



Chesterfield Senior Center

(586) 949-0400 ext. 4

parks.chesterfieldtwp.org

AUGUST 2022

Kitchen Access Restricted from 9AM-12:30PM on Meal Program Days. Coffee will be available via counter service.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Registration required for all programs. parks.chesterfieldtwp.org Monday-Friday, 8AM-4:30PM	1 10:00 Member Led Aerobics 11:30 CSG Meeting 1:00 Mexican Fiesta No Meal Program	2 Election Day Senior Center Closed	3 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$	4 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:00 Grief Support Group (SA) 11:30 Meal Program \$ 11:30 Variety Card Games 12:00 Pinochle Instruction 12:30 Euchre 1:00 Pinochle	5 8:45 Cardio Drumming \$ 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 Billiards 1:00 Mexican Train Dominoes 2:00 Dice Games 2:00 Brain Boosters	6
7	8 10:00 Member Led Aerobics 11:30 Meal Program 1:00 Spa Day - Sponsored by Oak Street Health	9 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 11:00 Cell Phone Help 12:30 Poker 1:00 Blood Pressure Checks 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	10 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$ 2:30 Mary's Crafty Creations \$	11 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:30 Meal Program \$ 11:30 Variety Card Games 12:00 Pinochle Instruction 12:30 Euchre 1:00 Pinochle	12 8:45 Cardio Drumming\$ 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 Billiards 1:00 Mexican Train Dominoes 2:00 Dice Games 2:00 Brain Boosters	13
14	15 10:00 Member Led Aerobics 11:30 CSG Meeting (Birthdays)	16 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	17 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program 12:00 Walk With Us 12:30 Line Dancing \$ 2:30 On The Gogh Painting \$	18 8:45 Chair Yoga \$ 11:00 Grief Support Group (SA) 11:45 Lighthouse Bus Trip \$ 10:00 Member Led Aerobics 11:30 Meal Program \$ 11:30 Variety Card Games 12:00 Pinochle Instruction 12:30 Euchre 1:00 Pinochle	19 8:45 Cardio Drumming\$ 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 Billiards 1:00 Mexican train Dominoes 2:00 Dice Games 2:00 Brain Boosters	20
21	22 10:00 Member Led Aerobics 11:30 Meal Program 2:00 Joann's No Bake Desserts \$	23 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	24 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$ 2:30 Bingo and Pizza Provided by Story Point \$	25 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:00 Grief Support Group (SA) 11:30 Meal Program \$ 11:30 Variety Card Games 12:00 Pinochle Instruction 12:30 Euchre 1:00 Pinochle 6:00 Senior Prom VEH - Partnered with	26 8:45 Cardio Drumming\$ 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 Billiards 1:00 Mexican Train Dominoes 2:00 Dice Games 2:00 Brain Boosters	27
28 Revised 4/25/22	29 10:00 Member Led Aerobics 11:30 Meal Program	30 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	31 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$			29