



January INDEPENDENCE TOWNSHIP SENIOR COMMUNITY CENTER

2019

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

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|------------|---|--|---|--|---|------------|
| | CODE: SC- SENIOR CENTER ROOM #1-CLOSE TO DECK ROOM #2-FRONT OF BUILDING | 1. CLOSED  | 2. 9:00 Chair Yoga CH 10:00 Knitting Group –SC#2 12:30 Mahjong SC1 &2 | 3 9:00 Hand & Foot CH 10:00 Chair Massage—SC 11:30 Sew Whats SC1 12:00 Lunch-BH 1:00 Bingo CH | 4 9:00 Quilting Club –CH 9:00 Woodcarving –SC#1 11:30 Knitting –BH 12:00 Recipe Roundup BH 1:00 D.D. Pinochle SC#2 | 5. |
| 6. | 7. 8:15 Senior Fit—BH 10:00 Line Dance -BH 11:00 Tai Chi –CH 12:00 Dup. Bridge –SC#2 1:00 Euchre -CH 5:30 Heartbeat CH | 8. 9:00 Adaptive Yoga CH 10:00 Chair Massage—SC 12:00 Dup Bridge—BH 1:00 D.D. Pinochle –SC#2 7:00 Wint grief group | 9. 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 | 10. 9:00 Hand & Foot CH 9:30 Financial Solutions –CR 12:00 Lunch 1:00 Blood pressure screen BH 1:00 Bingo CH | 11. 8:15 Senior Fit BH 9:00 Quilting Club –CH 9:00 Recycled Cards –SC#2 9:00 Woodcarving SC#1 11:30 Knitting –BH 12:00 Marathon Bridge –CH 1:00 D.D. Pinochle SC#2 | 12. |
| 13. | 14. 8:15 Senior Fit BH 10:00 Line Dance -BH 11:00 Tai Chi –CH 12:00 Dup. Bridge –SC#2 1:00 Euchre—CH 5:30 Heartbeat CH | 15. 9:00 Adaptive Yoga CH 10:00 Chair Massage-SC 12:00 Dup Bridge—BH 1:00 D.D. Pinochle –SC#2 | 16. 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 1:30 New to Medicare—BH 6:00 Dinner & Euchre BH | 17. 9:00 Hand & Foot CH 10:00 Chair Massage—SC 10:30 Coffee and Conversation 11:30 Sew What's SC1 12:00 Lunch 1:00 Bingo CH 1:30 Cell phone 101—iPhone | 18. 8:15 Senior Fit BH 9:00 Quilting Club –CH 9:00 Woodcarving –SC#1 11:30 Knitting –BH 1:00 D.D. Pinochle SC#2 | 19. |
| 20. | 21. CLOSED  | 22. 9:00 Adaptive Yoga CH 9:00 Anyone can Paint 12:00 Dup Bridge—BH 1:00 Pinochle -SC#2 1:30 PreDiabetes | 23. 8:15 Senior Fit BH 9:00 Chair Yoga CH 10:00 Knitting Group SC#2 12:30 Mahjong –SC#1&2 1:00 Intro Mindfulness CH | 24. 9:00 Hand & Foot CH 12:00 Lunch-BH 1:15 Happy Birthday Michigan—BH 1:00 Bingo CH | 25. 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 | 26. |
| 27. | 28. 8:15 Senior Fit BH 10:00 Line Dance -BH 11:00 Tai Chi –CH 12:00 Dup. Bridge –SC#2 1:00 Euchre -CH 1:00 Ask the Attorney—CR 5:30 Heartbeat CH | 29. 9:00 Adaptive Yoga CH 12:00 Dup Bridge—BH 1:00 Pinochle -SC#2 | 30. 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 2:00 Country Music CH | 31. 9:00 Hand & Foot CH 10:00 Club Bookworm SC 12:00 Lunch 1:00 Bingo CH 1:30 Cell phone 101—Android | CODE: BH > BARTCH HALL ROOM #1 > CLOSEST TO KITCHEN ROOM #2 > FURTHEST FROM KITCHEN | |