

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

February 2019

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Web: www.stpatsrctr.org



313-833-0082 ... Joanne Carter, Activities Director

313-833-7080 ... Advocacy Department

S M T W T F S



Open Lab Monday-Friday

By: Appointment Only

<p>3 NO MEAL Center Closed</p>	<p>4 9-10 EnhanceFitness Exercise 9-11 Exercise Room with Roy 9-12 Alteration Services 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 1:15-2:15 St Pat's Bingo</p>	<p>5 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-10 Chair Exercise (Gentle) 9:30-2:30 Hair Cuts \$10 10:15-10:45 Meditation 10-12 Jewelry Beading Class 11-3 Internet Set-up for Kroger's Rewards 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Passport to Good Health Celebration</p>	<p>6 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12:15 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>7 9-12 Nursing Home Visits 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Class 10:15-10:45 Meditation 11-12 Zumba Gold 11:15-12:15 Diabetes Support 1-3 St. Pat's Bowlers 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Introduction to Bridge</p>	<p>8 8:30-11:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 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 1:30-2:30 Eat Smart Live Strong</p>	<p>2 NOON MEAL BY: St. Pat's & Friends 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio</p> <p>9 NOON MEAL BY: Antioch Lutheran 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio 1-3 Pre-Valentine's Dance By: Joelle & Friends Music By: Erma Watt</p>
<p>10 NO MEAL Center Closed</p>	<p>11 9-10 EnhanceFitness Class 9-11 Exercise Room with Roy 9-12 Alteration Services 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 1:15-2:15 Horseracing</p>	<p>12 Birthday Celebration No Mat Yoga 9-11 Exercise Room with Roy 9-12 Chair Massage 9:30-10 Chair Exercise (Gentle) 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 10-12 Birthday Jewelry Sale 10-2 Clinic/Supply & Equipment Sale 10:15-11:15 Round Dancing 10:15-10:45 Meditation 10:30-12 Computer Class 1:15-2:15 EnhanceFitness Exercise</p>	<p>13 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-2 Reflexology 11-12 Ballroom Dance Class 11:15-12:15 Go 4 Life 1:30 Wills & Power of Attorney Elder Law 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class</p>	<p>14 Happy Valentine's Day 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Class 10:15-10:45 Meditation 11-12 Zumba Gold 11:15-12:15 Diabetes Support 1 pm St. Pat's Bowlers 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Introduction to Bridge 1:30-2:30 Healthy Heart Bingo (MDS)</p>	<p>15 Fish Fry Friday 8:30-11:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 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 10:30-12 Computer Class 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Natural Hair Club 1:30-2:30 Introduction to Chess 1:30-2:30 Eat Smart Live Strong</p>	<p>16 NOON MEAL BY: Korean Group 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio</p>
<p>17 NO MEAL Center Closed</p>	<p>18 buildOn Volunteers 9-10 EnhanceFitness Exercise 9-11 Exercise Room With Roy 9-12 Alteration Services 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 10-2 Clinic/Supply & Equipment Sale 11-3 Kroger Reward Sign-Up 1-3 Black History Movie</p>	<p>19 Soul Food Day 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-10 Chair Exercise (Gentle) 9:30-2:30 Hair Cuts \$10 10:15-10:45 Meditation 10-12 Jewelry Beading Class 10-12 Computer Class 11-3 Kroger Reward Sign-Up 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Keeping You and Your Neighborhood Safe By: Crime Stoppers</p>	<p>20 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-12 The Foot Doctor 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Tech Time buildOn Students 11-12 Ballroom Dance Class 11-3 Kroger Reward Sign Up 11:15-12:15 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>21 9-10 Ballroom Dance Class 9:30-2:30 Great Lake Crossing Trip \$6 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Class 10-12 Tech Time build On Students 10:15-10:45 Meditation 11-12 Zumba Gold 11:15 -12:15 Diabetes Support 1-2 Food Safety Class 1-3 St. Pat's Bowlers 1:15 -2:15 St Pat's Travel Club 1:30-2:30 Art Time buildOn Students 1:30-2:30 Tech Time buildOn Students 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Introduction to Bridge</p>	<p>22 African Dress-up Day 8:30-11:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 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 10:30-12 Computer Class 11-3 Kroger Reward Sign-Up 1:30-2:30 Eat Smart Live Strong</p>	<p>23 NOON MEAL BY: Kitz, Golinske, Bergekl 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio Bingo By: Korean Youth Group 10-12</p>
<p>24 NO MEAL Center Closed</p>	<p>25 9-10 EnhanceFitness Exercise 9-11 Exercise Room with Roy 9-12 Alteration Services 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 1:30-3 Black History Gospel Celebration</p>	<p>26 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 10:15-11:15 Round Dancing 10:15-10:45 Meditation 11-12 Arts & Crafts WSU 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Black history Trivia WSU</p>	<p>27 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-2 Reflexology 10:30 U of M Nursing Students Visit & Tour 11-12 Ballroom Dance Class 11:15-12:15 Go 4 Life 12-1 Little Caesars Pizza Love Kitchen 1:30-2:30 Membership & ID 1:30-2:30 African Dance Performance No Stepping Dance Class 2:30-3:30 Beginning Stepping Class</p>	<p>28 9:30-10 Chair Exercise (Gentle) 9-10Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Class 10:15-10:45 Meditation 11-12 Zumba Gold 11:15-12:15 Diabetes Support 1 pm St. Pat's Bowlers 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Introduction to Bridge 1:30-2:30 Black History Bingo By: Regency of Livonia</p>		