

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

March 2019

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

313-831-2520... Advocacy Department

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			<p>Computer Lab Monday-Friday By: Appointment Only</p>	<p>1 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 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Eat Smart Live Strong 1:30-3:30 Naloxone Training /Opioid Overdose</p>	<p>2 NOON MEAL BY: St. Jane Frances De Chantel 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class 11-12 Drum Cardio</p>	
<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 1:30-2:30 Bingo</p>	<p>5 9:30-4:15 Caesars Windsor \$25 2 for 1 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 10-12 St. Pat's Jewelry Sale 10-12 Flea Market \$3 Bag Sale 10-2 Show Me the Money 10:15-11:15 Hustle for Health WSU 10:30-12 Computer Basics 1:15-2:15 Ice Cream Social 1:30-2:30 Flea Market \$ 3 Bag Sale 1:15-2:15 EnhanceFitness Exercise</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 10-12 Matter of Balance 10-12 Flea Market \$3.00 Bag 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 1:30-2:30 Scams Against Seniors By: WSU 2:30-3:30 Beginners Stepping Class</p>	<p>7 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club Introduction to Alcohol Ink Art 10-2 Show Me the Money 10:15-10:45 Meditation 11-12 Zumba Gold 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners 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 10-12 Gospel Choir Rehearsal 10-12 Matter of Balance 10:30-11:30 Membership & ID 10-11:30 Senior Odyssey of the Mind 10:30-12 Make & Save Money Computer Class 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Sudoku (Brain Game) 1:30-2:30 Color Me Calm 1:30-2:30 Eat Smart Live Strong</p>	<p>9 NOON MEAL BY: Knights of Columbus 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio</p>
<p>10 NO MEAL Center Closed</p>	<p>11 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 1:30-2:30 Horsercing</p>	<p>12 Birthday Celebration 9-10 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 10:15-11:15 Round Dancing 10:15-10:45 Meditation 10:30-12 iPhone /Android Tips & Tricks 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Membership& Trip Meeting</p>	<p>13 313 All About "D" 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 10-12 Matter of Balance 10-2 Reflexologist 11-12 Ballroom Dance Class 11:15-12:15 Go 4 Life 1:30-2:30 Membership & ID 1:15-2:15 Credit Reporting 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class</p>	<p>14 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club to Alcohol Ink Art 10-12 St. Pat's Craft Sale 10:15-10:45 Meditation 11-12 Zumba Gold 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge</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 of the Mind 10-12 Gospel Choir Rehearsal 10-12 Matter of Balance 10:30-11:30 Membership & ID 10:30-12 Play Computer Games for Prizes 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Natural Hair Club 1:30-2:30 Introduction Chess on the Computer (Chess Club)</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 Happy Saint Patrick Day </p>	<p>18 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 Movie & Snacks</p>	<p>19 Soul Food Day 9:30-4:15 Caesars Windsor \$25 2 for 1 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-10 Chair Exercise (Gentle) 9:30-2:30 Hair Cuts \$10 10-2 Show Me the Money 10-2 Kroger Rewards Community Sign-up 10:15-10:45 Meditation 10-12 Jewelry Beading Class 10-12 St Pat's Jewelry Sale 10-12 Computer Class 1:15-2:15 EnhanceFitness Exercise</p>	<p>20 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 10-12 Matter of Balance 10-2 Kroger Rewards Community Sign-up 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 Beginning Stepping Class</p>	<p>21 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 9:30 12 The Foot Doctor 10-11:30 Fruit & Veggies Sale 10-12 Craft Club to Alcohol Ink Art 10-2 Show Me the Money 10-2 Kroger Rewards Community Sign-up 10:15-10:45 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 Ice Cream Sale 5 Gallon Bucket \$5.00</p>	<p>22 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 of the Mind 10-12 Matter of Balance 10-12 Gospel Choir Rehearsal 10:30-11:30 Membership & ID 10:30-12 Play Chess on Computer 1:30-2:30 T Shirt Cutting Class 1:15-2:15 EnhanceFitness Exercise</p>	<p>23 NOON MEAL BY: St. Irenaeus 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Physician Assistant Students 11-12 Drum Cardio</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 Gospel Celebration</p>	<p>26 10-1 Regina High School Visit 9-10 Mat Yoga 9-11 Exercise Room with Roy 9:30-10 Chair Exercise (Gentle) 9:30-10:30 Fall Prevention & Safety WSU 9:30-2:30 Hair Cuts \$10 10-12 Jewelry Beading Class 10-12 St. Pat's Jewelry Sale 10:15-11:15 Round Dancing 10:15-10:45 Meditation 10:30-11:30 Bingo By: Regina High School 1:30-2:30 Card Games for the Brain W/WSU 1:15-2:15 EnhanceFitness Exercise</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 10-12 Matter of Balance 10-2 Reflexologist 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 Beginning Stepping Class 1:30-2:30 The Importance of Connection By: The Hannan Center</p>	<p>28 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club to Alcohol Ink Art 10:15-10:45 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</p>	<p>29 8:30-11:30 Water Aerobics 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 of the Mind 10-12 Gospel Choir Rehearsal 10-12 Matter of Balance 10:30-11:30 Membership & ID 10:30-12 Computer Class 1:15-2:15 EnhanceFitness Exercise</p>	<p>30 NOON MEAL BY: Divine Child 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio</p>