

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

**313-833-0082 JoAnne Carter, Activity Director**

# January 2019

**Phone: 313-833-7080 Fax: 313-833-0128**  
**Web: www.stpatsrctr.org**



**313-831-2520 ... Advocacy Department**

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**1**  
**New Year's Day Party**  
**1:30—3:30 p.m.**  
  
**Noon Meal By:**  
**Keveney Family**

**2**  
 9-10 Chair Yoga Class  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 No Belly Dance Class  
 10-11:30 Fruit & Veggies Sale  
 11-12 Ballroom Dance Class  
 1:30-2:30 Membership & ID  
 1:30-2:30 Stepping Dance Class  
 2:30-3:30 Beginning Stepping Class

**3**  
 9:30-10 Chair Exercise (Gentle )  
 9:30-10:30 Ballroom Dance Class  
 10-11:30 Fruit & Veggies Sale  
 10-12 Craft Class  
 10:45-11:15 Meditation  
 10:45-11:45 Zumba Gold  
 1 pm St. Pat's Bowlers  
 1:30-2:30 Beginners Hustle Class  
 1:30-2:30 Crochet Club

**4** Fish Fry Friday  
 8:30-11:30 Water Aerobics (FitnessWorks)  
 9-10 Tai Chi Class  
 10-11 Hustle Dance Class  
 10-12 Gospel Choir Rehearsal  
 10:30-11:30 Membership & ID  
 1:15-2:15 EnhanceFitness Exercise

**5**  
**NOON MEAL BY:**  
**Our Lady of Sorrows**  
  
 9-10 Beginners Hustle Class  
 10-11 Hustle Class  
 11-12 Drum Cardio

**6**  
**NO MEAL**  
**Center Closed**

**7**  
 9-10 EnhanceFitness Exercise  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 9:30-12 Hair Cuts \$10  
 10-11 Hustle Dance Class  
 10-11 St. Pat's Book Club  
 10:30-11:30 Membership & ID  
 1-3:30 Caryl's Birthday Reverse Bingo Bash

**8** Birthday Celebration  
 9-10 Mat Yoga  
 9-11 Exercise Room with Coach  
 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  
 10:15-11:15 Round Dancing  
 10:45-11:15 Meditation  
 1:15-2:15 EnhanceFitness Exercise  
 1:30-2:30 Membership Meeting

**9**  
 9-10 Chair Yoga Class  
 9-11 Alteration Services  
 10-11 Belly Dance Class  
 10-11:30 Fruit & Veggies Sale  
 11-12 Ballroom Dance Class  
 11:15 Weight Loss Support  
 1:30-2:30 Membership & ID  
 1pm-1:30 Front Desk Workers Meeting  
 1:30-2:30 Stepping Dance Class  
 2:30-3:30 Beginning Stepping Class

**10**  
 9:30-10 Chair Exercise (Gentle )  
 9:30-10:30 Ballroom Dance Class  
 10-11:30 Fruit & Veggies Sale  
 10-12 Craft Class  
 10:45-11:15 Meditation  
 10:45-11:45 Zumba Gold  
 1 pm St. Pat's Bowlers  
 1:30 -2:30 Introduction to Bridge  
 1:30-2:30 Beginners Hustle Class  
 1:30-2:30 Crochet Club

**11**  
 8:30-11:30 Water Aerobics (FitnessWorks)  
 9-10 Tai Chi Class  
 10-11 Hustle Dance Class  
 10-12 Gospel Choir Rehearsal  
 10:30-11:30 Membership & ID  
 10:30-11:30 Energy Assistance Pgm  
 1:15-2:15 EnhanceFitness Exercise  
 1:30-2:30 Color Me Calm

**12**  
**NOON MEAL BY:**  
**Antioch Lutheran**  
  
 9-10 Beginners Hustle Class  
 10-11 Hustle Class  
 10-11 Introduction to Drawing Class  
 11-12 Drum Cardio

**13**  
**NO MEAL**  
**Center Closed**

**14**  
 9-10 EnhanceFitness Class  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 9:30-12 Hair Cuts \$10  
 10-11 Hustle Dance Class  
 10-11 St. Pat's Book Club  
 10:30-11:30 Membership & ID  
 1:30-2:30 Bingo By: Villa at Great lakes Crossings

**15**  
 9-10 Mat Yoga  
 9-11 Exercise Room with Coach  
 9:30-10 Chair Exercise (Gentle)  
 9:30-2-:30 Hair Cuts \$10  
 10-12 Jewelry Beading Class  
 10:45-11:15 Meditation  
 11-12 Healthy Brain Aging Seminar (WSU)  
 1-2 Ice Cream Social  
 1:15-2:15 EnhanceFitness Exercise

**16**  
 9-10 Chair Yoga Class  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 10-11 Belly Dance Class  
 10-11:30 Fruit & Veggies Sale  
 11-12 Ballroom Dance Class  
 11:15 Weight Loss Support  
 1:30-2:30 Membership & ID  
 1:30-2:30 Document Preparation By: Howard Docs  
 1:30-2:30 Stepping Dance Class

**17**  
 9:30-10 Chair Exercise (Gentle )  
 9:30-10:30 Ballroom Dance Class  
 10-11:30 Fruit & Veggies Sale  
 10-12 Craft Class  
 10:45-11:15 Meditation  
 10:45-11:45 Zumba Gold  
 11:15 Diabetes Support group  
 1 pm St. Pat's Bowlers  
 1:30-2:30 Beginners Hustle Class  
 1:30-2:30 Crochet Club  
 1:30-2:30 Card Games

**18** Fish Fry Friday  
 8:30-11:30 Water Aerobics (FitnessWorks)  
 9-10 Tai Chi Class  
 9-12 Foot Doctor  
 10-11 Hustle Dance Class  
 10-12 Gospel Choir Rehearsal  
 10:30-11:30 Membership & ID  
 1:15-2:15 EnhanceFitness Exercise  
 1:30-3:30 Introduction to Chess

**19**  
**NOON MEAL BY:**  
**Korean Group**  
  
 9:30-11:30 Tech Time  
  
 9-10 Beginners Hustle Class  
 10-11 Hustle Class  
 11-12 Drum Cardio

**20**  
**NO MEAL**  
**Center Closed**

**21**  
 9-10 EnhanceFitness Exercise  
 9-11 Exercise Room With Coach  
 9-12 Alteration Services  
 9:30-12 Hair Cuts \$10  
 10-11 Hustle Dance Class  
 10-11 St. Pat's Book Club  
 10:30-11:30 Membership & ID  
 1:30-2:30 MLK Team Trivia By: University Prep High School

**22** Soul Food Day  
 9-10 Mat Yoga  
 9-11 Exercise Room With Coach  
 9-12 Chair Massage  
 9-2 Passport To Health Assessments  
 9:30-10 Chair Exercise (Gentle)  
 9:30-2:30 Hair Cuts \$10  
 10:15—11:15 Round Dancing  
 10:45-11:15 Meditation  
 10-12 Jewelry Beading Class  
 1:15-2:15 EnhanceFitness Exercise  
 1:30-2:30 Ice Cream Sale

**23**  
 9-10 Chair Yoga Class  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 10-11 Belly Dance Class  
 10-11:30 Fruit & Veggies Sale  
 11-12 Ballroom Dance Class  
 11:15 Weight Loss Support  
 1:30 Protecting Yourself Against Scams By: WSU  
 1:30-2:30 Membership & ID  
 1:30-2:30 Stepping Dance Class

**24**  
 9-2 Passport to Health Assessments  
 9:30-10 Chair Exercise (Gentle )  
 9:30-10:30 Ballroom Dance Class  
 10-11:30 Fruit & Veggies Sale  
 10-12 Craft Class  
 10:45-11:15 Meditation  
 10:45-11:45 Zumba Gold  
 1 pm St. Pat's Bowlers  
 1:30-2:30 Beginners Hustle Class  
 1:30-2:30 Crochet Club  
 1:30-2:30 Bingo By: Regency of Livonia

**25**  
 8:30-11:30 Water Aerobics (FitnessWorks)  
 9-10 Tai Chi Class  
 9-2 Passport to Health Assessments  
 10-11 Hustle Dance Class  
 10-12 Gospel Choir Rehearsal  
 10:30-11:30 Membership & ID  
 10:30-11:30 Learn how to Opt out of Unwanted Mail & Calls  
 1:15-2:15 EnhanceFitness Exercise  
 1:30-2:30 Bid Whist Card Games

**26**  
**NOON MEAL BY:**  
**Our Lady Queen of Martyrs**  
  
 9-10 Beginners Hustle Class  
 10-11 Hustle Class  
 11-12 Drum Cardio

**27**  
**NO MEAL**  
**Center Closed**

**28**  
 9-10 EnhanceFitness Exercise  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 9:30-12 Hair Cuts \$10  
 10-11 Hustle Dance Class  
 10-11 St. Pat's Book Club  
 10:30-11:30 Membership & ID  
 1:30 Gospel Fest Celebration

**29**  
 9-10 Mat Yoga  
 9-11 Exercise Room with Coach  
 9-2 Passport To Good Health Quarterly Assessments  
 9:30-10 Chair Exercise (Gentle)  
 9:30-2:30 Hair Cuts \$10  
 10-12 Jewelry Beading Class  
 10:45-11:15 Meditation  
 1-2 Ice Cream Social  
 1:15-2:15 EnhanceFitness Exercise

**30**  
 9-10 Chair Yoga Class  
 9-11 Exercise Room with Coach  
 9-12 Alteration Services  
 10-11 Belly Dance Class  
 10-11:30 Fruit & Veggies Sale  
 11-12 Ballroom Dance Class  
 11:15 Weight Loss Support  
 1-2 Food Safety Class  
 1:30 Fall Prevention By: DMC  
 1:30-2:30 Membership & ID  
 1:30-2:30 Stepping Dance Class  
 2:30-3:30 Beginning Stepping Class

**31**  
 9:30-10 Chair Exercise (Gentle )  
 9:30-10:30 Ballroom Dance Class  
 9-2 Passport To Health Assessments  
 10-11:30 Fruit & Veggies Sale  
 10-12 Craft Class  
 10:45-11:15 Meditation  
 10:45-11:45 Zumba Gold  
 1 pm St. Pat's Bowl  
 1:30 Natural Hair Presentation & Nail Polishing by: Breithaupt Tech  
 1:30-2:30 Beginners Hustle Class  
 1:30-2:30 Crochet Club

**St. Pat's Natural Hair Club**  
**Starting February 2019**  
**1:30-2:30**

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