

APRIL '08 SR CENTER ACTIVITIES

Senior Center Phone: 664-3700 Hours: M--Th (8-8) Fri (8-5) Sat (8-12)

Every Monday	Every Tuesday	Every Wednesday
6am-8pm Fitness Room Open 7:00 - 7:45 Aqua: Sunrises's 8:15 - 9:00 Aqua: Ageless 8:30-9:15 Tai Chi Yang Style 9:15 - 10:00 Senior Swim 9:30 - 10:15 Country Line Aerobics 10:30-12:00 Fall Prev. Workshop 12:30-3:00 Fun 'n Games 6:30-7:30 Classical Yoga Open Swim 10 am- 7:45 pm	6am-8pm Fitness Room Open 7:00-8:00 Aqua: Early Bird (<i>time change</i>) 8:30 - 9:15 Core & More 9:30-10:30 Circuit Training 10:45-11:45 Flexibility Plus 12:30-3:00 Euchre 1:00 - 3:00 Hook, Yarn & Needle 1:00 -4:00 Duplicate Bridge 1:15-2:00 Pilates Strength/Stretch 5:30 - 6:30 Evening Aqua 6:30-7:30 Yoga PM (<i>time change</i>) Open Swim 8:30 am--5:30 pm & 6:30-7:45 pm	6am-8pm Fitness Room Open 7:00 - 7:45 Aqua: Sunrises 8:15 - 9:00 Aqua: Ageless 8:30- 9:15 Tai Chi Yang Style 9:15 -10:00 Senior Swim 9:30 -11:30 Open Computer Lab 10:30-11:30 Ctry Line Dance Lessons 12:00-1:00 HATHA YOGA 12:30- 2:00 Troubadors 1:00 - 4:00 Social Bridge Open Swim 10 am-7:45 pm
Special Monday Events	Special Tuesday Events	Special Wednesday Events
	Sr. Dining: Ck/Broccoli Bake 1 10:00-11:30 Blood Pressure Checks 10:00-11:00 Booker Travel Library 10:00-12:00 GOLF LESSONS (Offsite location) 12:30 - 4:30 Foot Care	Sr. Dining: Country Fried Steak 2 1 0:00-11:30 Fitness Equipment Orientation 1:30-2:15 Read with 4th Graders 5:30-7:00 pm Fitness Equipment Orientation 7:00-9:00pm Coin Club
Sr. Dining: Swiss Steak 7 9:30-11:30 Computer Class 320 6:30pm Sertoma	Sr. Dining BBQ Beef Sandwich 8 9:30-11:30 Computer Class 101 10:00-12:00 Woodcarving Lab 10:00-12:00 GOLF LESSONS (Offsite location) 10:30-11:30 Congestive Heart Informational Talk 12:30 - 4:30 Foot Care 6:30- 8:30 Retirement Series: Securing Documents - Making Final Arrangements	Sr. Dining: Chicken Ala King 9 11:30 Out to Lunch: Final Course 6:00-7:00 pm Functional Trainer Orientation
Sr. Dining: Pork Cutlet 14 8:30-9:30 Retired Teachers 9:30-11:30 Computer Class 250 6:30 Lions	Sr. Dining: Italian Chicken 15 9:30-11:30 Computer Class 103 10:00-11:00 "Booker" Traveling Library 10:00-12:00 GOLF LESSONS (Offsite location) 10:00-11:00 Grandma's Touch 10:30-11:30 Poet - Lucky Rimpila 2:30 Pies from Lindenwood	Sr. Dining: Chili Con Carne 16 8:00-8:45am FOAM ROLLER WORK SHOP 10:30-11:00 Head Start Reading 5:30- 7:00 Fitness Equipment Orientation
Sr. Dining: Meatloaf 21 9:30-11:30 Computer Class 415 9:30 - 1:30 First Aid Training 6:30pm Sertoma	Sr. Dining: Salisbury Steak 22 10:00-12:00 Woodcarving Lab 9:30-11:30 Computer Class 105 10:00-12:00 GOLF LESSONS Offsite location 11:00 Nintendo Wii demo 2:30-4:00 "Dance Around the World" Int'l Folk Dance Lessons 5:30-9:30 AARP Driver Safety Refresher Course	Sr. Dining: Hamburger on Bun 23 8:00-8:45 Fitness Equip.Orient 9:00-12:00 3rd Annual FITNESS CTR CLEANING PARTY (Fitness Center closed, cleaning) 6-7:00 pm FOAM ROLLER WKSHIP
Sr. Dining: Beef Stroganoff 28	Sr. Dining: Pork Roast 29 9:30-11:30 Computer Class 107 10:00-12:00 GOLF LESSONS Offsite location	Sr. Dining: Ckn. Dumpling Soup 30 5:30-7:00 pm Fitness Equipment Orientation

APRIL '08 SR CENTER ACTIVITIES

Semcac Dining: 664-3735

Meals served at 11:30 am

Every Thursday	Every Friday	Every Sat.	Every Sun.
6am-8pm Fitness Room Open 7:00-8:00 Aqua: Early Bird (<i>time change</i>) 8:30-9:15 Core & Strength 9:30-10:30 Circuit Training 10:45-11:45 Flexibility & Strength 12:45-2:15 Chime Choir 1:00 - 4:30 Massage-D Raabole 1:15-2:00 Pilates 5:30-6:30 Evening Aqua 7:00-10:00 Duplicate Bridge Open Swim 8:30 am-5:30 pm & 6:30-7:45 pm	6am-5pm Fitness Room Open 7:00-7:45 Aqua: Sunriser's 8:15-9:00 Aqua: Ageless 9:15-10:00 Senior Swim 10:30-11:30 Gentle Yoga AM 12:30-3:00 "500" 3:15- 4:45 Grandparent/Child Swim Open Swim 10:00 am 4:45 pm	<div style="border: 2px solid black; padding: 5px;"> USED A BIT SHOPPE 624 S. Water In the River Park Mall 645-1399 Open Hours Tuesday 10 am – 5 pm Wednesday 10 am – 5 pm Thursday 10 am -- 7 pm Friday 10 am – 5 pm Saturday 10 am – 5 pm </div>	
Special Thursday Events	Special Friday Events	Sat.	Sun.
Sr. Dining: Ham Balls 3	Sr. Dining: Chicken Breast 4 9:30-1:30 Adult CPR-PR (2 DAY) American Red Cross 12:00-2:00 Greeting Card Making 2:00 Open Pool Table	5	6
Sr. Dining: Pork Roast 10 9:30 –11:30 Computer Class 101 10:30-11:30 BIKE CLUB MEETING	Sr. Dining: Beef Stew 11 9:00-12:00 Joy of Quilting 9:30-1:30 Adult CPR American Red Cross 10:30-12:00 Book Club	12	13
Sr. Dining: Beef Pot Roast 17 9:30-11:30 Finance Committee 9:30-11:30 Computer Class 103 1:00-3:00 ANNUAL MEETING! 3:00-5:00 Board Meeting 7:40pm Stamp Club	Sr. Dining: Onion Smotherd Steak 18 9:30-1:30 Adult CPR-PR (2 day) American Red Cross 9:30-11:30 Tech Time: "Digital TV Transition" 10:00-11:30 Advanced Sudoku 2:00-3:00 Project Linus Quilting	19	20
Sr. Dining Boiled Dinner 24 9:30-11:30 Computer Class 105 3:00-4:00 Free Weight Orientation 5:00 – 7:00 Retirement Series: Identity Theft & Credit Reports	Sr. Dining: Baked Chicken 25 Birthday Dinner 9:00-12:00 Joy of Quilting 9:30-1:30 First Aid Training American Red Cross	26	27

Free Income Tax Preparation
 Mon-Sat 9-12 Wed 12:30-3:30
 Call 664-3700 to schedule

Web Site Address
www.northfieldseniorcenter.org

