



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. - 4:00 p.m.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monitoring Blood Pressure	Flea market donations due by Sept. 18					1 CLOSED*	2
Bunco @ 12:30 1st & 3rd Tuesdays	3	4	5	6	7	8	9
Horseshoes Wednesdays @ 10am			BUILDING CLOSED SEPTEMBER 4TH THRU 8TH				
Pinocle in Library M, T, Th 12:00	10	11 Yoga	12 1P American House Bingo	13 Birthday Lunch	14 Yoga	15	16
Billiard Room Monday thru Thursday Year Round		Haircuts by Appt	Coffee Club	B/P 10-12 Movie Day		CLOSED*	
FITNESS ROOM M-Th 8:30-3:45 *Yearly cost	17	18 Yoga	19 Bunco 12:30 B/P 11-12 Grief Counseling	20	21 Yoga	22	23
Grief Support @ 1pm 3rd Tuesday		12:30 Penny Bingo	Focus Hope	B/P 10-12	Food Commodities	Flea Market 9:00am-3:00pm	
Massage Therapy Tuesdays, Wednesdays & Thursdays	24	25 Yoga	26	27	28 Yoga	29	30
		Haircuts by Appt	Coffee Club	B/P 10-12		CLOSED*	

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

TUESDAY
 Focu Hope (3rd Tuesday)
 9:00-12:00 Quilting Group
 9:30- 2:30 Massage Therapy With Paula
 9:00- 10:30 Coffee Club (2nd & 4th Tue)
 11:30 - 12 Lunch (Res. Req'd)
 12:30-4:00 Euchre
 1:00- 2:30 American House Bingo (2nd Tuesday only)

WEDNESDAY
 10:00-11:00 Chair Fitness
 10:00-11:00 Blood Pressure
 9:30-10:30 Horseshoes
 10:00- 3:00 Massage Therapy By Appt.
 11:30- 12 Lunch (Res. Req'd)
 12:30-3:30 Knitting
 1:00-3:00 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- 12 Lunch (Res. Req'd)

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

Hot Lunches 11:30 daily Monday through Friday; must be called in 24 hours in advance