

St. Patrick Senior Center
58 Parsons Street, Detroit MI 48201

April 2019

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313-788-7422 ... Joanne Carter, Activities Director

313-833-7080 ... Advocacy Department

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	<p>1 9-11 Water Aerobics (Fitness Works) 9-10 EnhanceFitness Exercise 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11 Inspiration Fellowship 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:3:30 PATH Class 1:15-2:15 Horseracing</p>	<p>2 8:30-11 River Walkers 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 11-12 Stoke Prevention & Medication Education WSU 11:15-11:45 Meditation 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Crochet a Scarf</p>	<p>3 9-11 Water Aerobics (FitnessWorks) 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Hair Salon 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12 Go 4 Life 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginners Stepping Class</p>	<p>4 8:30-10:30 River Walkers 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Mini Health Fair (Madonna) 10:45-11:15 Meditation No Zumba Gold 12:30-3 Hair Salon 1-2 Ice Cream Social 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginner Bridge</p>	<p>5 Fish Fry Friday 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room With Coach 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation 10-11 Hustle Dance Class 10:30-11:30 Membership & ID 1:15-2:15 Card Games 1:30-2:30 Wellspring Chorale Choir 1:15-2:15 No EnhanceFitness Exercise</p>	<p>6 NOON MEAL BY: Korean Youth Group 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Creating Confident Caregivers 11-12 Drum Cardio 11-12 K-Pop Dance BY: Korean Youth Group</p>
<p>7 NO MEAL Center Closed</p>	<p>8 9-11 Water Aerobics (FitnessWorks) 9-10 EnhanceFitness Exercise 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1-3:30 PATH Class 1:30-2:30 Cooking Matters Class 1:30-2:30 Bingo By: Bridge Care Solutions</p>	<p>9 Birthday Celebration 8:30-11 River Walkers 9-10 Mat Yoga 9-11 Exercise Room With Roy 9-12 Chair Massage 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 10:15-10:45 Meditation 10:15-11:15 Round Dance Class 11:15-11:45 Meditation No EnhanceFitness Exercise 1:30-2:30 Round Dance Performance</p>	<p>10 9-11 Water Aerobics (FitnessWorks) 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Hair Salon 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-11:30 Balance Screening By: WSU Physical Therapy 11-12 Ballroom Dance Class 11:15-12 Go 4 Life 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 1:30-2:30 Knowing What's On Your Credit Report WSU 2:30-3:30 Beginners Stepping Class</p>	<p>11 No River Walkers 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Caregiver Focus Group / on Dementia WSU 10:15-10:45 Meditation 11-12 Zumba Gold 11:30-12 River Walkers Meeting 12:30-3 Hair Salon 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club</p>	<p>12 8:45- 10:30 Chi Class 9-11 Exercise Room With Coach 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation 10-11 Hustle Dance Class 11-12 Healthy Heart Bingo (MDS) 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Color Me Calm</p>	<p>13 NOON MEAL BY: Knights of Columbus 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Creating Confident Caregivers 11-12 Drum Cardio</p>
<p>14 NO MEAL Center Closed</p>	<p>15 9-11 Water Aerobics (FitnessWorks) 9-10 EnhanceFitness Class 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1-3:30 PATH Class 1:30-2:30 Cooking Matters Class</p>	<p>16 8:30-11 River Walkers 9-10 Mat Yoga 9-11 Exercise Room with Roy 9-12 Chair Massage 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 10-12 Birthday Jewelry Sale 11:15-11:45 Meditation 1:15-2:15 EnhanceFitness Exercise 1-2 Ice Cream Social 1:30-2:30 Passport to Health Celebration 1:30-3 T Shirt Cutting Class</p>	<p>17 0-11 Water Aerobics (FitnessWorks) 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Hair Salon 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12 Go 4 Life 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class</p>	<p>18 No River Walkers 9-2 Nursing Home Visits 9-10 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-11 Tech Time By: Fitzgerald High 10-11 Bingo By: Fitzgerald High School 10-12 Craft Club 10:15-10:45 Meditation 11-12 Zumba Gold 12:30-3 Hair Salon 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge 1:30-3 Travel Club Meeting</p>	<p>19 Fish Fry Friday 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room With Coach 9:30-10 Chair Exercise (Gentle) 10:15 -10:45 Meditation 10-11 Hustle Dance Class 10-11:30 Senior Odyssey 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Natural Hair Club 1:30-2:30 Chess Club</p>	<p>20 NOON MEAL BY: Korean Group 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Creating Confident Caregivers 11-12 Drum Cardio</p>
<p>21 Easter Sunday NO MEAL Center Closed</p>	<p>22 9-11 Water Aerobics (FitnessWorks) 9-10 EnhanceFitness Exercise 9-11 Exercise Room With Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1-3:30 PATH Class 1:30-3:30 T Shirt Cutting Class</p>	<p>23 Soul Food Day St. Pat's 1st Annual Book Fair (2nd Floor) 8:30-11 River Walkers 9-11 Exercise Room With Roy 9-12 Chair Massage 9-4 Book Fair & Sale 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 11:15-11:45 Meditation 1-3 Focus Group 50+ Dementia WSU No EnhanceFitness Exercise</p>	<p>24 9-11 Water Aerobics (FitnessWorks) 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Hair Salon 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12 Go 4 Life 1-2 Ice Cream Social 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class</p>	<p>25 8:30-10:30 Riverwalkers 9-10 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:45-11:15 Meditation 11-12 Zumba Gold 11-12 Nutrition Education 12:30-3 Hair Salon 1:30 -2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge 1:30-2:30 Bingo By: Regency of Livonia</p>	<p>26 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room with Coach 9:30-10 Chair Exercise (Gentle) 10:15 -10:45 Meditation 10-11 Hustle Dance Class 10-11:30 Senior Odyssey 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 12-1:30 Volunteer Appreciation Luncheon</p>	<p>27 NOON MEAL BY: Our Lady of Sorrows 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Creating Confident Caregivers 11-12 Drum Cardio</p>
<p>28 NO MEAL Center Closed</p>	<p>29 9-11 Water Aerobics (FitnessWorks) 9-10 EnhanceFitness Exercise 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:30-11:30 Membership & ID 1-3:30 PATH Class 1:30-3:30 Gospel Celebration</p>	<p>30 8:30-11 River Walkers 9-10 Mat Yoga 9-11 Exercise Room with Roy 9:30-10 Chair Exercise (Gentle) 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 11:15-11:45 Meditation 1-2 Ice Cream Social 1:15-2:15 EnhanceFitness Exercise 1:30-3 Fall Prevention DMC</p>				