



Chesterfield Senior Center

(586) 949-0400 ext. 4

parks.chesterfieldtwp.org

MAY 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 & BEGINS April 21 parks.chesterfieldtwp.org Monday-Friday, 8AM-4:30PM	2 10:00 Member Led Aerobics 11:30 CSG Meeting 11:30 Meal Program \$	3 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 1:00 Blood Pressure Checks 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	4 10:00 Member Led Dance Fitness 11:15 Cardio Video Fitness 11:30 Meal Program \$ 12:00 Walk With Us 12:30 Line Dancing \$	5 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 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	7
8	9 10:00 Member Led Aerobics 11:30 Meal Program \$ 1:00 Book Club (SA) 1:00 Karaoke Dance Party Sponsored by Village of East Harbor 2:30 Sophia Tapping Meditation (M)	10 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:00 Cell Phone Help 11:30 Meal Program \$ 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards	11 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 \$	12 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	13 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	14 12:00 Open House at Police Department Cost: Free
15	16 10:00 Member Led Aerobics 11:30 Meal Program \$ 11:30 CSG Meeting (Birthdays) 2:00 Joann's No Bake Desserts \$	17 8:45 Chair Yoga \$ 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:00 OPC Bus Trip \$ 11:30 Meal Program 12:30 Poker 1:00 Bridge/Mahjong	18 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 \$	19 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	20 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	21
22	23 10:00 Member Led Aerobics 11:30 Meal Program \$ 1:00 Outdoor Concert Elvis w/ Food Truck at Historical Village	24 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	25 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 \$	26 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	27 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	28
29 Revised 4/28/22	30 Holiday Closed	31 10:00 Member Led Aerobics 10:00 Knitters (SA) 11:30 Meal Program \$ 12:30 Poker 1:00 Bridge/Mahjong 1:00 Woodcarvers/Billiards				