



SENIOR ACTIVITIES PITTSFIELD SENIOR CENTER

MONDAYS

- 8:00-9:00am Rise & Shine Exercise** Start your day off with a fun low impact class.
Tai Chi Beginner Class runs: 5/6 – 7/15 Must register in the office.
Sponsored by Washtenaw Community College
- 9:00-10:15am Creative Writers** If you enjoy writing, this is the group for you. They have weekly topics that they work on.
- 10:00-12:00pm Tai Chi Continuing** Class runs: 5/6 – 7/15 Must register in the office.
Sponsored by Washtenaw Community College
- 10:30-11:45m Chinese Mah Jong** Lessons and play for all levels
- 12:30-3:00pm Senior Cafe Lunch** Sign up 2 days prior. \$3 suggested donation.
- 11:45pm American Mah Jong** Lessons and play for all levels.
- 12:30-3:00pm Recorders**
- 2:00-4:00pm Line Dancing** Beginner level Instructor: Susanne Smith

Monthly

4th Monday - 10:30-11:30am Hearing Loss Education & Support Group

TUESDAYS

- 9:00-11:00am Computer Help** Instructor: Jack Spence By appointment, call the office to schedule.
- 9:30-12:00pm Line Dancing** Advanced Beginner/Easy Intermediate Instructor: Susanne Smith
- 10:00am Wii Bowling**
- 11:45pm Senior Cafe Lunch** Sign-up 2 days prior. \$3 suggested donation.
- 12:15-3:15pm Euchre**
- 12:30-3:30pm Bridge** Some experience required
- 3:00-4:30pm Acupuncture w/ Ron Hough**, Licensed Acupuncturist
\$20 per session payable to Ron
- 3:30-4:40pm Ball Fitness** Instructor: Mark Harris Free! Drop-in class
Class runs , 5/7-7/9 Sponsored by Washtenaw Community College

WEDNESDAYS

- 8:00-9:00am Rise & Shine Exercise** Start your day off with a fun low impact class. Following a DVD
- 9:30-11:30am Watercolor Painting & Art Works** Drop-in class
- 9:30-11:30am Ukulele** Join this fun group of beginners! Learn to play cords. Lead by Brooke Hookham
- 10:00am-1:30pm Reflexology w/Susan** By appt. Call Susan (734-417-4257) to schedule.
60 min.: \$45/Pittsfield Twp. Res. \$42; 30 min: \$25/ Pittsfield Twp. Res. \$22
- 12:30-2:00pm Mah Jong** Drop-in
- 1:00-3:00pm Cards:** Pinochle, Pepper & Canasta
- 2:00-4:00pm Men's Group**

Wednesday Monthly

- 1st Wed. - 10:30am - Book Club/Potluck** Call the office to get title of book for the month.
- 1st & 3rd Wed. - 2:30-4:00pm - Investment classes** Facilitated by: Jerry Mangona, Edward Jones.
- 2nd & 4th Wed. - 12:00pm - Potluck** Check newsletter for theme. Bring a dish to pass that serves eight people or more. \$2.00 suggested donation for entrée and supplies.
- 3rd Wed. - 12:00pm - Red Hat Ladies**, Check the bulletin board in bingo area for monthly activity.



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THURSDAYS

- 9:00-12:00pm** **Line Dancing** Intermediate Instructor: Susanne Smith
9:30-11:30am **Flower Arranging Group**
\$20 for the first week & \$10 thereafter. Bring a knife & flower clippers.
10:00am **Wii Bowling**
11:45pm **Senior Cafe Lunch** Sign up 2 days prior. \$3 suggested donation.
1:00-3:00pm **Bingo** - \$2.25 each week

FRIDAYS

- 8:00-9:00am** **Rise & Shine Exercise**, Low impact class, following a DVD
9:00-11:00am **Beading & More**, Bring any craft you are working on.
9:00-10:00am **Line Dancing** Basic Steps for New Beginners Instructor: Susanne Smith
10:00-11:30am **Line Dancing** Beginner level Instructor: Susanne Smith
12:30-3:00pm **Mah Jong** Drop-in
1:00-3:00pm **Knitting Group** Bring your project and supplies
2:30-3:30pm **Fitness for Seniors** Instructor: Mark Harris Free! Drop-in class
Class runs 5/10-7/19 Sponsored by Washtenaw Community College

Monthly

- 1st Friday - 10:00am-12:30pm - Freebee Friday**
1st Friday - 6:00-9:00pm - Card Party
1st Friday - 6:00-9:00pm - Line Dancing Party
3rd Friday 10:00am- Cooking Class Instructor: Mary Shefferly
Pre-registration required. Contact the office for details.