






Chesterfield Senior Center

(586) 949-0400 ext. 4

parks.chesterfieldtwp.org

FEBRUARY 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	
<p>REGISTRATION REQUIRED FOR ALL PROGRAMS & BEGINS</p> <p>DECEMBER 20</p> <p>parks.chesterfieldtwp.org Monday-Friday, 8AM-4:30PM</p>		<p>1 8:00-11:00: SENIOR CENTER CLOSED 11:30 Meal Program \$ 1:00 Blood Pressure Checks 1:00 Bridge/Poker/Mahjong 1:00 Woodcarvers/Billiards No Chair Yoga, No Aerobics Fitness, No Cardio Video Fitness</p>	<p>2 10:00 Motor City Cabaret 2:30 Super Bowl BINGO\$ 6:00 Cardio Drumming\$ No Meal Program, No Dance Fitness, No Cardio Video Fitness</p>	<p>3 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:30 Meal Program \$ 11:30 Variety Card Games 12:30 Euchre 1:00 Pinochle</p>	<p>4 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</p>	5	
6	<p>7 12-4 Valentine's Party \$ Sponsored by CSG Group No Meal Program, No Member-Led Aerobics</p>	<p>8 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 1:00 Bridge/Poker/Mahjong 1:00 Woodcarvers/Billiards</p>	<p>9 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 Prestige Commons: Crepe Station 6:00 Cardio Drumming\$</p>	<p>10 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:00 Grief Support (SA) 11:30 Meal Program \$ 11:30 Variety Card Games 12:30 Euchre 1:00 Pinochle</p>	<p>11 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 2:00 Sr. Singles Mingle\$ No Billiards, No Mexican Train, No Dice Games, No Brain Boosters</p>	<p>12</p> 	
<p>13</p> 	<p>14 10:00 Member Led Aerobics 11:30 CSG Mtg (Birthdays) No Meal Program</p>	<p>15 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 1:00 Bridge/Poker/Mahjong 1:00 Woodcarvers/Billiards</p>	<p>16 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 On With Life (MM) 6:00 Cardio Drumming\$</p>	<p>17 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:30 Meal Program \$ 11:30 Variety Card Games 12:30 Euchre 1:00 Pinochle Random Acts of Kindness Day</p>	<p>18 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</p>	19	
20	<p>Holiday Closed</p>		<p>22 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 1:00 Bridge/Poker/Mahjong 1:00 Woodcarvers/Billiards</p>	<p>23 10:00 Member Led Dance Fitness 10:00 Gennitti's Bus Trip \$ 11:15 Cardio Video Fitness 11:30 Meal Program \$ 2:00 On The Gogh \$ 6:00 Cardio Drumming\$</p>	<p>24 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:30 Meal Program \$ 11:30 Variety Card Games 12:30 Euchre 1:00 Pinochle</p>	<p>25 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</p>	26
<p>27</p> <p>Revised 12/9/21</p>	<p>28 10:00 Member Led Aerobics 11:00 Chesterfield Library: Intro to Email 11:30 Meal Program \$ 2:30 Build Your Immune System (Sophia Treppa)</p>			<p>1</p>	<p>2</p>	<p>3</p> 