

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

June 2019

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S	M	T	W	T	F	S
						1 NOON MEAL BY: Notre Dame Club of Detroit 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class
2 NO MEAL Center Closed	3 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) 9-11 Exercise Room with Roy 9-12 Alteration Services - Clothing 9:30-10 Gentle Chair Exercise 9:30-2:30 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 1:30-2:30 Color Me Calm 1:30-2:30 Bingo	4 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 11:15-11:45 Meditation 1-2 Ice Cream Social in the Park 1:15-1:30 Participation Raffle 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Card Games 1:30-2:30 Marbling Art Workshop	5 No Bike Club 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (Fitnessworks) 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-2 Reflexologist 11-12 Ballroom Dance Class 11:15-12 Go 4 Life 1:30-2 Meditation 1:30-2:30 Drum Cardio 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginners Stepping Class	6 Free DIA Tour Leave Time 12:30 8:30-10:30 River Walkers 9-10 Bike Club 9-10 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:45-11:15 Meditation 11-12 Zumba Gold 1pm -3:30 DIA Tour 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge	7 Fish Fry Friday 8:45- 10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Color Me Calm	8 NOON MEAL BY: Antioch Lutheran 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio
9 NO MEAL Center Closed	10 9am St. Paul United Methodist Youth Choir 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) 9-11 Exercise Room with Roy 9:30-10 Gentle Chair Exercise 9-12 Alteration Services - Clothing 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11 Tech Time 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 11-12 Ice Cream Sale 1:30-2:30 Color Me Calm 1:30-3:30 Gospel Celebration	11 Birthday Celebration 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 10-12 Birthday Jewelry Sale 10:15-11:15 Round Dancing 11-12 Karmanos/Real Talk breast & cervical cancer 11:15-11:45 Meditation 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Sudoku(BrainGame) 1:30-3:30 Birthday Bingo	12 9-10 Bike Club 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) 9-12 Alteration Services 9:30-12 Foot Doctor 10-11 Belly Dance Class 10-11 Tech Time 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12 Go 4 Life 1-2 Ice Cream Social in the park 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 Water Stories Community Conversation 1:30-2:30 Stepping Dance Class 1:30-3:30 Folk Dancing in the park By: St. Paul United Methodist Youth Choir 2:30-3:30 Beginning Stepping Class	13 8:30-10:30 River Walkers 9-10 Bike Club 9-10 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Hearing Health Event 10:45-11:15 Meditation 11-12 Zumba Gold 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Hearing Health Event 1:30-2:30 Beginners Bridge 1:30-2:30 U of M I-CONNECT Info Meeting	14 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation 10-11 Hustle Dance Class 10-12 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 Emotional Freedom Technique	15 NOON MEAL BY: Korean Group 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio
16 NO MEAL Center Closed	17 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) 9-11 Exercise Room With Roy 9-12 Alteration Services - Clothing 9:30-10 Gentle Chair Exercise 9:30-2:30 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 1:30-2:30 Color Me Calm 1:30-2:30 T-Shirt Cutting	18 Soul Food Day 8:30-11 River Walkers 9-10 Mat Yoga 9-12 Chair Massage 9-11 Exercise Room With Roy 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 11-12 Water Stories Community Conversation 11:15-11:45 Meditation 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Estate Sale Workshop (Downsizing in a Healthy Matter)	19 2nd Floor Closed No Bike Club 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) No Alteration Services No Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-2 Reflexologist No Go 4 Life No Ballroom Dance Class 1-2 Ice Cream Social 1:30-2 Meditation 1:30-2 Body Water Study—Dr. T. Mattoo/WSU 1:30-2:30 Membership & ID No Stepping Dance Class./No Beginning Stepping	20 2nd Floor Closed Volunteers Needed for Festival Preparation 8:30-10:30 River Walkers 9-10 Bike Club No Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:45-11:15 Meditation No Zumba Gold No Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge	21 Fish Fry Friday 2nd Floor Closed Volunteers Needed for Festival Preparation 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class (outside) 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation No Hustle Dance Class No Gospel Choir Rehearsal 10:30-11:30 Membership & ID No EnhanceFitness Exercise 1:30-2:30 Color Me Calm 1:30-3 Bingo By: Villa health Care	22 NO MEAL No Classes Center Closed Festival Preparation Only
23 St. Pat's 42rd Annual Irish Festival 1PM-9PM Free Parking \$5 Adults \$1 for 12 & Younger 30 No Meal Center Closed	24 Center Closed	25 Center Closed	26 9-10 Bike Club 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) 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 Intro to Sudoku 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class	27 8:30-10:30 River Walkers 9-10 Bike Club 9-10 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:45-11:15 Meditation 11-12 Zumba Gold 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	28 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1-2 Ice Cream Social in the Park 1:30-2:30 Color Me Calm	29 NOON MEAL BY St. Ambrose 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio