

2017

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

October



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monitoring Blood Pressure Wednesdays 10 am to 12 pm 3rd Tuesday 11 am to 12 pm Bunco @ 12:30 1st & 3rd Tuesdays Euchre Every Tuesday 12:30- 3:45pm Pinochle Mon., Tues., Thurs., @ 12:00 Billiards Room Monday thru Thursday Year Round FITNESS ROOM M-Th 8:30—4:00 Enroll Now Massage Therapy Tuesdays, Wednesday & Thursdays Sign up in Office	1 	2 Yoga 12:30 Penny Bingo	3 12:30 Bunco	4 B/P 10-12	5 Lunch and Learn <i>The Affinity Group</i> Flu Clinic	6 CLOSED*	7
	8	9 Yoga Haircuts by Appt	10 <i>Coffee Club</i> SHRED DAY American House Bingo	11 Birthday Lunch B/P 10-12 Movie Day	12 Yoga <i>Heartland Family Feud</i>	13 CLOSED*	14
	15	16 Yoga 12:30 Penny Bingo	17 12:30 Bunco Grief Counseling Focus Hope	18	19 Yoga Food Commodities	20 CLOSED*	21
	22	23 Yoga Haircuts by Appt	24 <i>Coffee Club</i> 	25 B/P 10-12	26 Yoga	27 CLOSED*	28
	29 	30	31 Happy Halloween !				

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)
 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.