

# Senior Connection

## Milan Seniors for Healthy Living Newsletter

2010 – January thru April

### *Jen's jottings.....*

Hello and welcome to the dawn of a new chapter for the Milan Senior Center.

There are many positive and exciting changes coming – most of which will be invisible in our day-to-day operations. In response to the economic hardships that our city is facing, it was jointly decided that the senior programs portion of the Parks & Recreation department would pursue an independent status as a non-profit corporation. This status will allow us to qualify for additional grant funding and opens the door to donations, which will now be tax deductible. The City of Milan is very supportive of its senior population and will offer much in the way of tangible support. The Senior Center will remain in our present location, doing much of the same as far as offering top-quality programs and activities committed to enhancing and strengthening the independence of our participants with our same beloved staff members.

As a non-profit corporation, our name will be changing to “Milan Seniors for Healthy Living” and a Board of Directors will govern us. It is our desire to be a senior center that is run for and by the senior citizens of our community. At this point we are working on rounding out our Board and are eager to add individuals with 1) experience running a non-profit organization, 2) taxation, 3)

accounting, and/or 4) non-profit laws and regulations.

The Board of Directors will be voted upon annually, in June, by our membership. If you or anyone you know would be interested in serving on this volunteer Board of Directors, please call our office at 734-439-4310.

While we will be seeking grant funding for a portion of our expenses, additional revenue will be key. This additional revenue will come in the form of program revenue, donations, fundraisers, and corporate sponsorships. We will make every effort to keep our program fees extremely low and offer financial assistance to anyone who cannot afford these fees. To do so, your support will be critical. Keep us in mind when you make charitable contributions or endowments, and be sure to participate in our fundraising endeavors.



**Starting January 3, 2010 we will  
be serving lunch and adding  
programs on Tuesday's!**

Be sure to check the calendars for these  
exciting additions

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### Milan Senior Center

### hours of operation

Monday – Friday 8 am – 3 pm

#### **2010 memberships are now due.**

Membership at the Milan Seniors for Healthy Living offers many advantages. For the low cost of \$12 annually, you will 1) have free access to our exercise room, 2) be eligible to participate in our excursions, 3) be able to participate in our classes for a reduced rate, and 4) receive our trimester newsletter (like this one) in the mail. Membership to the Milan Seniors for Healthy Living is available to anyone 50+ years of age. Membership goes from Jan 1 through Dec 31 of the year it is purchased. Your membership fee goes to support the day-to-day expenses of running your senior center. You may renew or obtain your membership by calling the office (734) 439-4310 or stopping in to visit us (45 Neckel Ct)



Reminder: If the Milan Area Schools are closed due to inclement weather, the MSC will also be closed. Be sure to check the television, radio, or Internet.

Upcoming events you will want to be sure to participate in:

7<sup>th</sup> annual

### Soup Eat-in and Game Day

**Tuesday, February 16, 2010**

Is there anything cozier than a bowl of soup and homemade bread shared with friends on a chilly winter day?

Or better yet, how about several different soups to sip and nibble?

You may be wondering, what is a Soup Eat-In?

It is a fun, cozy event where the staff and friends at the Milan Senior Center put on their culinary hats and dazzle you with a fantastic variety of homemade soups.

Delicious bread, beverages, and dessert will also be provided.

Lunch begins at 12:00 noon at the Milan Senior Center

45 Neckel Ct., Milan, MI 48160  
734-439-4310

**The cost for this event is a mere \$3.00**

Take home containers filled with leftovers will be available to purchase

**Following lunch, plan on sticking around.**

**We will bring out the cards and board games.**

Register by February 13 to let us know if you are coming.

Other celebrations you will want to be sure not to miss.....

**Valentine's Day Party - February 11, 2010**

**St Patrick's Day celebration - Mar 15, 2010**

**Easter celebration - April 1, 2010**

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Your staff is always working to offer high quality programs that are interesting, helpful, fun, and educational. While keeping our “regular” activities that our users love and expect, we are excited to also be able to offer several new opportunities

**\*\*\*New\*\*\***

### **“Diabetes Dialog”**

Third Wednesdays 10:30 – 11:30

Join fellow diabetics as we gather in the lounge monthly to support one another by sharing experiences and wisdom, equipping each other to live with this condition as triumphantly as possible. We will bring in a variety of “experts” Monroe County Health Dept will be coming on the third Wednesday’s to provide diabetes education. January 20<sup>th</sup> - Diabetes: Get the Facts

February 17 – Rate Your Plate (diabetes meal planning)

March 17 – Rate Your Plate 2

April 21 – Controlling Diabetes Complications

Join us as we “Walk Around the Great Room” for exercise during the cold winter months. 25 times around the Great Room is equivalent to one (1) mile. Program will start January 11, 2010. Track will be opened Monday thru Thursday from 10:00 am until 11:30 am. Individuals can sign up for the program starting January 4<sup>th</sup> at no charge. Each person will keep track of his or her miles using a mileage card.

The first quarter runs from January 11 through March 31<sup>st</sup>, 2010.

Individuals walking a total of 50+ miles per quarter will be recognized.

Other games & activities like Rummy Cube, Horse Ball, and Sequence, to name a few will, be available before lunch. Get a partner or just show up and join the fun to keep ole winter away.

### Language learning opportunities

**\*\*\*New\*\*\***

#### **Intro to Conversational Spanish**

**Jan 5 – Feb 23 Instructor: Marilee Riley**

8 weeks; Tuesdays 10 -11am

Cost: \$16 members, \$28 nonmembers

Designed for the non-Spanish speaking, participants will learn basic conversational “musts” in the Spanish language

**\*\*\*New\*\*\***

#### **Conversational Hebrew II**

**Jan 7 – Feb 25 Instructor: Marilee Riley**

8 weeks; Thursdays 10 -11:30 am

Cost: \$16 members; \$28 nonmembers

Open to anyone who has completed our beginning Hebrew course. Our beloved instructor, Marilee Riley, will continue to explore on a deeper level how to speak, write and understand this richly historic language.

#### **Beginning Hebrew**

**March 4 – May 20 Instructor: Marilee Riley**

12 weeks; Thursdays 10 – 11am

Cost: \$24 members; \$36 nonmembers

Come and unlock the mysteries of this richly historic and picturesque language by learning to read, write, and speak it with fellow beginners

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### Senior Fitness

#### **Chair Yoga w/ Liliias**

**Jan 4 – April 26      Facilitator: Jen Michalak**

16 weeks;      Mondays 9:00am – 10:00am  
Cost: \$32 members; \$44 nonmembers

Unlock your personal energy and learn to listen to your body as we follow a yoga DVD designed for mature adults.

(class will not meet on Jan 18 or Feb 15)

#### **Chair Exercise**

**Jan 4 – April 26      Instructor: Jen Michalak**

16 weeks/ 32 classes;      Mons & Thurs 10 -11am  
Cost: \$32 members; \$44 nonmembers

Join this amazing class as we twist, lift, and stretch our way to fitness while remaining sitting in our chairs

(class will not meet on Jan 18 or Feb 15)

**\*\*\*New\*\*\***

#### **Zumba Gold**

**Jan 7 – April 29      Instructor: Barbara Gardinier**

16 weeks;      Thursdays 3:00pm –4:00pm  
Cost: \$32 members; \$44 nonmembers

Zumba is the latest dance/exercise phenomena – using Latin dance styles to get a good aerobic workout. Zumba Gold is specifically designed for a gentler pace. Our very own Barbara Gardinier has gone through the training to become a certified Zumba Gold instructor

#### **Tai chi**

**Jan 6 – April 28      Instructor: Jim Anderson**

16 weeks;      Wednesday's 5:00pm – 6:00pm  
Cost: \$16 members; \$28 nonmembers

Local resident volunteers his time to teach the Wu style of Tai chi. A very gentle and effective way to master balance and muscle control in a relaxing manner

#### **Intermediate Line dance**

**Jan 6 – April 28      Facilitator: Jen Michalak**

16 weeks;      Wednesday's 9:30am – 10:30am  
Cost: \$32members; \$44 nonmembers

You are welcome to join this very fun group as we stomp, shuffle, and vine to an eclectic mix of music. Some experience with line dancing is recommended

**\*\*\*New\*\*\***

#### **Tap Dance**

**Jan 7 – April 27      Instructor: Margaret Nichols**

16 weeks;      Tuesdays 10:00 – 11:00am  
Cost: \$32 members; \$44 nonmembers

While we have set our fees very low, we are aware that even this may pose a hardship for some. With this in mind, we have an on-going candy sale at the front counter to raise scholarship money for those who need the extra assistance in paying to participate in our classes.

Be sure to support this scholarship fund so that we can keep it going.

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### Out To Lunch Bunch

The *Out to Lunch Bunch* is open to all MSC members interested in going to area restaurants for a Dutch treat lunch. We meet on the third Tuesday of each month and take our senior bus. The following is a schedule of where we will visit in the next several months.

- Jan 19 - Irish Schnitzel Food & Spirits \$17**  
(Monroe)  
(meal & transportation are included)
- Feb 16 - 7th annual Soup-in & Game Day \$3**  
(here at the Senior Center)
- Mar 9 – (early) Milan Famous Coney Island \$3**
- Apr 20 - Boneheads (Willis) \$5**
- May 4 – (Fri.) Stiver’s (Chelsea) \$8**  
Two side trips following lunch  
Jiffy Biscuit Co. & Teddy Bear Co.

**June 15 - Zuckey Lake Tavern (Pinckney) \$8**  
We will gather at the Milan Senior Center at 10:45 am. Please register by the Thursday prior to the date of our outing by stopping by our office or calling 439-4310.

### Speakers

I am sure you have heard the old adage “knowledge is power”. Well, you have a chance at least once every month to gain additional power (or at least be entertained) by joining us here as we bring in speakers on a variety of topics.

- Jan 21 - Kym Muckler, Mayor – City Update**
- Feb 18 - Kim Harps – Phone/Mail Scams**
- March 18 -Marie Pierce–‘Coping with Grief’**
- April 15 -Kim Harps – Homeowner Scams**
- May 20–Kym Muckler, Mayor – City Update**

All speakers begin at 11:15 a.m. and an optional lunch (for a suggested donation of \$2.50) will follow. (Please be sure to reserve your meal 48 hrs in advance).

### Craft Classes

Craft classes are held on the second and fourth Wednesdays of each month at 10:30 a.m. Each month features a “take home” project that will be sure to please.

- Jan 27 & Feb 3 - Snowman Canvas Bag**
- Feb 10 & 24 - Beaded Heart Sun Catcher**
- Mar 10 & 24 - Spring Bonnets – door or wall decoration**
- Apr 14 & 28 - Spring Flower Sweatshirts/T-shirt (bring own pre-washed Sweatshirt or T-shirt, any color)**
- May 12 & 26 – Clay Pot Lighthouse**

Cost per class is \$7.00 for MSC members and \$13 for non-members. Registration and fee is required at least one week prior to the beginning of each class. For questions, call 439-4310 or 439-4307

### Bible Study

Monday’s - from 9 -10am

In the MSC lounge

lead by Ann Huff, this group will begin the new year by finishing their study of the apostle Paul’s writings. Once that study is done, the group will move on to a comparative study of the Old Testament writings that are spoken of in the New Testament

All are welcome to this open forum group.



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### Birthdays

On the second Thursday of every month during lunch, we celebrate the birthdays that take place that month. In a slight departure from the way we have been doing things, starting this year, we will be offering a free lunch to all of our current **members** who are celebrating their birthday that month. Please join us on these special days to honor these individuals.

**January** –Meredith Alair, Pauletta Allen, Doris Beck, Gary Bourdeau, Sue Burgin, Justine Dunmire, Stella Hackbarth, Robert Henninger, Cathy Kirchmeyer, Mary Lyons, Sandra Martinez, Elizabeth McCrea, Dora Meyer, Marilyn Reilly, Margaret Steinke, Dan Wisner, Marilyn Wisner, Donna Wyman

**February**–Carol Ashley, Delberta Bell, Roger Cagle, Tom Driscoll, Larry Eicholtz, Carla Frey, Gus Ginepro, Joyce Goetz, Nancy Hall, Shirley Hnidy, Chris Jacobs, Shirley Krass, Pat Lisker, Dave MacPherson, Olga Mancik, Ann McKeel, Sandra Miller, Hisato Nakamura, Mike Sanders

**March**- Sallie Bancroft, Ellen Collar, Barbara Gardinier, Sharon Gruden, Clyde Hall, Gertrude Hurst, Nancy Jasper, Donna Kneebush, Patricia Motika, Gail Rankin, Glen Walther, Gloria Wanty

**April** – Arlene Baisch, Jerry Baker, Susan Bishop, Janice Ensor, Frank Fulcher, Ann Huff, Bob Jacobs, Judy Mastie, Gregorio Melean, Jan Peacock, Myrna Porter, Faye Smith

### Cards & Games

Most days of the week we offer at least one or two organized games that are open to all. Come on by and join in.

#### Monday's

12:30 – 1:45 Penny Bingo  
12:30 - Sequence

#### Tuesday's

10:00 - 12:00 Scrabble  
12:30 – 2:00 Mexican Dice

#### Wednesday's

12:30 – 1:45 Penny Bingo  
12:30 – 3:00 Pinochle

#### Thursday's

12:30 – 1:45 Penny Bingo  
12:30 – 3:00 Euchre

With the exception of Penny Bingo, there is no cost associated with any of the games. For Penny Bingo, bring 25 pennies and one dime. We also have a good selection of board games that are available for any pick-up games.

### University Audiology Hearing Services



#### Power of Hearing!!

Anthony A. Muraski, PhD

Medical Audiologist

**DISCOUNT HEARING AIDS**

LOW COST - HIGH QUALITY

60-DAY - TWO YEARS FREE

877 - 881 - EAR 5 (3275)

We will be continuing our

Milan Senior and Community Center \* 45 Neckel Ct., Milan, MI 48160 \* (734) 439-4310

\* Jennifer Michalak, Senior Program Coordinator

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### Transportation Services

From your home to the Milan Senior Center, medical appointments, or errands



#### Who is eligible?

Anyone 50+ years of age, living within the 48160 zip code.

#### Where can I go?

We will pick you up from your home and bring you to the Milan Senior Center and/or any errand here in town and/or to your medical appointments (in or out of town up to 20 miles away).

#### How much will it cost me?

Fare Fee Structure  
(Each fare is one-way)

Local destinations within the city limits.....	<b>\$1.00</b>
2-5 mile trip .....	<b>\$2.00</b>
5-10 mile trip .....	<b>\$3.00</b>
10-20 mile trip .....	<b>\$5.00</b>

Fares can be paid with cash to the driver when boarding. (Please have exact fare, as the bus driver will be unable to make change).

#### When can I get a ride?

This door-to-door service is available on Monday's, Wednesday's, and Thursday's from 9 am until 2pm

#### How do I schedule a ride?

Call the Milan Senior Center with at least 24 business hours advance notice for service. Our number is 734-439-4310

Having affordable and accessible transportation service in our community is very valuable – just ask any one of our 1263 riders from last year.

#### **But we need help to be able to continue the service.**

As you can see, our fare fees are very inexpensive and if you have ridden with us, you know first hand what a gem we have in our bus driver – Frank Fulcher. And yet, the cost of providing a transportation service far exceeds the revenue that comes in from user fares. For 2010, the user fares, the Monroe County Commission on Aging, and the Washtenaw County Blue Print for Aging are financially supporting this service. We are seeking additional funding sources to make up a \$5000 shortfall in the transportation budget.

Corporate sponsorship and private contributions are welcome. If you or anyone you know would be interested in investing in this worthy service, please contact Jennifer Michalak by calling (734-439-4310), emailing ([jenniferm@ci.milan.mi.us](mailto:jenniferm@ci.milan.mi.us)), or stopping in.

# Milan Senior Center

# Travel Page

THE FULLER THE BUS, THE  
"FUNNER" THE TRIP



**1<sup>st</sup> edition  
2010**

Please take note of the dead-line dates and be sure to sign up by then. All fees must be paid at time of registration. Our trip registration policy is this: If you sign up for a trip and must drop out, your money will gladly be refunded if a replacement is available to take your place.

## Return trip to Firekeeper's Casino Battle Creek, MI

**Date:** Tuesday, January 26, 2010 **Time:** 9:00 am – 5:00 pm **Deadline:** Tues, January 19, 2010  
(Alternate dates, due to weather, Friday, January 29 & Tuesday, February 2, 2010)  
\$20 free play + \$5 towards dining, slot play, or gift shop

**Cost \$19**

## Sinatra Valentine Show --- Tecumseh Center for the Arts --- Tecumseh, MI

**Date:** Saturday, February 13, 2010 **Time:** 5 pm – 10:30 pm **Deadline:** Thurs., February 4, 2010  
Enjoy a dutch treat dinner prior to the show at the Country House Restaurant  
For 18 years, Keith Hoyt has been driven by a passionate desire to recreate Sinatra's style and nuances. He is accompanied by a 16 piece orchestra

**Cost \$29**

## Church Basement Ladies --- Stranahan Theatre --- Toledo, OH

**Date:** Tuesday, March 16, 2010 **Time:** 11 am – 5:30 pm **Deadline:** Thursday, February 11, 2010  
This new musical comedy, a celebration of the church basement kitchen and the women who work there. ---- Cost includes a luncheon prior to the show.

**Cost \$69**

## Ragtime Festival --- Zehnder's of Frankenmuth, MI --- (A single night trip)

**Dates & Times:** Thursday, April 22, 2010 – 9:00am --- Friday, April 23, 2010 – 7:00 pm

Thursday afternoon – famous Zehnder's lunch followed by a Ragtime

Concert – Thursday evening enjoy a Ragtime Vaudeville show

Friday – Enjoy the many attractions and shopping opportunities of

Frankenmuth. **Notice! Early Deadline: Thursday, February 25, 2010**

**Cost**  
**\$139 p.p. doub. occ.**  
**\$169 p.p. single occ.**

## New Odyssey --- Maumee Performing Arts Center --- Maumee, OH

**Date:** Wednesday, April 28, 2010 **Deadline:** Thursday, March 11, 2010

**Time:** 11 am – 5:30 pm --- Worthwhile seeing again or for the first time

**Cost \$52**

## Swingtime Canteen - Croswell Opera House - Adrian, MI **Time:** 1:15 pm – 6 pm

**Date:** Sunday, May 16, 2010 – **Deadline:** Thursday, April 15, 2010

Enjoy Big Band music and song celebrating the wartime classics of WW11

**Cost \$35**

### Milan Senior Center

45 Neckel Ct



Milan, MI 48160

Phone: 734-439-4310




Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
Jan 2010					1	2
3	8:00 Massage Therapy 9:00 Bible Study 9:00 Haircuts 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:00 Library in Motion 12:30 Penny Bingo 12:30 Sequence	4 5 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 Lunch 12:30 Mexican Dice	6 9:30 Inter. Line Dance 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	7 8:30 Advisory Board 10:00 Hebrew II 10:00 Chair Exercise 10:00 Hearing Aid Service 11:45 Lunch 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	8	9
10	11 8:00 Massage Therapy 9:00 Bible Study 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 <b>Special Lunch (\$3)</b> 12:30 Penny Bingo 12:30 Sequence	12 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 Lunch 12:30 Mexican Dice	13 9:30 Inter. Line Dance 10:30 Diabetic Support Group 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	14 <b>Birthday Celebration</b> 10:00 Hebrew II 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	15 5:30 Senior Club	16
17	18 <b>Martin Luther King Day</b>  <b>Center is closed</b>	19 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:00 <b>OTL- Irish Shnitzel</b> <b>No lunch served at the center</b> 12:30 Mexican Dice	20 9:30 Inter. Line Dance 10:30 Diabetic Support Group 11:45 Lunch 12:00 Hearing Aid service 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	21 10:00 Hebrew II 10:00 Chair Exercise 11:15 Speaker – Mayor Muckler 11:45 Lunch 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	22	23
24	25 9:00 Bible Study 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo 12:30 Sequence	26 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 Lunch 12:30 Mexican Dice <b>Trip – FireKeeper's Casino – 9:00am</b>	27 9:30 Inter. Line Dance 10:30 Craft Class 10:30 Diabetic Support Group 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	28 10:00 Stitching Club 10:00 Hebrew II 10:00 Chair Exercise 11:45 Lunch 12:00 Library in Motion 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	29 <i>1<sup>st</sup> alternate date for Fire-Keeper's Casino</i>	30
31						

# Milan Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Feb 2010	1 8:00 Massage Therapy 9:00 Bible Study 9:00 Haircuts 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo 12:30 Sequence	2 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 Lunch 12:30 Mexican Dice <i>2<sup>nd</sup> Alternate date for FireKeeper's Casino</i>	3 9:30 Inter. Line Dance 10:30 Craft Class 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	4 8:30 Advisory Board 10:00 Stitching Club 10:00 Hebrew II 10:00 Chair Exercise 10:00 Hearing Aid service 11:45 Lunch 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	5 5:30pm Senior Club	6
7	8 8:00 Massage Therapy 9:00 Bible Study 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo 12:30 Sequence	9 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 Lunch 12:30 Mexican Dice	10 9:30 Inter. Line Dance 10:30 Craft Class 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	11 <b>Birthday Celebration</b> 10:00 Stitching Club 10:00 Hebrew II 10:00 Chair Exercise 11:45 <b>Special Lunch (\$3)</b> 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	12	13 <b>Trip- Tecumseh Civic Center Sinatra Valentine Show 5:00pm</b>
14 	15 <b>President's Day</b>  <b>Center is closed</b>	16 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 <b>Soup-in &amp; GameDay</b> 12:30 Mexican Dice	17 9:30 Inter. Line Dance 10:30 Diabetic Support Group 11:45 Lunch 12:00 Hearing Aid service 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	18 10:00 Stitching Club 10:00 Hebrew II 10:00 Chair Exercise 11:15 Speaker – Kim Harps Phone & Mail Scams 11:45 Lunch 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	19 5:30pm Senior Club	20
21	22 9:00 Bible Study 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo 12:30 Sequence	23 10:00 Adult Tap Dance 10:00 Scrabble 10:00 Intro Conversational Spanish 11:45 Lunch 12:30 Mexican Dice	24 9:30 Inter. Line Dance 10:30 Craft Class 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	25 10:00 Stitching Club 10:00 Hebrew II 10:00 Chair Exercise 11:45 Lunch 12:00 Library in Motion 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	26	27
28						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
April 2010				<b>Easter Party</b> 1 8:30 Advisory Board 10:00 Stitching Club 10:00 Hebrew I 10:00 Chair Exercise 10:00 Hearing Aid Service 11:45 <b>Special Lunch (\$3)</b> 12:30 Penny Bingo/Euchre 3:00 Zumba Gold	2 5:30 Senior Club	3
4	8:00 Massage Therapy 5 9:00 Bible Study 9:00 Haircuts 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo/ Sequence	6 10:00 Adult Tap Dance 10:00 Scrabble 11:45 Lunch 12:30 Mexican Dice	7 9:30 Inter. Line Dance 11:45 Lunch 12:30 Penny Bingo 12:30 Pinochle 5:00 Tai Chi	<b>Birthday Celebration</b> 8 10:00 Stitching Club 10:00 Hebrew I 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo/Euchre 3:00 Zumba Gold	9	10
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25	26 9:00 Bible Study 9:00 Yoga for Seniors 10:00 Chair Exercise 11:45 Lunch 12:30 Penny Bingo 12:30 Sequence	27 10:00 Adult Tap Dance 10:00 Scrabble 11:45 Lunch 12:30 Mexican Dice	28 9:30 Inter. Line Dance 10:30 Craft Class 11:45 Lunch 12:30 Penny Bingo/Pinochle 5:00 Tai Chi <b>Trip – New Odyssey–</b> <b>Maumee Performing Arts</b> <b>Center-11am</b>	29 10:00 Stitching Club 10:00 Hebrew I 10:00 Chair Exercise 11:45 Lunch 12:00 Library in Motion 12:30 Penny Bingo 12:30 Euchre 3:00 Zumba Gold	30	

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