







# Chesterfield Senior Center

(586) 949-0400 ext. 4

[parks.chesterfieldtwp.org](http://parks.chesterfieldtwp.org)

# JANUARY 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><b>REGISTRATION REQUIRED FOR ALL PROGRAMS &amp; BEGINS</b></p> <p><b>DECEMBER 20</b></p> <p><a href="http://parks.chesterfieldtwp.org">parks.chesterfieldtwp.org</a> Monday-Friday, 8AM-4:30PM</p>					<p>31</p> <p><b>Holiday Closed</b></p>	<p>1</p>
2	<p>3</p> <p>10:00 Member Led Aerobics 11:30 CSG Meeting (Birthdays)</p> <p><b>No Meal Program</b></p>	<p>4</p> <p>8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 1:00 Blood Pressure Checks 1:00 Bridge/Poker/Mahjong 1:00 Woodcarvers/Billiards</p>	<p>5</p> <p>10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$</p>	<p>6</p> <p>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>7</p> <p>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>	
9	<p>10</p> <p>10:00 Member Led Aerobics 11:30 Meal Program \$</p>	<p>11</p> <p>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>12</p> <p>10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 2:00 Village of East Harbor: Magician &amp; Dessert</p>	<p>13</p> <p>8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:00 Grief Support Group (SA) 11:30 Meal Program \$ 11:30 Variety Card Games 12:30 Euchre 1:00 Pinochle</p>	<p>14</p> <p>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>	15
16	 <p><b>Holiday Closed</b></p> <p><b>No Meal Program</b></p>	<p>17</p> <p>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>18</p> <p>10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 On With Life (MM) 5:00 Beat the Blues Barbeque</p>	<p>19</p> <p>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>20</p> <p>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>	21
23/30	<p>22</p> <p>10:00 Member Led Aerobics 11:00 Chesterfield Library: Internet Basics (SA) 11:30 Meal Program \$ 2:30 Chair Tai Chi (Sophia Treppa)</p> <p>Revised 12/9/21</p>	<p>23</p> <p>8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:00 Palazzo diBocce Bus Trip \$ 11:30 Meal Program \$ 1:00 Bridge/Poker/Mahjong 1:00 Woodcarvers/Billiards</p>	<p>24</p> <p>10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 2:00 On The Gogh \$</p>	<p>25</p> <p>8:45 Chair Yoga \$ 10:00 Member Led Aerobics 11:30 Meal Program \$ 12:00 DIA Bus Trip \$ 12:30 Euchre 1:00 Pinochle</p>	<p>26</p> <p>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>	