

April 2020

Activities happening at Senior Services Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2</u></p> <p>10:00-11:00 Swing 11:00-Noon Bingo Noon-1:00 Lunch 12:00-1:30 T.O.P.S.</p>	<p><u>3</u></p> <p>9:30-10:30 Yoga Noon-1:00 Lunch</p>	<p><u>4</u></p> <p>9:00-4:00 Foot Care 10:00-11:00 Swing Noon-1:00 Lunch 1:30-2:30 Tai Chi</p>	<p><u>5</u></p> <p>Noon-1:00 Lunch</p>	<p><u>6</u></p> <p>10:00-11:00 Line Noon-1:00 Lunch 1:00-5:00 Maine Lee</p>
<p><u>9</u></p> <p>10:00-11:00 Swing Noon-1:00 Lunch 12:00-1:30 T.O.P.S.</p>				<p><u>10</u></p> <p>10:00-11:00 Line Noon-1:00 Lunch 1:00-5:00 Maine Lee</p>
<p><u>16</u></p> <p>10:00-11:00 Swing 11:00-Noon Bingo Noon-1:00 Lunch 12:00-1:30 T.O.P.S.</p>				<p><u>17</u></p> <p>10:00-11:00 Line Noon-1:00 Lunch 1:00-5:00 Maine Lee</p>
<p><u>23</u></p> <p>10:00-11:00 Swing Noon-1:00 Lunch 12:00-1:30 T.O.P.S.</p>				<p><u>24</u></p> <p>10:00-11:00 Line Noon-1:00 Lunch 1:00-5:00 Maine Lee</p>
<p><u>30</u></p> <p>10:00-11:00 Swing Noon-1:00 Lunch 12:00-1:30 T.O.P.S.</p>	<p><u>31</u></p> <p>9:30-10:30 Yoga Noon-1:00 Lunch</p>	<p>9:00-4:00 Foot Care 10:00-11:00 Swing Noon-1:00 Lunch 1:30-2:30 Tai Chi</p>	<p>Noon-1:00 Lunch</p>	<p><u>3</u></p> <p>10:00-11:00 Line Noon-1:00 Lunch 1:00-5:00 Maine Lee</p>

As a proactive approach to protect the potentially vulnerable population we serve, the offices of Senior Services of Southwest Michigan are closed to the public at this time. Please check back to confirm when activities are scheduled at Senior Services.

Thank you!

Activities sponsored and hosted by Senior Services Inc.

Congregate Lunch Friendship Center

Lunch is served Monday-Friday starting at noon. Hot and cold meals available daily. Please call 382-0515 EXT # 300 one day in advance to participate.

Bingo

A friendly game with a chance to win prizes. First and Third Monday of each month. 11:00am-12:00pm. Call 382-0515 EXT # 300 for more information.

Helping Hands/Happy People

Knit scarves, mittens, gloves, and lap robes that are distributed to community agencies. Second and Fourth Tuesday of the month 1:00pm-4:00pm. Call Kathy Cox at 382-0515 EXT # 127 for more information.

Other activities happening at Senior Services Inc.

CHAIR YOGA

Tuesdays 9:30 AM – 10:30 AM. Contact Leslie Neuman at 269-312-5531 for details and costs associated with participation.

FOOT CARE

Wednesdays 9:00 AM – 4:00 PM. Contact Kathleen at 269-671-5427 for details and costs associated with participation.

LINE DANCING

Fridays 10:00 AM – 11:00 AM. Contact Susan Iervolina at 269-381-6087 for details and costs associated with participation.

MAINE LEE FEET

Fridays 1:00 PM - 5:00 PM. Contact Alice Moore at 269-216-8223 for details and costs associated with participation.

MASSAGE

Mondays 9:00 AM – 4:00 PM. Contact Eugenia Muller at 269-808-2040 for details and costs associated with participation.

SWINGING WITH SUSAN

Mondays & Wednesdays 10:00 AM – 11:00 AM. Contact Susan Iervolina at 269-381-6087 for details and costs associated with participation.

TAI CHI

Wednesdays 1:30 PM – 2:30 PM. Contact Ed Kehoe at 269-217-2932 for details and costs associated with participation.

T.O.P.S.

(Taking Off Pounds Sensibly)

Mondays 12:00 PM – 1:30 PM. Contact Sandy Lester at 269-929-8004 for details and costs associated with participation.

***Days and times are subject to change. Contact activity leader for availability.**