

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

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

September 2019

Phone: 313-833-7080 Fax: 313-833-0128

313-831-2520 ...Advocacy Department



S	M	T	W	T	F	S
1 NO MEAL Center Closed	2 LABOR DAY Center Closed	3 8:30-10:30 River Walkers 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-2:30 Hair Cuts \$10 11-11:30 Meditation 10-12 Free Computer Lab 10-12 Jewelry Beading Class 11:15-2:15 Free Computer Lab 11:15-2:15 EnhanceFitness Exercise 1:30-3 Kings in the Corner Card Game 1:45-2:45 Memory Keepers Workshop/Telling Your Story	4 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) 9-11 Hair Salon (Appointment Only) No Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12:00 Healthy for Life 1-:30 Ice Cream Sale 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 Basic T-shirt Cutting Demo/Class 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class	5 8:30-10:30 River Walkers 9-11 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Free Computer Lab 11-11:30 Meditation 11-12 Zumba Gold 1-3 Hair Salon (Appointment Only) 1-3:30 Diabetes PATH Class 1:15-2:15 Free Computer Lab 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginner Bridge	6 Fish Fry Friday 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room with Coach 9:30-10 Chair Exercise (Gentle) 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:15-2:15 EnhanceFitness Exercise Class 1:30-2:30 Color Me Calm 1:30-3 Bid Whist Card Games	7 NOON MEAL BY: 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio
8 NO MEAL Center Closed	9 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 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:30-3 Bingo	10 Birthday Celebration 8:30-10:30 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 10-12 Free Computer Lab 10-12 Birthday Jewelry Sale 10:15-11:15 Round Dance Class 11-11:30 Meditation 1pm-3pm Senior Project Fresh 1:15-2:15 Free Computer Lab 1:15-2:15 EnhanceFitness Exercise 1:30-2:30 Membership Meeting 1:45-2:45 Memory Keepers Workshop/Telling Your Story	11 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) 9-11 Hair Salon (Appointment Only) 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12 Healthy for Life 1:30-2 Meditation 1:30-2:30 St Pat's Ballroom Dance Performance No Membership & ID 2:30-3:30 Stepping Dance Class No Beginning Stepping Class	12 8:30-10:30 River Walkers 9-11 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Free Computer Lab 11-11:30 Meditation 11-12 Zumba Gold 1-3 Hair Salon (Appointment Only) 1-3:30 Diabetes PATH Class 1:15-2:15 Free Computer Lab 1:30-2:30 Ayurvedic Medicine Presentation 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Drawing Class 1:30-2:30 Beginners Bridge	13 8:45- 10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room with Coach 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 1-1:30 Ice Cream Sale 1:15-2:15 EnhanceFitness Exercise Class 1:30-2:30 Color Me Calm	14 NOON MEAL BY: 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio
15 NO MEAL Center Closed	16 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 9:30-2:30 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 WSU HOLD Study Info Meeting 1:30-2:30 Membership & ID 2pm-2:30 Center Tour	17 8:30-10:30 River Walkers 9-10 Mat Yoga 9-11 Exercise Room With Roy 9:30-2:30 Hair Cuts \$10 11-11:30 Meditation 10-12 Jewelry Beading Class 10-12 Free Computer Lab 10-12 Healthy Step Diabetes Shoe Presentation 1-1:30 Ice Cream Sale 1:15-2:15 EnhanceFitness Exercise 1:15-2:15 Free Computer Lab 1:30-2:30 Veterans Informational Workshop/ 1:45-2:45 Memory Keepers Workshop/Telling Your Story	18 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) 9-11 Hair Salon (Appointment Only) 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Medicare 101 11-12 Ballroom Dance Class 11:15-12 Healthy for Life 1:30-2 Meditation 1:30-2:30 Membership & ID & Center Tour 1:30-2:30 Stepping Dance Class 2:30-3:30 Beginning Stepping Class	19 8:30-10:30 River Walkers 9-11 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Free Computer Lab 11-11:30 Meditation 11-12 Zumba Gold 1-3 Hair Salon (Appointment Only) 1-3:30 Diabetes PATH Class 1:15-2:15 Free Computer Lab 1:30-2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge 1:30-2:30 Understanding Food & Medication Interactions By: U of M	20 Center Closed Strides for Seniors Walk & Expo Friday September 20,2019 9am-1pm Palmer Park in Detroit On Merrill Plaisance Near McNichols Rd. Free Lunch & T-Shirt for Registered Expo Walkers & Passport to Health Kick-Off	21 NOON MEAL BY: 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio
22 NO MEAL Center Closed	23 FALL PREVENTION AWARENESS DAY 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 10-11:30 St. Pat's Book Club 10:15-10:45 Meditation 10:30-11:30 Membership & ID 1:30-2:30 Fire and Fall Prevention/DMC	24 8:30-10:30 River Walkers 9-10 Mat Yoga 9-11 Exercise Room With Roy 9-12 Chair Massage 9:30-2:30 Hair Cuts \$10 11-11:30 Meditation 11:30 12 Talk With A Dietitian & Personalized A Plan 10-12 Jewelry Beading Class 10:15-11:15 Round Dancing Class 1-1:30 Ice Cream Sale 1:15-2:15 EnhanceFitness Exercise Class 1:45-2:45 Memory Keepers Workshop/Telling Your Story	25 9-10 Chair Yoga Class 9-11 Exercise Room with Roy 9-11 Water Aerobics (FitnessWorks) 9-11 Hair Salon (Appointment Only) 9-12 Alteration Services 10-11 Belly Dance Class 10-11:30 Fruit & Veggies Sale 11-12 Ballroom Dance Class 11:15-12 Healthy for Life 1:30-2 Meditation 1:30-2:30 Membership & ID 1:30-2:30 Stepping Dance Class 1:30-2:30 Bingo 2:30-3:30 Beginning Stepping Class	26 8:30-10:30 River Walkers 9-11 Ballroom Dance Class 10-11:30 Fruit & Veggies Sale 10-12 Craft Club 10-12 Free Computer Lab 10-12 Flu Shots—Rite Aid 11-11:15 Meditation 11-12 Zumba Gold 1-3 Hair Salon (Appointment Only) 1-3:30 Diabetes PATH Class 1:15-2:15 Free Computer Lab 1:30 -2:30 Beginners Hustle Class 1:30-2:30 Crochet Club 1:30-2:30 Beginners Bridge 1:30-2:30 Health Research/What You Need to Know/WSU	27 Fish Fry Friday 8:45-10:30 Water Aerobics (FitnessWorks) 9-10 Tai Chi Class 9-11 Exercise Room with Coach 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 Class 1:30-2:30 Color Me Calm	28 NOON MEAL BY: 9-10 Beginners Hustle Class 10-11 Hustle Class 11-12 Drum Cardio
29 NO MEAL Center	30 9-10 EnhanceFitness Exercise 9-11 Water Aerobics (FitnessWorks) 9-11 Exercise Room With Roy 9-12 Alteration Services					