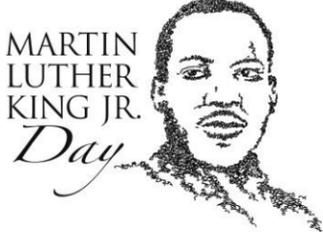


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4 Registration Day Reflexology by Appt. 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Scrabble 9:30 a.m. Hand & Foot 10:00 a.m. Cribbage 10:30 a.m. Birthday Celebration 11:00 a.m. Arthritis Exercise 1:00 p.m. Sit-n-Stitch 1:15 p.m. Table Tennis <i>Dining Senior Style</i> "Hail, Caesar!" Movie at the Sterling Heights Library - 10:00 a.m.	5 Minibus by Appt. 9:00 a.m. Table Tennis 9:30 a.m. Bridge 9:30 a.m. Calorie Conscious 9:30 a.m. Mah-Jongg 9:30 a.m. Stained Glass 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 11:00 a.m. Snippety Quilters 12:45 p.m. Line Dance	6 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Table Tennis 9:30 a.m. Bridge 11:00 a.m. Zumba Gold Bunco 10:00 a.m.
		9 Grocery Shopping 9:00 a.m. Table Tennis 9:30 a.m. Bowling 9:30 a.m. Bridge 9:30 a.m. Model Builders 11:00 a.m. Arthritis Exercise 12:00 p.m. Woodcarving 1:00 p.m. Open Music 6:30 p.m. Resistance Training 7:45 p.m. Low Impact	10 Minibus by Appt. 9:00 a.m. Table Tennis 9:30 a.m. Bridge 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 12:45 p.m. Line Dance 2:00 p.m. Facebook Fundamentals 2:00 p.m. Painting Workshop Bingo 10:00 a.m.	11 Reflexology by Appt. 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Scrabble 9:15 a.m. Blood Pressure 9:30 a.m. Hand & Foot 9:30 a.m. Music Appreciation 10:00 a.m. Cribbage 11:00 a.m. "The 411 on Vaccinations" presentation 11:00 a.m. Arthritis Exercise 1:00 p.m. Sit-n-Stitch 1:15 p.m. Table Tennis 6:30 p.m. Resistance Training 7:45 p.m. Low Impact <i>Dining Senior Style</i>
16 9:30 a.m. Bowling Senior Activity Center & Senior Active Life Center closed for 	17 Minibus by Appt. 9:00 a.m. Pinochle 9:00 a.m. Table Tennis 9:00 a.m. Up & Down the River 9:30 a.m. Bridge 9:30 a.m. Painting Workshop 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 11:00 a.m. Made In Detroit 12:45 p.m. Line Dance	18 Reflexology and Medicare Counseling by Appt. 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Scrabble 9:30 a.m. Hand & Foot 10:00 a.m. Book Club 10:00 a.m. Cribbage 11:00 a.m. Arthritis Exercise 12:30 p.m. Zentangle 1:00 p.m. Sit-n-Stitch 1:15 p.m. Table Tennis 1:30 p.m. Journey Through Grief 6:30 p.m. Resistance Training 7:45 p.m. Low Impact <i>Dining Senior Style</i>	19 Minibus & Podiatrist by Appt. 9:00 a.m. Table Tennis 9:30 a.m. Bridge 9:30 a.m. Calorie Conscious 9:30 a.m. Mah-Jongg 9:30 a.m. Stained Glass 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 11:00 a.m. Snippety Quilters 12:45 p.m. Line Dance North American International Auto Show 9:30 a.m.	20 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Table Tennis 9:30 a.m. Bridge 9:30 a.m. Resistance Training 11:00 a.m. Zumba Gold Euchre & Pinochle Card Party 10:00 a.m. Purchase tickets by 1/18
23 Grocery Shopping 9:00 a.m. Pool Tournament 9:00 a.m. Table Tennis 9:30 a.m. Bowling 9:30 a.m. Bridge 9:30 a.m. Model Builders 11:00 a.m. Arthritis Exercise 12:00 p.m. Woodcarving 1:00 p.m. Open Music 6:30 p.m. Resistance Training 7:45 p.m. Low Impact	24 Minibus by Appt. 9:00 a.m. Pinochle 9:00 a.m. Table Tennis 9:00 a.m. Up & Down the River 9:30 a.m. Bridge 9:30 a.m. Painting Workshop 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 12:45 p.m. Line Dance	25 Reflexology and Veterans Benefit Outreach by Appt. 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Scrabble 9:30 a.m. Hand & Foot 10:00 a.m. Cribbage 11:00 a.m. Arthritis Exercise 1:00 p.m. Sit-n-Stitch 1:15 p.m. Table Tennis 1:30 p.m. Journey Through Grief 6:30 p.m. Resistance Training 7:45 p.m. Low Impact <i>Dining Senior Style</i> Murder Mystery Dinner Train 9:00 a.m.	26 Minibus & Podiatrist by Appt. 9:00 a.m. Table Tennis 9:30 a.m. Bridge 9:30 a.m. Calorie Conscious 9:30 a.m. Mah-Jongg 9:30 a.m. Stained Glass 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 12:45 p.m. Line Dance Lunch Bunch: "P.F. Chang's" 11:15 a.m.	27 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Table Tennis 9:30 a.m. Bridge 9:30 a.m. Resistance Training 11:00 a.m. Zumba Gold
30 Grocery Shopping 9:00 a.m. Table Tennis 9:30 a.m. Bowling 9:30 a.m. Bridge 9:30 a.m. Model Builders 11:00 a.m. Arthritis Exercise 12:00 p.m. Woodcarving 1:00 p.m. Open Music 6:30 p.m. Resistance Training 7:45 p.m. Low Impact	31 Minibus by Appt. 9:00 a.m. Pinochle 9:00 a.m. Table Tennis 9:00 a.m. Up & Down the River 9:30 a.m. Bridge 9:30 a.m. Painting Workshop 9:30 a.m. Tai Chi – Beginner 10:45 a.m. Tai Chi – Intermediate 12:45 p.m. Line Dance	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;">Sterling Heights Senior Activity Center Inclement Weather Guidelines</p> <p>If Utica Community Schools or Warren Consolidated Schools are closed due to inclement weather, the Senior Activity Center programs and transportation will be canceled. The Cancellation hotline, (586) 446-2693, is also available for patrons to call anytime to find out if classes or transportation will be running.</p> </div>		



Sterling Heights Senior Center Registration Guidelines for January 2017

- Resident registration begins the first Wednesday of the month at the Center starting at 9:30 a.m. (numbers given out at 9:00 a.m.). Online registration for Residents starts at Noon.
- Non-resident registration begins the next day (Thursday) at the Center at 9:30 a.m. and online starting at Noon.

Bus Reservation Line: (586) 446-2757

Monday thru Friday: 9:00 a.m. – 11:30 a.m. & 1:00 p.m. – 2:30 p.m.