling their work. Jerry is a wonderful leader;

All of our leaders are Volunteers from the community. If you have a gift that you would like to pass on to others as a class, please call Marie at the Center.