

# FEBRUARY, 2019

## Addison Township Senior Program

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

Monday	Tuesday	Wednesday	Thursday	Friday
Details for outings at Senior Center or call Marie.	MUST SIGN UP FOR SEAT and dish to pass before FEB. 8. for Valentine's Party. Limited Seating.	Sign up for FREE "Detroit Institute of Arts" Trip in March. Bus leaves from Sr. Center. Details at Sr. Center.	We had a great time Together going to lunch And the show. Please join us this month!	<b>Paint Class 1</b> 10:30 AM Leader: Jerry Thomas Bring a dish to pass!
4 We started our "Easter" "Lose Weight" Contest In Jan. Not too late to join us!	5 Neuro Movement 9:30-10:30 Feldenkrais Leader: Shirley Delaurier Bring floor mat & 4 towels	6 iPhone & iPad Class 10 AM Leader: Sandy Smith Cards/Canasta 11 AM Leader: Kay Bittell Bring your lunch!	7 YOGA 10:30 Leader: Kathy Dawson  Computer Class 12 noon Leader: Tony Spina	8 <b>Paint Class 8</b> 10:30 AM Leader: Jerry Thomas Bring a dish to pass for Lunch!
11 We have taught many to play "Canasta" and they Love it. Please join us on Wednesday's.	12 Neuro Movement 9:30-10:30 Feldenkrais Leader: Shirley Delaurier Bring floor mat and 4 towels *	13 <b>Valentine's Party 13</b> 11:30 MUST SIGN UP IN ADVANCE WITH MARIE  iPhone & cards cancelled <b>Today only</b>	14 YOGA 10:30 Leader: Kathy Dawson  Computer Class 12 noon Leader: Tony Spina	15 <b>Paint Class 15</b> 10:30 AM Leader: Jerry Thomas Bring a dish to pass For lunch!
18 Sewing & Quilting (not a class) Leader: Debbie Brown Bring sewing machine, Supplies and a snack to pass for lunch!	19 Neuro Movement 9:30-10:30 Feldenkrais Movie Day in Rochester At Emagine Theater \$5.00 show, free popcorn Sign up on line for Sr. pass Then we go to Lunch! FUN!	20 iPhone & iPad Class 10 AM Leader: Sandy Smith Cards/Canasta 11 AM Leader: Kay Bittell Bring your lunch!	21 YOGA 10:30 Leader: Kathy Dawson  Computer Class 12 noon Leader: Tony Spina	22 <b>Paint Class 22</b> 10:30 AM Leader: Jerry Thomas Bring a dish to pass For lunch!
25 Getting Closer to Spring!	26 Neuro Movement 9:30-10:30 Feldenkrais Leader: Shirley Delaurier Bring floor mat and 4 towels	27 iPhone & iPad Class 10 AM Leader: Sandy Smith Cards/Canasta 11 AM	28 YOGA 10:30 Leader: Kathy Dawson  Computer Class 12 noon	

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