

Calendar of Events

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3		5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4		6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

The circled ○ dates indicate events sponsored by the Senior Council/Center. The blackout dates indicate Township closed.

Weekly Activities

Monday: Bridge 12:00-4:00 PM
 Tuesday: Stained Glass 9:00 - NOON
 Tuesday: Bingo 12:00-3:00 PM
 Wednesday: Pinochle 12:00-4:00 PM
 Thursday: Ceramics 9:00 -3:00PM
 Thursday: Tai Chi 10:00-11:00 AM

WEEKLY EXERCISE CLASSES

MONDAY 8:45-9:45

(Total Body Fit)

WEDNESDAY 8:45-9:30 A.M.

(Chair Yoga)

WEDNESDAY 9:45-10:30 A.M.

(Pace Fit)

FRI 8:45—9:45 A.M.

(Fit For Life)

MAX - 25 PER CLASS
 REGISTRATION REQUIRED

TAI CHI/QI GONG CLASSES

THURSDAYS @ 10 AM

Slow and gentle movements with relaxing breathing exercises will be taught on Thursdays from 10-11 a.m. at the Senior Center. The instructor will be Bob Plucinsky who has a BA in Physical Education and a MA in Health Education.