

Sumpter SeniorCenter
 23501 Sumpter Rd.
 734-461-9373
 Hours: Mon-Fri 9am to 4pm

Regularly scheduled Programs/Activities

Sumpter Seniors for

February, March, April , May 2018




Call to RSVP for Lunch
NUTRITION #
 734-461-1186 (Barb)
 MON THRU FRI 11:45am

Monday

Tuesday

Wednesday

Thursday

| Monday | Tuesday | Wednesday | Thursday | |
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| <i>Penny Pokeno 12:30 Exercise room open daily 10am to 4pm Lunch is served 11:45am</i> | <i>Arthritis Foundation Exercise 10 :30am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i> | <i>Wii Bowling 10:30 am Upholstery 2:00 Foot Doctor 10 am until all served Wednesday's Monthly call for info</i> | <i>CARDIO Drumming 9:45am Arthritis Foundation Exercise 10 :30am Quilt & Sew 10 am</i> | <i>Appointments available For Technology Assistance Tuesdays & Wednesdays</i> |
| <i>Penny Pokeno 12:30</i> | <i>Arthritis Foundation Exercise 10 :30am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i> | <i>Wii Bowling 10:30 am Upholstery 2:00pm Appointments available For Technology Assistance Tuesdays & Wednesdays</i> | <i>CARDIO Drumming 9:45am Arthritis Foundation Exercise 10 :30am Quilt & Sew 10 am</i> | <i>SEE HIGHLIGHTS PAGE FOR TRIPS</i> |
| <i>Penny Pokeno 12:30 White Elephant Bingo 12:30</i> | <i>Arthritis Foundation Exercise 10 :30am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i>  | <i>Wii Bowling 10:30 am Upholstery 2:00 Foot Doctor 10 am until all served Wednesday's Monthly call for info</i> | <i>CARDIO Drumming 9:45am Focus Hope /Commodities 9:30-11:30 am third Thursday Arthritis Foundation Exercise 10:30 am Blood Pressure 10:30</i> |  |
| <i>Penny Pokeno 12:30 Birth day BINGO 4th Monday of each month</i> | <i>Arthritis Foundation Exercise 10 :30am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i> | <i>Wii Bowling 10:30 am Upholstery 2:00 Foot Doctor 10 am until all served Wednesday's Monthly call for info</i> | <i>CARDIO Drumming 9:45am Arthritis Foundation Exercise 10 :30am Quilt & Sew 10 am</i> | <i>The Senior Center sponsored in part by:</i> |
| IF the SCHOOLS ARE CLOSED , THE CENTER IS CLOSED. Airport, Huron, Lincoln, Or Van Buren Districts | <i>Appointments available For Technology Assistance Tuesdays & Wednesdays</i> | <u>MICAFE APPOINTMENTS AVAILABLE—</u> | <u>Black History Celebration Last Friday of February</u> |  1-734-722-2830 |