

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

313-833-7080 ... Joanne Carter, Activities Director

February 2020

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Website
www.stpatsrctr.org



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday 9:30-2:30 Hair Cuts \$ 10 Tuesday 9:30-2:30 Hair Cuts \$10 Wednesday 9-3 Hair Salon Thursday 9-3 Hair Salon	9-12 Foot Doctor Returns Monday March 2	“I AM Black History “ 6 Week Workshop Starting the 2nd week of February 1:30-2:30			1 NOON MEAL BY: Divine Child Christian Church 9-10 Beginners Hustle Class 10-11 Hustle Class 10-11 Exercise Room with Monitor 11-12 Drum Cardio
3 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) \$3 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-11:30 Resale Shop (Clothing Room All items \$1) 9:30-10 Gentle Chair Exercise 9:30-11:30 Belle Isle Conservatory Tour \$5 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 12:30-1:30 Resale Shop (All items \$1) 1:30-2:30 Go Red for Women's Health	4 9-10 Mat Yoga 9-11 Water Aerobics (FitnessWorks) \$3 9-11 Exercise Room with Roy 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-12 Jewelry Beading Class 10:15-10:45 Meditation 12:30-1:30 Resale Shop (All items \$1) 1:15-2:15 EnhanceFitness Exercise Class	5 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) \$3 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-11:30 Resale Shop (All items \$1) 11-12 Ballroom Dance Class 11-12 Understanding Your Credit By: Advocacy Dept. 11:15-12 Healthy for Life 12:30-1 Resale Shop (All items \$1) 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Dance Class	6 9-11 Ballroom Dance Class 9-11 Exercise Room with Monitor 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:15-10:45 Meditation 11-12 Zumba Gold 12:30-2:30 Resale Shop (All items \$1) 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Class 1:30-2:30 Bridge 1:30-2:30 Ice Cream Sale 5 gallons	7 Fish Fry Friday 9-10 Exercise Room with Monitor 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 9:30-11:30 Resale Shop (All items \$1) 10:15-10:45 Meditation 10-11 Hustle Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 12:30-2:30 Resale Shop (All items \$1) 1:15-2:15 EnhanceFitness Exercise Class 1:30-2:30 Bid Whist	8 NOON MEAL BY: Antioch Lutheran Church 9-10 Beginners Hustle Class 10-11 Hustle Class 10-11 Exercise Room with Monitor 11-12 Drum Cardio
10 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) \$3 9-11 Exercise Room with Roy 9:30-11:30 Resale shop (Clothing Room All Items \$1) 9-11 Alteration Services 9:30-10 Gentle Chair Exercise 10-11 Hustle Dance Class 10-11 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 12:30-1:30 Resale Shop (All items \$1) 1:30-3 Bingo By: St. Pat's 1:30-2:30 Ice Cream Sale 1:30-3 Card Games 1:30 -3 Charles H. Wright Museum Trip \$10	11 Birthday Celebration 9-10 Mat Yoga 9-12 Chair Massage 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-12 Card Games 10-12 Jewelry Beading Class 10:15-10:45 Meditation No EnhanceFitness Exercise Class 12:30-1:30 Resale Shop (All items \$1) 1:30-2:30 Pre-Valentine Day Dance By: Charlie Simmons	12 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) \$3 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-11:30 Resale Shop (All items \$1) 10-2 Reflexologist 11-12 Ballroom Dance Class 11:15-12:15 Healthy for Life 12:30-1 Resale Shop (All items \$1) 1-3:30 PATH Class 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 I Am Black History Workshop 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Dance Class	13 9-10 Ballroom Dance Class 9-11 Exercise Room with Monitor 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:15-10:45 Meditation 11-12 Simplify Your Life & Home 11-12 Zumba Gold 12:30-2:30 Resale Shop (All items \$1) 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Membership & ID 1:30-2:30 Bridge 1:30-2:30 Beginners Hustle Class	14 9-10 Exercise Room with Monitor 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 9:30-11:30 Resale Shop (All items \$1) 10:15-10:45 Meditation 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10-11:30 Fruit & Veggies Sale 10:30-11:30 Membership & ID 11-12 Tax Season Presentation By: Advocacy Dept. 11-12 Sex After 60 (WSU Nursing Students) 12:30-2:30 Resale Shop (All items \$1) 1:15-2:15 EnhanceFitness Exercise Class 1:30-2:30 Tech Savvy Seniors (WSU Students) 1:30-2:30 Bid Whist 1:30-2:30 Color Me Calm 1:30-2:30 Ice Cream Sale \$1 Quart Containers	15 NOON MEAL BY: Korean Group 9-10 Beginners Hustle Class 10-11 Hustle Class 10-11 Exercise Room with Monitor 11-12 Drum Cardio
17 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) \$3 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 12:30-1:30 Resale Shop (All items \$1) 1:30-2:30 Salsa /Zumba Party By: Roberto	18 9-10 Mat Yoga 9-11 Exercise Room 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-12 Jewelry Beading Class 10:15-10:45 Meditation 12:30-1:30 Resale Shop (All items \$1) 1:15-2:15 EnhanceFitness Exercise 1:30-1:30 Card Games & Blues 1:30-2:30 African Head Wrapping Class	19 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) \$3 9-12 Alteration Services 10:00-11:30 Resale Shop (All items \$1) 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-1:30 Show Me the Money By: Advocacy Dept. 11-12 Ballroom Dance Class 11:15-12 Healthy for Life 10-11:30 Resale Shop (All items \$1) 1-3:30 PATH Class 1:15-2:15 Label Reading & Sodium Intake Nutrition Class 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 I Am Black History Workshop 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Dance Class	20 9-10 Ballroom Dance Class 9-11 Exercise Room with Monitor 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-11:30 Fruit & Veggies Sale 10-12 Crafts Club 10:15-10:45 Meditation 11-12 Zumba Gold 12:30-2:30 Resale Shop (All items \$1) 1:30-2:30 Crochet Club 1:30-2:30 Membership & ID 1:30-2:30 Bridge 1:30-2:30 Beginners Hustle Class 1:30-2:30 Free Sponsored Ice Cream Social Deborah White	21 Fish Fry Friday 9-10 Exercise Room with Monitor 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 9:30-11:30 Resale Shop (All items \$1) 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:15-10:45 Meditation 10:30-11:30 Membership & ID 11-12 Sex After 60 (WSU Nursing Students) 12:30-2:30 Resale Shop (All items \$1) 1:15-2:15 EnhanceFitness Exercise Class 1:30-2:30 Bid Whist 1:30-2:30 Tech Savvy Seniors (WSU Students) 1:30-3 Bingo By: St. Pat's	22 NOON MEAL BY: The Kitz, Golinske, Bergeil Family 9-10 Beginners Hustle Class 10-11 Hustle Class 10-11 Exercise Room with Monitor 11-12 Drum Cardio
24 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) \$3 9-11 Exercise Room 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 9:30-11:30 Federal Reserve Bank Tour \$5 10-11 Hustle Dance Class 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 12:30-1:30 Resale Shop (All items \$1) 1:30-3:30 Black History Gospel Celebration	25 Soul Food Day African Dress-Up Day 9-12 Chair Massage 9-11 Exercise Room 9-10 Mat Yoga 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-10:30 Black History Trivia 10-12 Jewelry Beading Class 10:15-10:45 Meditation 12:30-1:30 Resale Shop All Items \$1 1:15-2:15 EnhanceFitness Exercise Class	26 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) \$3 10-11 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-11:30 Resale Shop (All items \$1) 10-2 Reflexologist 11-12 Ballroom Dance Class 11:15-12 Healthy 4 Life 12:30-1:30 Resale Shop (All items \$1) 1-3:30 PATH Class 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 I Am Black History Workshop 1:30-3 Balance & Fall Assessment /WSU Phys. Therapy 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Dance Class	27 9-10 Ballroom Dance Class 9-11 Exercise Room with Monitor 9-11 Water Aerobics (FitnessWorks) \$3 9:30-10 Gentle Chair Exercise 9:30-11:30 Resale Shop (All items \$1) 10-11:30 Fruit & Veggies Sale 10-12 Crafts Club 10:15-10:45 Meditation 11-12 Zumba Gold 11-12 Simplify Your Life & Home 12:30-2:30 Resale Shop (All items \$1) 1:30-2:30 Crochet Club 1:30-2:30 Beginners Hustle Class 1:30-2:30 Elder Law Presentation Wills Power of Attorney, Trust etc.	28 9-10 Exercise Room with Monitor 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 9:30-11:30 Resale Shop (All items \$1) 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:15-10:45 Meditation 10:30-11:30 Membership & ID 12:30-2:30 Resale Shop (All items \$1) 1:15-2:15 EnhanceFitness Exercise Class 1:30-2:30 Bid Whist 1:30-2:30 Dental Health/UDM Dental Students	29 NOON MEAL BY: St. John Neumann (Canton) 9-10 Beginners Hustle Class 10-11 Hustle Class 10-11 Exercise Room with Monitor 11-12 Drum Cardio