

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>February</h1>		<b>1 Registration Day</b> 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 <b>11:30 a.m. Sack Lunch Serenade with the Michigan Opera Theatre</b> 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 6:30 p.m. Square Dance 7:45 p.m. Low Impact  <b>"Selma" Movie at the Sterling Heights Library - 10:00 a.m.</b>  <b>Dining Senior Style</b>	<b>2</b> Minibus by Appt. 9:00 a.m. AARP Tax Aid by Appt. 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. Snippet Quilters 12:45 p.m. Line Dance  <b>Disney's The Lion King at the Detroit Opera House 11:00 a.m.</b>	<b>3</b> 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  <b>Bunco 10:00 a.m.</b>
	<b>6</b> 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. Matter of Balance 1:00 p.m. Open Music 6:30 p.m. Resistance Training 7:45 p.m. Low Impact  <b>Motor City Casino 8:30 a.m.</b>	<b>7</b> 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 2:00 p.m. Geek Time	<b>8</b> Reflexology by Appt. 9:00 a.m. Get Together 9:00 a.m. Euchre 9:00 a.m. Scrabble <b>9:15 a.m. Blood Pressure</b> 9:30 a.m. Hand & Foot 9:30 a.m. Music Appreciation 10:00 a.m. Cribbage 11:00 a.m. Arthritis Exercise <b>11:00 a.m. Health Talk: Atrial Fibrillation and Your Stroke Risk</b> 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 6:30 p.m. Square Dance 7:45 p.m. Low Impact  <b>Dining Senior Style</b>	<b>9</b> Minibus & Podiatrist by Appt. 9:00 a.m. AARP Tax Aid by Appt. 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  <b>Wal-Mart</b>
<b>13</b> 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 1:00 p.m. Matter of Balance 6:30 p.m. Resistance Training 7:45 p.m. Low Impact	<b>14</b> 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. Painting Workshop  <b>Bingo 10:00 a.m.</b>	<b>15</b> 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. Cribbage <b>10:00 a.m. Dementia Conversations</b> 11:00 a.m. Arthritis Exercise 10:00 a.m. Book Club 1:00 p.m. Sit-n-Stitch 1:30 p.m. Journey Through Grief 6:30 p.m. Resistance Training 6:30 p.m. Square Dance 7:45 p.m. Low Impact  <b>Dining Senior Style</b>	<b>16</b> Minibus & Podiatrist by Appt. 9:00 a.m. AARP Tax Aid by Appt. 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. Snippet Quilters 12:45 p.m. Line Dance  <b>Lunch Bunch: "Filippa's" 11:15 a.m.</b>	<b>17</b> 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  <b>Euchre &amp; Pinochle Card Party 10:00 a.m. Purchase tickets by 2/15</b>
<b>20</b>  <b>Senior Activity Center &amp; Senior Active Life Center closed during the day for Presidents' Day (The Walking Track and Gym will be OPEN from 4:45 p.m. – 9:00 p.m.)</b> 9:30 a.m. Bowling 6:30 p.m. Resistance Training 7:45 p.m. Low Impact	<b>21</b> 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. Tai Chi – Beginner 9:30 a.m. Painting Workshop 10:45 a.m. Tai Chi – Intermediate 12:45 p.m. Line Dance 1:00 p.m. Grandparent / Grandchild Zentangle <b>1:00 p.m. Production Party</b>	<b>22</b> 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 6:30 p.m. Square Dance 7:45 p.m. Low Impact  <b>Dining Senior Style</b>  <b>Historic Churches of Detroit Tour 9:00 a.m.</b>	<b>23</b> Minibus & Podiatrist by Appt. 9:00 a.m. AARP Tax Aid by Appt. 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 <b>2:00 p.m. Helping Hands for Heroes</b>	<b>24</b> 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
<b>27</b> 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. Matter of Balance 1:00 p.m. Open Music 6:30 p.m. Resistance Training 7:45 p.m. Low Impact	<b>28</b> 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	<b>March 1 Registration Day</b> 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  <b>Dining Senior Style</b>  <b>Gym closes at 4:15 p.m.</b>	<b>Sterling Heights Senior Center Registration Guidelines Starting February 2017</b> <ul style="list-style-type: none"> <li>Resident registration begins the first Wednesday of the month at the Center starting at 9:00 a.m. (numbers given out at 9:00 a.m.). Online registration for Residents starts at Noon.</li> <li>Non-resident registration begins the next day (Thursday) at the Center at 9:00 a.m. and online starting at Noon.</li> </ul>	