




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

Regularly scheduled Programs/Activities
Sumpter Seniors for
January, February, March, April

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

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