



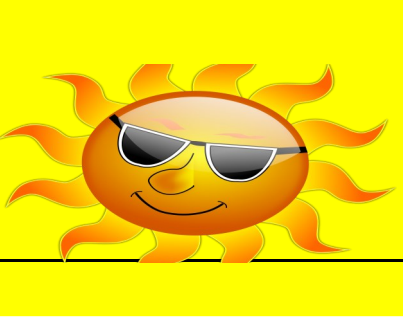





# Chesterfield Senior Center

(586) 949-0400 ext. 4

parks.chesterfieldtwp.org

# JULY 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
					<b>1</b> 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 Brain Boosters/Dice Games	<b>2</b> 
<b>3</b>	<b>4 Closed for 4th of July</b> 	<b>5</b> 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ <b>1:00 Blood Pressure Checks</b> 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	<b>6</b> 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$	<b>7</b> 10:00 Member Led Aerobics 11:00 Grief Support Group (SA) <b>1:00 Patriotic Party \$</b>  <b>No Meal Program</b>	<b>8</b> 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 Brain Boosters/Dice Games	<b>9</b>
<b>10</b>	<b>11</b> 10:00 Member Led Aerobics 11:30 CSG Meeting 1:00 Book Club (NA) <b>2:00 Joann's No Bakes Desserts \$</b>	<b>12</b> 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) <b>11:00 Cell Phone Help</b> <b>11:30 Meal Program</b> 12:30 Poker <b>1:00 Bridge/Mahjong</b> <b>1:00 Woodcarvers/Billiards</b>	<b>13</b> 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$ <b>2:30 Mary's Crafty Creations \$</b>	<b>14</b> 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	<b>15</b> 8:45 Cardio Drumming \$ <b>8:30 Frankenmuth Riverboat Bus Trip \$</b> 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 1:00 Billiards 1:00 Mexican train Dominoes <b>2:00 Brain Boosters/Dice Games</b>	<b>16</b> 
	<b>18</b> 10:00 Member Led Aerobics <b>12:00 Sidewalk Sale \$</b>	<b>19</b> 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	<b>20</b> <b>9:30 Waffle Wednesday - Sponsored by Story Point \$</b> 11:15 Cardio Video Fitness 12:00 Walk With Us 12:30 Line Dancing \$ <b>2:30 On The Gogh Painting \$</b>  <b>No Meal Program</b>	<b>21</b> 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	<b>22</b> 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 Brain Boosters/Dice Games	<b>23</b>
<b>24/31</b>	<b>25</b> 10:00 Member Led Aerobics 11:30 CSG Meeting (Birthdays)	<b>26</b> 8:45 Chair Yoga \$ <b>10:00 Member Led Aerobics</b> <b>10:00 Knitters (SA)</b> 11:2:30 Poker <b>1:30 Meal Program \$</b> <b>1:00 Bridge/Mahjong</b> <b>1:00 Woodcarvers/Billiards</b>	<b>27</b> 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ <b>11:30 Detroit Tigers Bus Trip \$</b> 12:00 Walk With Us 12:30 Line Dancing \$ <b>2:30 Bingo and Pizza Provided by Story Point \$</b>	<b>28</b> 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	<b>29</b> 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 Brain Boosters/Dice Games	<b>30</b> 