

# SEPTEMBER, 2019

## Addison Township Senior Program

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED LABOR DAY 2</b> <b>B BOARD ROOM</b> <b>S SENIOR ROOM</b> <b>C CONFERENCE</b>	<p style="text-align: right;">3</p> Embroidery Fun 10 am <b>S</b> Not a Class. Bring own Supplies.	<p style="text-align: right;">4</p> Pinochle & Canasta 11am Bring your lunch! <b>s</b>	<p style="text-align: right;">5</p> YOGA (Sr. Chair) 10:30 <b>B</b> Leader: Kathy Watson	<p style="text-align: right;">6</p> Paint Class 10: 30 AM <b>S</b> Leader: Jerry Thomas Bring a dish to pass!
St. Joe's Senior Fit <b>B</b> 9 Orientation 10 AM <b>YOU MUST BE SIGNED UP BEFORE YOU CAN ATTEND THIS CLASS!</b>	<p style="text-align: right;">10</p> Neuro movement <b>B</b> Feldenkrais 9:30 – 10:30 Leader: Shirley Delayrier "Gift of Year's" Class 11 am Leader: Bernie Schasser <b>C</b>	<p style="text-align: right;">11</p> St. Joe's Senior Fit <b>B</b> Exercise Class 10-11 AM iPhone & Tablet class 10 Leader: Sandy Smith <b>S</b> Pinochle & Canasta 11am Bring your lunch! <b>s</b>	<p style="text-align: right;">12</p> YOGA (Sr. Chair) <b>B</b> 10:30 Computer 101 or advanced Leader: Tony Spina <b>S</b> 12 noon	<p style="text-align: right;">13</p> St. Joe's Senior Fit <b>B</b> Exercise Class 10-11 AM Paint Class 10: 30 AM Bring a dish to pass! <b>S</b>
<p style="text-align: right;">16</p> St. Joe's Senior Fit <b>B</b> Exercise Class 10-11 am Sewing/Quilting 10 am <b>S</b> Leader: Debbie Brown Not a Class. Bring own supplies	<p style="text-align: right;">17</p> Neuro Movement <b>B</b> Feldenkrais 9:30-10:30 Bernie's Mind Dynamic's "Gift of Year's" 11 AM <b>C</b> Embroidery Fun 10 am. <b>S</b> THEATER, POPCORN, \$5.00 TRIP Lunch after show.	<p style="text-align: right;">18</p> St. Joe's Senior Fit <b>B</b> Exercise Class 10-11 AM iPhone/Tablet class 10 <b>s</b> Pinochle & Canasta 11am Bring your lunch! <b>s</b>	<p style="text-align: right;">19</p> YOGA (Sr. Chair) 10:30 <b>B</b> Computer Class 12 pm <b>C</b> Ms. Senior Mich. Luncheon 11:30 Bring hor'douvre <b>S</b> Friends, fun, Food!	<p style="text-align: right;">20</p> St. Joe's Senior Fit Exercise Class 10 – 11 <b>B</b> Paint Class 10: 30 AM Bring a dish to pass! <b>S</b>
<p style="text-align: right;">23</p> St. Joe's Senior Fit <b>B</b> Exercise Class 10-11 am ----- <p style="text-align: right;">30</p> St. Joe's Senior Fit <b>B</b> Class 10 – 11 am	<p style="text-align: right;">24</p> Neuro Movement Feldenkrais Class <b>B</b> 9:30 – 10:30 AM Bernie's Mind Dynamic's "Gift of Year's" 11 am <b>C</b> ----- SIGN UP TO GO TO DIA & DINNER Oct 3, BEFORE 9/15	<p style="text-align: right;">25</p> St. Joe's Senior Fit <b>B</b> Exercise Class 10-11 AM iPhone/Tablet class 10 <b>s</b> Pinochle & Canasta 11am Bring a dish to pass! <b>S</b> ----- SIGN UP FOR FLU SHOTS EARLY SEPTEMBER	<p style="text-align: right;">26</p> <b>FLU SHOTS TODAY</b> ( By Rite Aid, Val) 11 am Bring insurance cards) <b>C</b> ----- YOGA (Sr. Chair) 10:30 <b>B</b> Computer 101 or advanced Leader: Tony Spina <b>S</b> 12 noon	<p style="text-align: right;">27</p> St. Joe's Senior Fit Exercise Class <b>B</b> 10 – 11 Paint Class 10: 30 AM <b>S</b> Bring a dish to pass!
