



833-0082...Joanne Youngblood, Activities Director

833-7080 ... Administration Office

831-2520 ... Advocacy Department

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1
 9-1:30 Aging Matters Education Expo
 9-10 Walk with Ease
 9:30-10:30 Ballroom Dance Class
 9:30-10 Chair Exercise (Gentle)
 10-11:30 Fruit & Veggies Sale
 10-12 Craft Class
 10:45-11:15 Meditation
 10:45-11:45 Zumba Gold
 12:30-3 Hair Salon
 1pm St. Pat's Bowlers
 1:30-2:30 Beginners Hustle Class
 1:30-2:30 Crochet Club

2 Fish Fry Friday
 8:30-11:30 Water Aerobics (FitnessWorks)
 9-10 Tai Chi Class
 9-10 Walk With Ease
 9:30-11:30 Matter of Balance
 10-11 Hustle Dance Class
 10-12 Gospel Choir Rehearsal
 10:30-11:30 Membership & ID
 10:30-11:30 Diabetes Education (Madonna)
 1:15-2:15 EnhanceFitness Exercise
 1:30-3:30 Bid Whist Games

3 NOON MEAL BY:
Our Lady of Sorrows
Boy Scouts
 9-10 Beginners Hustle Class
 10-11 Hustle Class
 11-12 Drum Cardio

4 NO MEAL
Center
Closed

5
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-11:30 Matter of Balance
 9:30-12 Hair Cuts \$10
 10-11 Hustle Dance Class
 10-11 St. Pat's Book Club
 10:30-11:30 Membership & ID
 10:30-11:30 Diabetes Education (Madonna)
 1-3 Legacy Project (WSU Students & Seniors)
 1:30 Bingo

6
 9-10 Walk With Ease
 No Mat Yoga
 9:30-10 Chair Exercise (Gentle)
 9-11 Exercise Room with Coach
 9:30 2:30 Hair Cuts \$10
 10-12 Jewelry Beading Class /Sale
 10:30-11:30 Emergency Prep "Plan in A Can"
 10:45-11:15 Meditation
 11:15 River Walkers Meeting
 1-2 Ice Cream Social
 1:15-2:15 EnhanceFitness Exercise

7
 9-10 Chair Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-12 Diabetes Prevention
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 11-12 Ballroom Dance Class
 1-2 Diabetes Education (Madonna)
 1:30-2:30 Membership & ID
 1:30-2:30 Bingo By: Michigan Complete Health
 1:30-2:30 Stepping Dance Class

8
 9-10 Walk with Ease
 9:30-10:30 Ballroom Dance Class
 9:30-10 Chair Exercise (Gentle)
 10-11:30 Fruit & Veggies Sale
 10-12 Craft Class
 10:30-2 Hair Salon
 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

9
 8:30-10:30 Water Aerobics (FitnessWorks)
 9-10 Tai Chi Class
 9-10 Walk with Ease
 9:30-11:30 Matter of Balance
 10-11 Hustle Dance Class
 10-12 Gospel Choir Rehearsal
 10:30-11:30 Membership & ID
 10:30-2 Hair Salon
 11-12 Medicare Bingo
 1:15 EnhanceFitness Exercise

10 NOON MEAL BY:
Knights of Columbus
 9-10 Beginners Hustle
 10-11 Hustle Class
 11-12 Drum Cardio
 1:30-2:30
 Mosaic Youth Theater

11 NO MEAL
Center
Closed

12
 9-10 EnhanceFitness Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-11:30 Matter of Balance
 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 Legacy Project (WSU Students)
 1:30-2:30 Horseracing
 1:30-2:30 Bake & Donate (All Bake Goods Welcome)

13 Birthday Celebrations
 9-10 Walk With Ease
 9-10 Mat Yoga
 9-11 Exercise Room with Coach
 No Chair Massage
 9:30-10 Chair Exercise (Gentle)
 9:30-2:30 Hair Cuts \$10
 9:30-4:30 Windsor Casino \$30
 10-12 Show Me The Money
 10-12 Jewelry Beading Class
 10-12 Birthday Jewelry Sale
 10:30-11:30 Birthday Bingo
 10:45-11:15 Meditation
 No EnhanceFitness Exercise
 1:30-2:30 Bake & Donate (All Baked Goods Welcome)

14
 9-10 Chair Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-12 Diabetes Prevention
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 11-12 Ballroom Dance Class
 1:30-2:30 Food Safety Class
 1:30-2:30 Membership & ID
 1:30-2:30 Card Games
 1:30-2:30 Bake & Donate (All Baked Goods Welcome)
 1:30-2:30 St. Pat's Stepping Class Showcase
 2:30-3:30 Beginning Stepping Class

15
 9-12 Foot Doctor
 No Ballroom Dance Class
 9:30-10 Chair Exercise (Gentle)
 9:30-2:30 Great Lake Crossing \$6
 10-12 Craft Class
 10-12 Health Fair
 10:30-2 Hair Salon
 10:30-11:30 Health Apps/Tech Time
 10:45-11:15 Meditation
 No Zumba Gold
 1 pm St. Pat's Bowlers
 1:30-2:30 Crochet Club
 :30-2:30 Bake & Donate (All Baked Goods Welcome)
 1:30-2:30 Beginners Hustle Class

16 Fish Fry Friday
 8:30-10:30 Water Aerobics (FitnessWorks)
 9-10 Tai Chi Class
 9-10 Walk with Ease
 10-11 Hustle Dance Class
 9:30-11:30 Matter of Balance
 10:30-11:30 Membership & ID
 10:30-2 Hair Salon
 11-12 Medicare Open Enrolment
 1:15 EnhanceFitness Exercise
 1:30-2:30 Bake & Donate (All Baked Goods Welcome)
 1:30-2:30 Intro to Chess Club

17 NOON MEAL BY:
Korean Group
 9-10 Beginners Hustle
 10-11 Hustle Class
 11-12 Drum Cardio

18 NO MEAL
Center
Closed

19
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room With Coach
 9-12 Alteration Services
 9:30-11:30 Matter of Balance
 9:30-12 Hair Cuts \$10
 10-11:30 Making Holiday Baskets
 10-11 Hustle Dance Class
 10-11 St. Pat's Book Club
 10:30-11:30 Membership & ID
 1:30-2:30 Making Holiday Baskets

20
 No Mat Yoga
 9-11 Exercise Room With Coach
 9-12 St. Pat's Choir Visits Regina High
 9:30-10 Chair Exercise (Gentle)
 9:30-2:30 Hair Cuts \$10
 10-12 Jewelry Beading Class
 10-3 Pick-up Pre-Ordered Holiday Basket
 10:45-11:15 Meditation
 11-12 Diabetes Education (Madonna)
 1-2 Ice Cream Social
 1:15-2:15 EnhanceFitness Exercise
 1:30-2:30 Charades (Brain Game)

21
 9-10 Chair Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-12 Diabetes Prevention
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 10-2 Reflexologist
 10-3 Pick-up Pre-Ordered Holiday Basket
 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

22 Happy Thanksgiving

Thanksgiving Dinner
At Noon
Seniors 60+

23
No Meal
Center Closed

24 NOON MEAL BY:
Korean Youth Group
 9-10 Beginners Hustle
 10-11 Hustle Class
 11-12 Drum Cardio

25 NO MEAL
Center
Closed

26
 9-10 EnhanceFitness Exercise
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-11:30 Matter of Balance
 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 Fall Gospel Fest Celebration

27
 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
 9:30-4:30 Windsor Casino
 10-12 Show Me The Money
 10-12 Beading Jewelry Class
 10:30-2 Hair Salon
 1:15-2:15 EnhanceFitness Exercise

28 "Southern Soul Food Day"
 9-10 Chair Yoga Class
 9-11 Exercise Room with Coach
 9-12 Alteration Services
 9:30-12 Diabetes Prevention
 10-11 Belly Dance Class
 10-11:30 Fruit & Veggies Sale
 10-2 Reflexologist
 11-12 Ballroom Dance Class
 1:15 MSU Student Presentation
 1:30-2:30 Membership & ID
 1:30-2:30 Bingo By: Regency of Livonia
 1:30-2:30 Stepping Dance Class
 2:30-3:30 Beginning Stepping Class

29
 9:30-10 Chair Exercise (Gentle)
 9:30-10:30 Ballroom Dance Class
 10-12 Craft Class
 10:45-12:45 Zumba Gold
 12:30-3 Hair Salon
 1pm St. Pat's Bowlers
 1-2 Ice Cream Sale
 1:30-2:30 Trip Meeting
 1:30-2:30 Beginners Hustle Class
 1:30-2:30 Crochet Club

30
 8:30-10:30 Water Aerobics (FitnessWorks)
 9-10 Tai Chi Class
 10-11 Hustle Dance Class
 10:30-11:30 Membership & ID
 10:30-2 Hair Salon
 1:15 EnhanceFitness Exercise
 1:30-2:30 T-Shirt Cutting Demo & Class

