

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

May 2019

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

313-831-2520 ... Advocacy Department

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			<p>1 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 11-12 Go 4 Life- Whole Foods Tour 1:30-2:30 Membership & ID 1:30-2:30 Ark Encounter Trip Meeting 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginners Stepping Class</p>	<p>2 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 9-10:30 Fruit & Veggies Sale 10-12 Craft Club 10:15-11:45 Meditation 11-12 Zumba Gold 12:30-2:30 Clothing Room Flea Market 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge</p>	<p>3 Fish Fry Friday 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise room With Monitor 9:30-10 Chair Exercise (Gentle) 10-11 Hustle Dance Class 10:15-10:45 Meditation 10:30-11:30 Membership & ID 12:30-2:30 Clothing Room Flea Market 1:15-2:15 EnhanceFitness Exercise 1:30-3 Card Games</p>	<p>4 NOON MEAL BY: St Pat's & Friends Good Luck Senior Odyssey Team 5 am-5 pm Senior Odyssey Event Grand Rapids 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Creating Confident Caregivers 11-12 Drum Cardio</p>
<p>5 NO MEAL Center Closed</p>	<p>6 Depart 7:30 am ARK TRIP 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) 9-11 Exercise Room with Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-2:30 Hair Cuts \$10 10-11 Hustle Dance Class 10-11 Inspiration Fellowship 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:30-3 Early Mother's Day Dance</p>	<p>7 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 No Jewelry Beading Class 1-2 Ice Cream Social 1:15-2:15 EnhanceFitness Exercise 1:30-3:30 Cooking Matters Class</p>	<p>8 Return 8:30-9 pm ARK TRIP 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 11-2 Energy Assistance 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginners Stepping Class</p>	<p>9 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:15-10:45 Meditation 11-12 Zumba Gold 1:15-2 Focus Group-Passport to Health 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge</p>	<p>10 8:45- 10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room With Monitor 9:30-10 Chair Exercise (Gentle) 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Introduction to Sudoku</p>	<p>11 NOON MEAL BY: Antioch Lutheran 9-10 Beginners Hustle Class 10-11 Hustle Class 10-12 Creating Confident Caregivers 11-12 Drum Cardio SECRETS OF THE DESERT Belly Dance Celebration National Belly Dance Day 5:00 p.m.</p>
<p>12 Happy Mother's Day</p> <p>NO MEAL Center Closed</p>	<p>13 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 9:30-12 Hair Cuts \$10 10-11 Hustle Dance Class 10-11 Inspiration Fellowship 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:30-2:30 Tai Chi /EnhanceFitness Sliver Sneakers Kick-Off</p>	<p>14 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 10-2 Hepatitis A/ Flu Vaccine Clinic 10:15-11:15 Round Dancing 10:15-10:45 Meditation 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Membership Meeting 1:30-3:30 Cooking Matters Class</p>	<p>15 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 11-12 Show Me The Money 11:15-12 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>16 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 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 Ice Cream Sale 1:30-2:30 Beginners Bridge 1:30-2:30 Bingo By: Regency of Livonia</p>	<p>17 Fish Fry Friday 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room With Monitor 9:30-10 Chair Exercise (Gentle) 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:15-10:45 Meditation 10:30-11:30 Membership & ID 11-12 Women Health Talk 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Natural Hair Club 1:30-2:30 Color Me Calm 1:30-2:30 Chess</p>	<p>18 NOON MEAL BY: Korean Group 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio</p>
<p>19 NO MEAL Center Closed St. Pat's Senior Annual Dinner Dance Serbian Hall 2 pm-6 pm</p>	<p>20 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) 9-11 Exercise Room With Roy 9-12 Alteration Services 9:30-10 Gentle Chair Exercise 9:30-2:30 Hair Cuts \$10 10-11 Hustle Dance Class 10-11 Inspiration Fellowship 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1-2 Ice Cream Social 1:30-2:30 MoGo Bike Senior Pass Registration</p>	<p>21 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-10 Chair Exercise (Gentle) 9:30-12 Foot Doctor 9:30-2:30 Hair Cuts \$10 10:15-10:45 Meditation 10-12 Jewelry Beading Class 10-12 Color Me Calm 1-2 Ice Cream Social 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Drum Cardio 1:30-3:30 Cooking Matters Class 1:30-2:30 T-Shirt Cutting Demo & Class</p>	<p>22 9-10 Chair Yoga Class 9-10 Bike Club 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 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>23 9-10 Bike Club 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 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 Education Benefits By: Michigan Veterans Affairs</p>	<p>24 8:45-10:30 Water Aerobic (Fitnessworks) 9-10 Tai Chi Class 9-11 Exercise Room With Monitor 9:30-10 Chair Exercise (Gentle) 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise 1:30-3 Bid Whist</p>	<p>25 NOON MEAL BY: Knights of Columbus 3860 9-10 Beginners Hustle Class 9-11 Exercise Room with Coach 10-11 Hustle Class No Drum Cardio</p>
<p>26 NO MEAL Center Closed</p>	<p>27 Memorial Day Center Closed</p>	<p>28 Soul Food Day 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 10:15-11:15 Round Dancing 10:15-11:45 Meditation 11-11:45 Eating Styles Nutrition Talk 11:30-12 River Walker Meeting 1:30-2 Ice Cream Sale 1:15-2:15 EnhanceFitness Exercise 1:15-2:00 Stroke Prevention Trivia</p>	<p>29 National Senior Health & Fitness Day 9-10 Chair Yoga Class 9-10 Bike Club 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 11-2 Show Me The Money 11:15-12 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>30 9-10 Bike Club 9-10 Ballroom Dance Class 9:30-10 Chair Exercise (Gentle) 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10:15-10:45 Meditation 11-12 Zumba Gold 1-2 Ice Cream 1:30 -2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge 1:30-3 Bingo By: Villa Health Care</p>	<p>31 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room With Monitor 9:30-10 Chair Exercise (Gentle) 10-11 Hustle Dance Class 10-12 Gospel Choir Rehearsal 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1-2 Ice Cream Social 1:15-2:15 EnhanceFitness Exercise</p>	