



Sumpter Senior  
Center  
23501 Sumpter Rd.  
734-461-9373

# Regularly scheduled Programs/Activities

## Sumpter Seniors for JUNE, JULY, AUGUST 2019



<p><i>Exercise room open daily 10am to 2pm Monday- Friday MONDAY MOVIES 12:30</i></p>	<p><i>Arthritis Foundation Exercise 10 :30am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i></p>	<p><i>TECHNOLOGY ASSISTANCE FOR COMPUTERS, TABLETS, &amp; SMART PHONES Are now by Appointment only! Dave is available on Tues. &amp; Wed. To schedule your appointment by email:demail:dcostanza@mich.edu</i></p>	<p><b><u>Cardio Drumming 9:30am And 6PM</u></b> <i>Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am Themed Bingo</i></p>	<p>NUTRITION PROGRAM MON THRU FRI 11:30 CONGREGATE &amp; MEALS ON WHEELS \$3.00 suggested donation to help support the Nutrition program 734-727-7357 TO SIGN UP for Meals on wheels 734-461-1186 For Sumpter reservations Nutrition Manger Barbara Thomason</p>
<p><i>Exercise room open daily 10am to 2pm Monday- Friday PENNY POKENO 12:30</i></p>	<p><i>Arthritis Foundation Exercise 10:30 am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i></p>	<p><i>Wii Bowling 10:30 am TECHNOLOGY Sessions by appointment  Foot Doctor call for schedule</i></p>	<p><b><u>Cardio Drumming 9:30am And 6PM</u></b> <i>Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am Themed Bingo 12:00 Every Thursd.</i></p>	
<p><i>Exercise room open daily 10am to 2pm Monday- Friday PENNY POKENO 12:30</i></p>	<p><i>Arthritis Foundation Exercise 10 :30am Quilt/sew 10 am Bible Study 10:15 Blood Pressure Nurse Sharon</i></p>	<p><i>Wii Bowling 10:30 am  TECHNOLOGY Sessions by appointment Foot Doctor call for schedule</i></p>	<p><i>Focus Hope /Commodities 9:30-11:30 am third Thursday <b><u>Cardio Drumming 9:30am And 6PM</u></b> Arthritis Foundation Exercise 10:30am Blood Pressure Nurse Sharon</i></p>	
<p><i>Exercise room open daily 10am to 2pm Monday- Friday Birth day BINGO 4th Monday of each month Sponsored by</i></p>	<p><i>Arthritis Foundation Exercise 10:30 am Bible Study 10:15 Quilting/Sew 10 am 2 stop shopping 12:30-3:00</i></p>	<p><i>Wii Bowling 10:30 am  TECHNOLOGY Sessions by appointment Foot Doctor call for schedule</i></p>	<p><b><u>Cardio Drumming 9:30am And 6PM</u></b> <i>Arthritis Foundation Exercise 10:30am Quilt &amp; Sew 10 am</i></p>	<p><i>The Senior Center sponsored in part by:</i></p>
<p><b>IF the SCHOOLS ARE CLOSED , THE CENTER IS CLOSED. Airport, Huron, Lincoln, Or Van Buren Districts</b></p>			<p><i>Morning Donuts Provided By</i>  <b>Cedar Woods</b> Assisted Living &amp; Memory Care</p>	