

1222 Starr Rd, Spring Arbor, MI  
 517-750-1010  
 M-F, Meal at noon

# Spring Arbor Senior Center--The Gathering Place

## OCTOBER 2017



Su	Mon	Tue	Wed	Thu	Fri	Sa
1 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	2 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	3 10-11 Yoga	4 <b>BirthDay Party today</b> 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	5 10:30-11:15 Line Dance/ Advanced Beginner	6 10:15-11:15 <u>Fit After 50</u> 11:15-11:45 Nutrition Education: Dementia	7
8 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 12:00 Ice Cream Sundaes with lunch	9 10-11 Yoga	10 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	11 1-2 Advisory Board	12 10:30-11:15 Line Dance/ Advanced Beginner	13 10:15-11:15 <u>Fit After 50</u> 10-12 Acrylic Painting	14
15 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	16 10-11 Yoga 10-12pm Hand-stamped Cards w/Norma	17 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	18 <b>Game Day: 11:30-1:45</b> Table games & cards before and after lunch	19 10:30-11:15 Line Dance/ Advanced Beginner	20 <b>All sites closed</b> Volunteer Recognition Dinner @ Crouch Center 10:45-1pm	21
22 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	23 10-11 Yoga	24 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	25 12:45-1:45 Penny Bingo	26 10:30-11:15 Line Dance/ Advanced Beginner	27 10:15-11:15 <u>Fit After 50</u> 10-12 Acrylic Painting	28
29 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	30 10-11 Yoga	31				