

# 2017

# November

**ETON SENIOR RECREATION CENTER**  
 Dearborn Heights Senior Citizen Program  
 4900 Pardee, Dearborn Heights, MI 48125  
 313-277-7765

Monday through Thursday 8:30 a.m. to 4:00 p.m.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Monitoring Blood Pressure</b>				1	2	3	4
<b>Bunco @ 12:30 1st &amp; 3rd Tuesdays</b>			<i>Fall</i>	B/P 10-12	Yoga	<b>CLOSED*</b>	
<b>Euchre Every Tuesday 12:30- 3:45pm</b>	5 	6 Yoga 12:30 Pennv Bingo Haircuts by Appt	7 12:30 Bunco 	8 Birthday Lunch  B/P 10-12 Movie Day	9 Yoga	10 <b>CLOSED*</b>	11 
<b>Pinochle Mon., Tues., Thurs., @ 12:00</b>	12	13 Yoga  <i>Thanksgiving Party</i>	14 <i>Coffee Club</i> American House Bingo 1:00 p.m.	15 B/P 10-12	16 Yoga Food Commodities	17 <b>CLOSED*</b>	18
<b>Billiards Room Monday thru Thursday Year Round</b>							
<b>FITNESS ROOM M-Th 8:30—4:00 Enroll Now</b>	19	20	21	22	23 	24 <b>CLOSED*</b>	25
<b>BUILDING CLOSED NOVEMBER 20th THRU 23rd</b>							
<b>Massage Therapy Tuesdays and Thursdays Sign up in Office</b>	26	27 Yoga Haircuts by Appt	28 <i>Coffee Club</i>	29 B/P 10-12	30 Yoga		

**MONDAY**  
 10:00-11:00 Chair Fitness  
 10:00-11:00 Italian Club  
 11:30- Lunch (Res. Req'd)  
 12:30- 2:30 Penny Bingo (1st & 3rd Mondays)  
 11:30- Meet/Greet Your Legislator (Appointment only)  
 11:30- 12:30 Yoga with Vince

**TUESDAY**  
 9:00-12:00 Focus Hope (3rd Tuesday)  
 9:00-12:00 Quilting Class (Sept-April)  
 9:00- 4:00 Quilting Group  
 9:30- 2:30 Upholstery (Sept-April)  
 9:30- 2:30 Massage Therapy With Paula  
 11:30- Lunch (Res. Req'd)  
 12:30-3:45 Euchre  
 1:00- American House Bingo (2nd Tuesday only)

**WEDNESDAY**  
 10:00-11:00 Chair Fitness  
 10:00-11:00 Blood Pressure  
 11:30- Lunch (Res. Req'd)  
 12:30-3:30 Knitting  
 1:00-4:00 Go-Getters Club

**THURSDAY**  
 10:00-12:00 Food Commodity Dist. (3rd Thursday only)  
 10:00-11:00 Yoga with Vince  
 10:00- 3:00 Massage Therapy With Shelly  
 11:30- Lunch (Res. Req'd)  
 1:00-3:30 Painting Class

**FRIDAY**  
**Center CLOSED**  
 \*ONLY open from 11am-1pm for Nutrition Program

*Hot Lunches 11:30 daily Monday through Friday; must be called in by 11:30 the previous day.*