


**November  
2017**

**INDEPENDENCE TOWNSHIP SENIOR COMMUNITY CENTER**

**6000 Clarkston Road, Clarkston, MI 48348 Phone 248-625-8231**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>CODE:</b> <i>SC- SENIOR CENTER ROOM #1-CLOSE TO DECK ROOM #2-FRONT OF BUILD- ING CH-CARRIAGE HOUSE</i>	<b>CODE:</b> <i>BH &gt; BARTCH HALL ROOM #1 &gt; CLOSEST TO KITCHEN ROOM #2 &gt; FURTHEST FROM KITCHEN CR &gt; CONFERENCE ROOM</i>	<b>1.</b> 8:15 Senior Fit BH 9:00 Chair Yoga CH 10:00 Knitting Group –SC#2 11:00 Tai Chi –CH 12:30 Mahjong –SC#1&2 1:00 Bunco CH	<b>2.</b> 9:00 Hand & Foot CH 11:30 Sew Whats SC1 12:00 Lunch Pot Luck BH 1:00 Bingo –CH	<b>3.</b> 8:15 Senior Fit 9:00 Quilting Club –CH 9:00 Woodcarving –SC#1 9:00 Recycled Cards –SC#2 11:30 Knitting –BH 12:00 Recipe Roundup –BH 1:00 D.D. Pinochle SC#2	<b>4.</b>
<b>5.</b>	<b>6.</b> 8:15 Senior Fit BH 9:00 Mr. Las Vegas trip 10:00 Line Dance -BH 12:00 Dup. Bridge –SC#2 1:00 Euchre -CH 5:30 Heartbeat CH	<b>7.</b> 9:00 Adaptive Yoga CH 10:00 Chair Massage CR 1:00 D.D. Pinochle –SC#2	<b>8.</b> 8:15 Senior Fit BH 9:00 Friends Meeting SC1 9:00 Chair Yoga CH 10:00 Knitting Group –SC#2 11:00 Tai Chi –CH 12:30 Mahjong –SC#1&2 4:30 Wire Weaving SC 1	<b>9.</b> 9:00 Self Defense Class BH 9:00 Hand & Foot CH 9:30 Financial Solutions –CR 10:00 Niagara Falls Orientation BH 12:00 Lunch-Pot Roast BH 12:30 Blood Pressure Screen BH 1:00 Bingo CH	<b>10.</b> 8:15 Senior Fit BH 9:00 Quilting Club –CH 9:00 Woodcarving –SC#1 11:30 Knitting –BH 12:00 Marathon Bridge –CH 1:00 D.D. Pinochle SC#2	<b>11.</b>
<b>12.</b>	<b>13.</b> 8:15 Senior Fit BH 10:00 Line Dance -BH 12:00 Dup. Bridge –SC#2 1:00 Euchre -CH 5:30 Heartbeat CH	<b>14.</b> 9:00 Adaptive Yoga CH 1:00 D.D. Pinochle –SC#2 2:00 Caregivers Support CH	<b>15.</b> 9:00 Chair Yoga CH 10:00 Knitting Group –SC#2 11:00 Tai Chi –CH 12:00 Thanksgiving Luncheon BH 4:30 Wire Weaving SC 1	<b>16.</b> 9:00 Hand & Foot CH 11:30 Sew Whats SC1 12:00 Lunch-soup & 1/2 sand- wich -BH 1:00 Bingo CH 1:30 Movie Churchill at Library	<b>17.</b> 8:15 Senior Fit BH 9:00 Quilting Club –CH 9:00 Woodcarving –SC#1 9:00 Recycled Cards –SC#2 11:30 Knitting –BH 1:00 D.D. Pinochle SC#2	<b>18.</b>
<b>19.</b>	<b>20.</b> 8:15 Senior Fit BH 9:00 Anyone Can Paint CH 10:00 Line Dance -BH 12:00 Dup. Bridge –SC#2 1:00 Euchre—CH 1:00 Ask the attorney CR	<b>21.</b> 10:00 Chair Massage CR 1:00 Pinochle -SC#2	<b>22.</b> 8:15 Senior Fit BH 10:00 Knitting Group SC#2 12:30 Mahjong –SC#1&2	<b>2</b> 		<b>25.</b>
<b>26.</b>	<b>27.</b> 8:15 Senior Fit BH 10:00 Line Dance -BH 12:00 Dup. Bridge –SC#2 1:00 Euchre—CH 5:30 Heartbeat BH	<b>28.</b> 9:00 Adaptive Yoga CH 11:00 Intro to Mindfulness CH 1:00 D.D. Pinochle –SC#2	<b>29.</b> 8:15 Senior Fit BH 9:00 Chair Yoga CH 9:00 Podiatrist CR 10:00 Knitting Group –SC#2 11:00 Tai Chi –CH 12:30 Mahjong –SC#1&2 2:00 Country Music CH 6:00 Dinner & Euchre BH	<b>30.</b> 9:00 Frankenmuth trip 9:00 Hand & Foot CH 10: Club Bookworm SC1 12:00 Lunch-Chicken Parmesan-BH 1:00 Bingo CH		