

# MARCH, 2019

## Addison Township Senior Program

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Monday	Tuesday	Wednesday	Thursday	Friday
We go to "Emagine" Theater in Rochester the 3 <sup>rd</sup> . Tuesday of the month. \$5.00 & free popcorn	Weight Loss contest going strong. Keep up the good work!	We are planning a "Spring party" in April. Limited Seating, sign up early.	Sign up to go to the DIA On Thursday 3/21 No charge for trip!	<b>Paint Class 1</b> <b>10:30 AM</b> <b>Leader : Jerry Thomas</b> <b>Bring a dish to pass!</b>
4 Heartbroken seniors Sharing stories over Coffee & Tea Please join us today. 11 AM	5 Neuro Movement Feldenkrais 9:30 Leader: Shirley Delaurier Bring floor mat & 4 towels Cards/Games/Fun 11 AM	6 10 AM iPhone/ iPad class Leader: Sandy Smith 10:30 "Life Lessons" Speaker : Birnie Schasser 11 AM Cards/Canasta Leader: Kay Bittell Bring your lunch!	7 YOGA 10:30 Leader: Kathy Dawson Computer Class 12 noon Leader: Tony Spina	8 <b>Paint Class</b> <b>10:30 AM</b> <b>Leader : Jerry Thomas</b> <b>Bring a dish to pass</b>
11 Looking for <b>Pinochle</b> players. Please sign up at Senior Center.	12 Neuro Movement Feldenkrais 9:30 Leader: Shirley Delaurier Bring floor mat & 4 towels Cards/Games/Fun 11 AM	13 iPhone/iPad Class 10 am Leader: Sandy Smith 11 am Cards/Canasta Leader: Kay Bittell Bring your lunch!	14 YOGA 10:30 Leader: Kathy Dawson Computer Class 12 noon Leader: Tony Spina	15 <b>Paint Class</b> <b>10:30 AM</b> <b>Leader : Jerry Thomas</b> <b>Bring a dish to pass</b>
18 Sewing & Quilting Not a class. Bring supplies Leader: Debbie Brown Bring a snack for lunch!	19 Neuro Movement Feldenkrais 9:30 Leader: Shirley Delaurier Bring floor mat & 4 towels <b>Emagine Theater &amp; out to Lunch Today!</b> Call for details!	20 iPhone & iPad 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 <b>DIA Trip Today!</b>	22 <b>Paint Class</b> <b>10:30 AM</b> <b>Leader : Jerry Thomas</b> <b>Bring a dish to pass</b>
25 Spring is in the Air!	26 Neuro Movement Feldenkrais 9:30 Leader: Shirley Delaurier Bring floor mat & 4 towels Cards/Games/Fun 11 AM	27 iPhone & iPad 10 AM Leader: Sandy Smith Cards/Canasta 11 AM Leader: Kay Bittell Bring your lunch!	28 YOGA 10:30 Leader: Kathy Dawson Computer Class 12 noon Leader: Tony Spina	29 <b>Paint Class</b> <b>10:30 AM</b> <b>Leader: Jerry Thomas</b> <b>Bring a dish to pass!</b>

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