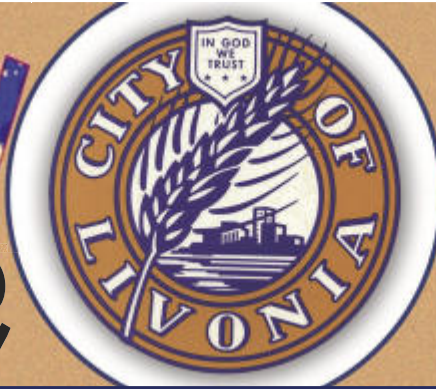


January 2022



Civic Park Senior Center

15218 Farmington Road

Livonia, MI 48154

(734) 466-2555

Monday-Friday 8:30 a.m. to 5 p.m.

**ALL PROGRAMS MUST END
BY 4:45 p.m.**

The Senior Bulletin

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NEW TO THE SENIOR CENTER?

We welcome all seniors ages 55+ to our center! If you are new, we ask that you fill out a registration form and turn into a staff member. Once we input your information into our computer system, you will get your Civic Park Senior Center membership card. This card is a small key fob that is to be scanned each time you visit the center. Once you scan in, a staff member will check you in to whichever activity you are attending. This helps us keep track of who is in our facility and how many participants are in each class/activity. Please be patient with us when checking in. It is a series of steps and sometimes it takes a few minutes. If you are a previous member of our senior center and already have your old key fob, it may not work due to our new computer system. Your old key fob will need to be synced and you will also need to fill out a new registration form. Thank you for your cooperation.

WINTER WEATHER AND SNOW CLOSING

In the event of a major snow/ice storm, if Livonia Public Schools are closed, the Civic Park Senior Center will be closed. Senior center programs, activities and nutrition services are CANCELED! Tune in to your local news or radio for closings. We are listed as "CIVIC PARK SENIOR CENTER," or call our information line at (734) 466-2552 for closing report.



HEALTH AND SAFETY "MASK REQUIREMENTS"

Jan. 3, 2022

Beginning on Monday, Jan. 3, and continuing through Jan. 22, all participants and staff of the Civic Park Senior Center will be required to wear a mask and temperature check, regardless of vaccine status. Thank you for your cooperation as we strive to keep everyone safe and healthy.

“THE ROCKERS”

First and Third Wednesday of each month 9 a.m. to noon

Come paint with “The Rockers” at the senior center. Please bring your own paint supplies (acrylic craft paint or acrylic pens work best), rocks and brushes. If a beginner, the group will help guide you with tips and techniques. No registration required, just bring your talents and supplies. (No class the first Wednesday of this month.)

ALZHEIMER’S SUPPORT GROUP

Thursday, Jan. 6, 10 a.m.

This is an open discussion for family, friends and loved ones of those living with Alzheimer’s or dementia related issues. No reservations are necessary. Refreshments will be supplied.

LIVONIA TRAVEL DAY

Friday, Jan. 7, 1:30 p.m.

Join the Livonia Travel Club and members of area travel businesses that offer group tours to Livonia senior citizens and the surrounding communities. Membership cost for Livonia Travel Club is \$3 for the calendar year. Just “drop-in” to the senior center and get ready to TRAVEL. The Livonia Travel Club is offering a few trips for the upcoming 2022 travel season. Please give Chris Abrams a call at (734) 422-7835 for more information and to sign up for the trips.

Upcoming Day and Extended Trips 2022

Ark Encounter and more	April 12-14	\$599
Lancaster, Pennsylvania	April 18-21	\$814
Cruising Kentucky	May 18-19	\$289
Kentucky Derby Experience	May 18-20	\$599



ASK THE LAWYER

First and Third Friday of each month 1:30-3 p.m.

The purpose of these legal clinics are to offer free, limited legal advice to residents of the State of Michigan on a first-come, first-serve basis. Legal volunteers cannot file court papers for you or appear in court on your behalf. They do not offer legal representation. Their manner of advocacy is direct assistance, legal advice and counsel, research and scholarship, education, media outreach, policy development and public programming. Attorneys may charge up to \$10 for performing each notarial act.

EXERCISE WITH MARSHA AND STRENGTH TRAINING WITH ROY CLASSES

During the Month of January

As a health and safety precaution, during the month of January, the senior center must limit the number of participants for “Marsha’s and Roy’s” exercise classes. We will be limiting access to the first 40 participants in each class. We are sorry for any inconvenience this may cause. Please be patient as we all work through this pandemic.

MARTIN LUTHER KING JR. DRIVE THROUGH LUNCH

Monday, Jan. 17, 11 a.m. to 1 p.m., \$3 per person

Staff will be making lunch! Menu: barbeque pulled pork sliders, coleslaw, chips and a cookie all wrapped up in a to-go container. Please register with payment in person at the Civic Park Senior Center, Kirksey Recreation Center or online at LivoniaParks.org. Registration begins Monday, Jan. 3.

DETROIT SYMPHONY ORCHESTRA

\$62.50 resident, \$67.50 non-residents per concert

Tickets are available for the DSO POPS "Concert Series" 2022! Coffee & Donuts will be served at the Senior Center beginning at 9 a.m. Departure will be from the Senior Center at 9:45 a.m. for a 10:45 a.m. concert. Price includes main floor seating, round-trip transportation, coffee and doughnuts, and a volunteer escort. Limited tickets may still be available. Contact the senior center or go online at LivoniaParks.org

Concert dates are as follows:

Feb. 11 "Troupe Vertigo: Cirque Carnival"

May 6 "Kings of Soul"

March 25 "The Best of Rogers and Hammerstein"

June 3 "Summer Blockbusters"

Please notify the staff at the time of registration whether or not you will need special seating and/or transportation accommodations. Please make checks payable to "City of Livonia" or pay by credit card. For more information, call (734) 466-2555. Per the DSO, masks must be worn and vaccination card or proof of a negative COVID test are required to attend.

LEARN THE ART OF STAINED GLASS

First and Third Monday of each month 9-11 a.m.

Would you like to explore the art of stained glass? The stained glass group will provide all materials, instruction and guidance to make your very own suncatcher. If your interested, guided instruction will be available to you on the first and third Monday of each month. Come learn a new skill! No registration necessary.

B-I-N-G-O

Mondays 12:30-2:30 p.m.

Play B-I-N-G-O Monday afternoons. Cards are three for \$1, six for \$2, or the maximum of nine cards for \$3. All prize money is returned during the games. Please bring your own markers, as we are still using paper throwaway bingo sheets. No reservations required!

Special thanks to our sponsors for providing a snack at half time!

BLOOD PRESSURE SCREENINGS

Offered three times a month

Stop by the senior center the second and third Thursday each month from 9:30-10:30 a.m. to have your blood pressure checked by a Registered Nurse from **Angela Hospice** and **Brightstar Home Care** or the last Tuesday of the month from 10-11 a.m. by a registered nurse from **Rite Choice Home Health Care**.

LEARN ACRYLIC LANDSCAPE PAINTING

Thursday, Jan. 27, 9:30 a.m.

\$21 Livonia residents, \$23 non-residents

Artist Steve Wood teaches his step-by-step methods for achieving successful painting. Classes are designed for beginning and intermediate levels. If you would like to bring a table top easel to make painting easier you can, but not required. Please register online at LivoniaParks.org or by stopping by the senior center. Make checks payable to "City of Livonia."

NATIONAL HOT COCOA DAY

Monday, Jan. 31, 11 a.m. to 1 p.m.

Our friends from Provision Living of Livonia will be curbside at the Civic Park Senior Center with hot cocoa and cookies to go! No registration is necessary. One serving per person please. While supplies last. Come warm up and shake off those winter blues!



MACKINAC ISLAND “GRAND EXPERIENCE” & “EXTENDED GRAND EXPERIENCE”

Mackinac Island featuring luxurious accommodations and meals at the Grand Hotel. The Civic Park Senior Center and mParks are offering two exciting trips to Mackinac Island and the Grand Hotel, “The Grand Experience” four days and three nights, and “The Extended Grand Experience” five days and four nights

The “Grand Experience” Tuesday-Friday, Sept. 27-30, 2022

The “Extended Grand Experience” is Monday-Friday, Oct. 17-21, 2022

Pricing will be announced in mid-January! Call for more details!



ALPHA BOOK CLUB

The Tattooist of Auschwitz

Charles “Chuck” Dardas is a philanthropic business owner who owns and operates the AlphaUSA Company in Livonia. He graciously donates his time and reading resources for a free book club for the seniors of the Civic Park Senior Center. To participate in the Alpha Book Club you must register by calling the senior center at (734)466-2555 and then stop by to pick up your book. Books will be distributed the week of Jan 10. This will fill up quickly! The book discussion will take place at the senior center. The date for the Book Club will be available when you pick up your books.

QUICK AND EASY WINTER SOUP

January is National Soup Month, and if you happen to live where winter is frosty, it’s the perfect time to prepare a bowl of hearty soup.

Soup is more than just a warming winter supper. The concoction of tasty broth, crunchy veggies and tender meat is known to fill you up quicker and keep you satisfied longer than many other items you’ll find in your pantry. Broth-based soups are great options for healthy meal starters, too, as most people will eat a significantly smaller portion of food when dinner is paired with soup!

Looking for a quick and nourishing dinner no matter the weather? Try these comforting recipes!

Tortellini Soup in 30 minutes or Less

- 1 extra-large can (about 49 oz) of low-sodium chicken broth*
- 1 9oz package refrigerated cheese (or your favorite filling) tortellini
- 1-4 Tbsp. tomato paste
- Salt/pepper

Bring the broth to a boil in a large saucepan. Add the tortellini and cook according to package directions. Add tomato paste and salt and pepper to taste.

Pair with a loaf of French bread and a green salad.



If you have a bit more time, try this variation:

In the sauce pan, add to the broth a carrot peeled and cut in half, a stalk of celery cut in 3 inch chunks, an onion cut in quarters, two or three garlic cloves, peeled, and a sprig each of thyme, rosemary, and basil, tied with cotton string. Bring to a simmer and cook for 10-15 minutes to meld flavors. Discard solids, bring the broth back to a boil and add the tomato paste and tortellini cooked according to the package directions.

Serves four

*If you’re watching your sodium, use half no sodium or salt free broth and half low sodium.

INCOME TAX ASSISTANCE

Beginning Tuesday, Feb. 1, certified AARP Tax Aide Volunteer Tax Preparers will be available to complete simple 2021 income tax returns for low to moderate-income clients. Once again, AARP volunteers return to servicing clients at the Livonia Senior Center. All services will be by appointment, only (see more below). Due to local COVID-19 restrictions, no walk-ins will be accepted. Tax assistance will be provided 9 a.m. to 2 p.m. Monday-Thursday, beginning Tuesday, Feb. 1. Clients should not arrive any earlier than 15 minutes before their scheduled appointment time.

As mentioned above, appointments are required. Beginning Jan. 25, appointments can be made by coming to the center on Tuesday or Wednesday of the week prior to when you would like to begin the tax return preparation process. When making the initial appointment, you will be given a packet that contains forms that must be completed and returned with you at your appointment. Appointment time slots will be assigned on a first-come, first-serve basis.

Once an appointment has been made, you will return the following week with all required documentation (see paragraph immediately below) to be screened and scanned into an IRS-secured system. A subsequent return date will be set for you to come back for completed tax returns.



Income Tax clients are required to bring the following pertinent information:

- Copies of 2020 Federal and State (Michigan only) Tax Returns
- Government-issued photo ID (for all taxpayers to be listed on return)
- Social Security cards for all names referenced on the return, including dependents
- Income documentation: W-2, 1099-MISC, 1099-NEC, 1099-R, 1099-B, 1099-INT, 1099-DIV, W-2G, Schedule K-1
- Medical expense documentation (if itemizing deductions): Proof of 2021 paid premiums, out-of-pocket medical receipts.
- Property Tax bills: Those issued and/or paid in 2021
- Amount of Rent paid (have Landlord name and address available)
- Proof of 2021 Home Heating costs (gas or electric): Reference your November or December 2021 utility bills
- Provide your name and contact information (phone number and/or email address)

IMPORTANT: All taxpayers referenced on a return, should be present. Those not present, must have legal representation documentation (Power of Attorney, Guardianship) presented to the tax preparer, on their behalf. No children will be allowed at appointments.

All dates are tentative, subject to any changing COVID-19 restrictions. All tax assistance processes have been designed in accordance with guidelines set by the CDC, the State of Michigan, Wayne County, and the City of Livonia. As guidelines change, so may our procedures to protect the health of the people we serve and of our volunteers.

A colorful banner with the words "HAPPY NEW YEAR" in a playful, multi-colored font. The letters are in various colors (red, green, blue, purple) and are decorated with small stars and patterns. The banner is strung across the width of the page.

FITNESS CLASSES WITH MARSHA HEADS

These exercise classes remain a drop-in, however, a punch card **MUST** be purchased to attend ANY of Marsha's three classes. Punch cards are available at the Civic Park Senior Center or at the Kirksey Recreation Center. Punch cards are \$10 for 10 classes for Livonia residents and \$20 for 10 classes for a non-resident.

FLOOR EXERCISE

Tuesday and Friday 9 a.m.

Bring your mat and comfortable clothes and get ready to work out. Marsha will thoroughly explain the exercise and which muscle group you are working during the complete movement.

CHAIR EXERCISE

Tuesday and Friday 11 a.m.

Join Marsha Heads for Chair Exercise Classes. Just because you are sitting in a chair, do not think you will get an easy workout! She's one tough cookie!

ARTHRITIS EXERCISE CLASS

Tuesday and Wednesday 1 p.m.

Exercise is one part of a comprehensive arthritis treatment plan. Marsha has been trained by the Arthritis Foundation in the types of exercise that is most suitable for persons experiencing arthritis. Come and experience this "exercise class!"

FREE SENIOR FITNESS CLASSES

Free classes are drop-in classes for those seniors 62+ years of age and Livonia residents ONLY. No registration required, however class size is limited.

ZUMBA GOLD WITH TRISH

Monday 3:15 p.m.

Latin-inspired dance fitness incorporating Latin/international music and dance moves. The cardio-based dance moves are easy to follow and fun. Come and enjoy the party!

LINE DANCE FITNESS WITH KAREN

Tuesday 12:30 p.m.

Low key, non-country dance class. Learn one or two Top 40 or disco line dances per week. This is not a formal instruction, so be prepared to get silly and have some good old fun. All ability levels welcome. Some dances will be faster than others.

YOGA WITH SANDY

Wednesday 9:30 a.m.

This class is gentle flow yoga, emphasizing classical yoga posture. The participant moves with flow to develop focus, strength and flexibility. All levels of fitness are welcome.

STRENGTH TRAINING WITH ROY

Friday 1 p.m.

Activity within the class will be centered around the needs of the active older adult. Learn specific exercises that will decrease the risk of falling and improve your overall stability. The class will focus on upper and lower body strength training. All levels of fitness welcome. Please note: **No class the first Friday of each month.**

SENIOR FITNESS WINTER I SESSIONS

Classes begin the week of Jan. 3

For these fitness classes, please register in person at the Civic Park Senior Center, Kirksey Recreation Center or by going online at LivoniaParks.org. These classes are for seven weeks for seniors 55+ years of age and no residency restrictions. Cost is \$14 for Livonia resident and \$21 for non-resident. If you prefer a variety of workouts or your schedule varies weekly, we have a "drop-in" punch card for five class visits: \$10 Livonia resident and \$15 for non-resident.

YOGA WITH SANDY

Tuesday 1:30 p.m.

These classes are gentle flow yoga, emphasizing classical yoga posture. The participant moves with flow to develop focus, strength and flexibility. All levels of fitness are welcome.

STRENGTH TRAINING WITH ROY

Wednesday 8:45 a.m.

Activity within the class will be centered around the needs of the active older adult. Learn specific exercises that will decrease the risk of falling and improve your overall stability. The class will focus on upper and lower body strength training. All levels of fitness welcome.

YOGA WITH SANDY

Wednesday 10:45 a.m.

These classes are gentle flow yoga, emphasizing classical yoga posture. The participant moves with flow to develop focus, strength and flexibility. All levels of fitness are welcome.

ZUMBA GOLD WITH TRISH

Wednesday 2:30 p.m.

Latin-inspired dance fitness incorporating Latin/international music and dance moves. The cardio-based dance moves are easy to follow and fun. Come and enjoy the party!

LINE DANCE FITNESS WITH KAREN

Thursday 12:30 p.m.

Low key, non-country dance class. Learn one or two Top 40 or disco line dances per week. This is not a formal instruction, so be prepared to get silly and have some good old fun. All ability levels welcome. Some dances will be faster than others.

YOGA AND MEDITATION WITH AMY

Friday 11 a.m.

This class will begin with classic yoga postures, then transition into relaxing guided meditation. Relax with affirmations, meditation, visualizations and breathe work. This class is 75 minutes long.

SILVERSNEAKERS MEMBERSHIPS

Jack E. Kirksey Recreation Center offers SilverSneakers matinee memberships! For more information, please visit LivoniaParks.org or call (734) 466-2900.



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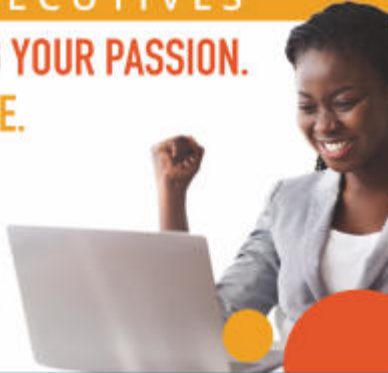
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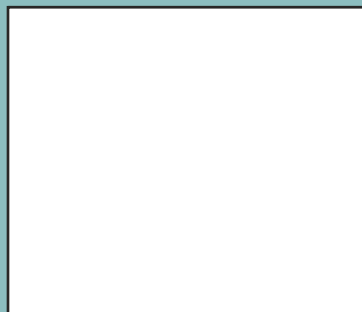
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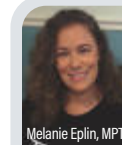


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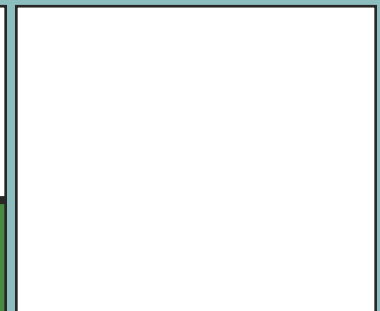
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SENIOR SHOPPING TRANSPORTATION

Livonia Transit will provide curb-to-curb rides for residents of Livonia, 62 years of age and older within the city on a donation basis. Rides are available to places such as Meijer, Walmart, Kroger, and some banks Monday through Friday. Buses leave the senior center at 8:30 a.m. Please be ready when the bus arrives.

TRANSPORTATION TO THE SENIOR CENTER

The senior center is re-opening with limited activities and transportation is available for those activities. If you need a ride to the Senior Center, call (734) 466-2700.

MEDICAL TRANSPORTATION

We provide medical transportation for residents of Livonia ages 62 and older. The **Doctor Van** runs Monday through Friday from 9 a.m. to 2:30 p.m. on a donation basis. *When scheduling with your doctor, please make sure your appointment is finished by 2:30 p.m. to enable us to get you home.* There is a maximum of two rides per week. Our vehicles do not provide transportation to or from nursing homes or assisted living facilities.

We do not transport for medical emergencies.

DISABLED AND SENIOR TRANSPORTATION

Livonia Transit will provide door to door service on an individual basis for seniors ages 60 and older, or disabled residents ages 18 and older. Disabled passengers new to Livonia Transit, must have a completed ADA application of file before service can begin.

Transportation is available to anywhere in Livonia you wish to go. The charge for this service is \$2 each way. We will go within one mile out of Livonia for medical appointments only. **All vehicles are wheelchair accessible.**

Call (734) 466-2700 for details or reservations.

Please note: Masks must be worn on all transportation buses per the FTA (Federal Transportation Administration). Thank you for your cooperation.

VEST POCKET LIBRARY

Mon, Wed, Fri 11 a.m. to 2 p.m.; Tue, Thu 9:30 a.m. to 12:30 p.m.

The Vest Pocket library inside the senior center has computers, large print books, paperback books, and DVD's available to check out.

POOL ROOM

Looking to shoot pool with your friends? Our senior center has two pool tables available. Stop by an office service window and leave a photo I.D. to pick up the pool balls. Once balls are returned, so will your I.D.

“FREE COUNTER” CLOSED AT THIS TIME

The Civic Park Senior Center has always had a “free” take counter, where seniors could drop off small items and if anyone wanted it, they took it. One person’s trash is another person’s treasure! We will keep this counter closed for the time being, so please do not bring any trash or treasures at this time. Thank you for your cooperation!





National Puppy Day

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 LABRADOODLE
 AFGHAN
 BEAGLE
 MASTIFF
 WHPPET

POMERANIAN
 POODLE
 DOBERMANN
 CHOW
 BOXER
 PAPILLON
 COCKAPOO
 BLOODHOUND
 MUTT
 PULI

LABRADOR
 BULLDOG
 ROTTWEILIER
 COLLIE
 GREYHOUND
 DALMATIAN
 AIREDALE
 CHIHUAHUA
 NEWFOUNDLAND

RETRIEVER
 TERRIER
 DACHSHUND
 BERNESE
 SCHNAUZER
 PEKINGESE
 MALAMUTE
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 POINTER





FIVE COLD WEATHER HACKS FOR WINTER DRIVING

As drivers bundle up to take on Old Man Winter this season, having a few tricks up your sleeve can be a big help in keeping your cool on the road. Here are five hacks for battling the elements and staying safe on the roads.

Got stuck? Snow problem!

Hazardous winter weather requires that drivers take additional precautions. According to the latest Hankook Tire Gauge Index, 72% of drivers indicated they would not want to drive in icy conditions. Further, 84% of Americans recognize the dangers of black ice, the most dangerous weather condition for driving.

If you find yourself stuck in the snow and ice, apply a bag of cat litter or sand under your wheels to provide much-needed traction to get out of a snowy situation. As an added bonus, the additional weight over the rear axle (especially for trucks and rear-wheel-drive cars) will further add traction. Floor mats can also come in handy. Place them under your tires in the direction you're looking to travel. The mats create a mini runway of traction for your vehicle.

Here comes the sun

When the snow starts to pile on the driveway, nearly a quarter of Americans (24%) rely on someone else to dig their vehicles out of the snow, according to the Gauge Index. In fact, 18% simply wait for the snow to melt! To help with the backbreaking chore, park your vehicle overnight facing east. The rising sun can help melt the snow before you even get out of bed.

Raid the pantry

By using some items commonly found in your pantry, you can make your morning routines that much easier. For example, fit resealable freezer bags over your side-view mirrors to help prevent ice from forming. Other household items like cooking spray can also help melt ice. Spray it on your mirrors, let it sit for a few minutes, then wipe off the ice. You also can apply the spray to the rubber seals of your door on particularly cold nights. This will help keep your door from freezing shut or damaging the rubber seals if you force open the door.

Right tools for the job

When the going gets rough, it's important to make sure your car is well equipped for the conditions you're driving in. As temperatures drop, so can your tire pressure, decreasing about one PSI for every 10-degree drop in temperature. If your car was built after 2000, you likely have a Tire Pressure Monitor System that will alert you when pressure drops below the manufacturer's recommended levels for your vehicle. It's also important to be able to identify the TPMS symbol, as the Hankook Gauge Index found that 1 in 3 (35%) Americans do not know what the warning symbol means.

With 13% of drivers unsure of what category tire is on their car, understanding the difference in how a snow tire performs in relation to its summer and all-season relatives can go a long way in terms of safety and performance. For enhanced traction in low-grip situations, tire chains can be very useful, but as indicated in the Gauge Index, 65% of drivers are unsure how to install them. Be sure to practice once or twice at home before venturing out on wintry roads. And when you have chains on your tires, drive slowly — generally no more than 30 mph.

Always carry a spare ... pair of socks!

Packing emergency clothes in your trunk is always a great idea should you find yourself stranded and in need of extra warmth. Interestingly, your socks may be your most versatile piece of clothing, and drivers can benefit from carrying an extra pair in the glove compartment. When expecting snow, simply lift your windshield wipers off the glass and place a sock over each blade to help keep snow off the blades and ice from forming. Additionally, when socks are put over your shoes (yes, that's right) they can provide an added level of traction when walking on ice.

Hopefully, some of these tricks can help if you find yourself locked in a battle with the elements this season.

SENIOR CITIZENS CENTER LUNCH PROGRAM

Congregate meal nutrition sites are currently closed and will remain closed until further notice.

Meal Pick-Up

Frozen meal packs are distributed each Monday between the hours of 10 a.m. and noon to seniors ages 60 and older. Congregate meal participants will drive to the Livonia Civic Park Senior Center, 15218 Farmington Road in Livonia, for pick-up.

To reserve a frozen meal pack, please call (734) 466-2691 to leave a message. Upon arrival at the distribution site, a Congregate Meal Participant form must be completed and you will be asked if you wish to reserve a frozen meal pack for the following week.

Meal Delivery

Frozen meals will be delivered on Mondays and Thursdays each week. Monday meals consist of three frozen meals (for Monday, Tuesday and Wednesday) and Thursday meals consist of two frozen with fresh fruit and milk (for Thursday and Friday). Everyone receives the same meal. The shelf stable food boxes have been discontinued. If you would like to register to receive home delivered meals, please call (734) 326-5202 and select option one.

SERVICES AND OUTSIDE RESOURCES

Wayne County Home Delivered Meals — Homebound seniors, ages 60 and older, may be eligible to receive home delivered meals. The suggested donation for meals is \$3 per meal. Please call (734) 326-5202 and select option one.

Wayne County Liquid Meals — Liquid nutrition is available to seniors ages 60 and older who are unable to ingest solid food due to a debilitating disease or condition. For more information, please call (734) 326-5202 and select option two.

Focus Hope — Monthly food distribution to low-income Livonia residents, ages 60 and older. For more information, please call (734) 466-2557.

Gleaners Food Bank — For more information, please call (866) 453-2637 or visit www.gcf.org

Your Senior Center Staff

Program Supervisor:

Karl W. Peters

(734) 466-2556

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Recreation Supervisor:

Carrie Jo Soroka

(734) 466-2557

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Senior Center Clerk: Kim Schendel

(734) 466-2553

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The Senior Alliance (TSA) — The Senior Alliance (TSA) is a private, non-profit agency established in 1980. The TSA was designated by the Michigan Commission on Services to the Aging to operate as the Area Agency on Aging for the 34 suburban communities in Southern and Western Wayne County. For more information, call (800) 815-1112 or visit TheSeniorAlliance.org.



JANUARY CALENDAR 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Activities (Unless noted below)				
8:30 Table Tennis 9:00 Stained Glass 9:00 Knitting & Crocheting 9:30 Mahjong Beginners 9:30 Contemporary Issues 9:30 Men's Euchre 10:00 Backgammon 12:00 Double Pinochle 12:30 Bridge (Party) 12:30 Mahjong 12:30 Bingo 1:00 Pinochle 1:00 Quilting 3:15 Zumba Gold	9:00 Floor Exercise 11:00 Chair Exercise 11:00 Wayne Ford Assembly Euchre 12:30 Dupl. Bridge 12:30 Line Dance Fitness 12:30 Card Games/Variety 1:00 Cribbage 1:00 Arthritis Exercise 1:30 Yoga W/Sandy 2:00 Seniors over Sixty	8:45 Strength Training 9:00 Knitting & Crocheting 9:30 Yoga W/Sandy 10:00 Table Tennis 10:45 Yoga w/Sandy 11:00 Hand, Foot & Dice 12:30 Mahjong 2:00 Scrabble 1:00 Pinochle 1:00 Arthritis Exercise 1:00 Chess 2:30 Zumba Gold	8:30 Table Tennis 9:00 Woodcarvers 9:30 Men's Euchre 10:00 Backgammon 12:00 Double Pinochle 12:30 Euchre 12:30 Beg. Pinochle 12:30 Line Dance Fitness 12:30 Mahjong	9:00 Floor Exercise 9:30 Scrapbooking 9:30 African American Quilters 11:00 Chair Exercise 11:00 Yoga & Meditation 12:30 Pinochle 12:30 Euchre 1:00 Strength Training
				
3	4	5	6	7
	<p>NO FLOOR EXERCISE NO CHAIR EXERCISE NO ARTHRITIS EXERCISE</p>	9:00 "The Rockers"	10:00 Alzheimer Support	1:30 Travel Club 1:30 Ask the Lawyer NO STRENGTH TRAINING
10	11	12	13	14
			9:30 Blood Pressure Screening - Angela Hospice	1:00 Present Moment Meditation with Kathy - \$5.00 Res/\$6.00 Non-Res.
17	18	19	20	21
11:00 MLK Drive-Thru Lunch - \$3.00 - Advance Reg. 1:00 NARFE - Zoom Meeting		9:00 "The Rockers"	<p>PENGUIN AWARENESS DAY 9:30 Blood Pressure Screening - Brightstar Home Care</p> 	1:30 Ask the Lawyer
24	25	26	27	28
			9:30 Acrylic Landscape Painting	
31				
11:00 National Cocoa Day				

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