

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

Regularly scheduled Programs/Activities
Sumpter Seniors for
October, November, December, 2018


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

Monday

Tuesday

Wednesday

Thursday

<p><i>Penny Pokeno 12:30</i> <i>Exercise room open</i> <i>daily 10am to 4pm</i> <i>Lunch is served 11:45am</i></p>	<p><i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Bible Study 10:15</i> <i>Quilting/Sew 10 am</i> <i>2 stop shopping 12:30-3:00</i></p>	<p><i>Wii Bowling 10:30 am</i> <i>Upholstery 2:00</i> <i>Foot Doctor 10 am until all served</i> <i>Wednesday's Monthly call for info</i></p>	<p><i>CARDIO Drumming 9:45am</i> <i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Quilt & Sew 10 am</i></p>	<p><i>Appointments available</i> <i>For Technology</i> <i>Assistance</i> <i>Email Dave</i></p>
<p><i>Penny Pokeno 12:30</i></p>	<p><i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Bible Study 10:15</i> <i>Quilting/Sew 10 am</i> <i>2 stop shopping 12:30-3:00</i></p>	<p><i>Wii Bowling 10:30 am</i> <i>Upholstery 2:00pm</i></p>	<p><i>CARDIO Drumming 9:45am</i> <i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Quilt & Sew 10 am</i></p>	<p>SEE HIGHLIGHTS PAGE FOR TRIPS</p>
<p><i>Penny Pokeno 12:30</i> <i>White Elephant Bingo</i> <i>12:30</i></p>	<p><i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Bible Study 10:15</i> <i>Quilting/Sew 10 am</i> <i>2 stop shopping 12:30-3:00</i></p> 	<p><i>Wii Bowling 10:30 am</i> <i>Upholstery 2:00</i> <i>Foot Doctor 10 am until all served</i> <i>Wednesday's Monthly call for info</i></p>	<p><i>CARDIO Drumming 9:45am</i> <i>Focus Hope /Commodities</i> <i>9:30-11:30 am third Thursday</i> <i>Arthritis Foundation</i> <i>Exercise 10:30 am</i> <i>Blood Pressure 10:30</i></p>	 <p>Focus: HOPE <small>Celebrating Diversity Since 1968</small></p>
<p><i>Penny Pokeno 12:30</i> <i>Birth day BINGO</i> <i>4th Monday of each</i> <i>month</i></p>	<p><i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Bible Study 10:15</i> <i>Quilting/Sew 10 am</i> <i>2 stop shopping 12:30-3:00</i></p>	<p><i>Wii Bowling 10:30 am</i> <i>Upholstery 2:00</i> <i>Foot Doctor 10 am until all served</i> <i>Wednesday's Monthly call for info</i></p>	<p><i>CARDIO Drumming 9:45am</i> <i>Arthritis Foundation</i> <i>Exercise 10 :30am</i> <i>Quilt & Sew 10 am</i></p>	<p><i>The Senior Center</i> <i>sponsored in part by:</i></p>
<p>IF the SCHOOLS ARE CLOSED , THE CENTER IS CLOSED. Airport, Huron, Lincoln, Or Van Buren Districts</p>	<p><i>Appointments available</i> <i>For Technology</i> <i>Assistance</i> <i>Tuesdays & Wednesdays</i></p>	<p><u>MICAFE APPOINTMENTS AVAILABLE—</u></p>		 <p>The Senior Alliance. <small>Area Agency on Aging 1-C</small></p> <p>1-734-722-2830</p>