

MAY '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: Sunriser's 8:15 - 9:00 Aqua: Ageless 8:30-9:15 Tai Chi Yang Style 9:00 - ? Bike Ride, Bike club 9:15 - 10:00 Senior Swim 9:30 - 10:15 Country Line Aerobics 10:30- ff Jogging 12:30 Open Pool Playing (billards) 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 8:30 - 9:15 Core & More 9:30-10:30 Circuit Training 10:30- ff Jogging 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 Open Swim 8:00 am--5:30 pm & 6:30-7:45 pm	6am-8pm Fitness Room Open 7:00 - 7:45 Aqua: Sunrisers 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- ff Jogging 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
<div style="border: 1px solid black; padding: 5px;"> <p>USED A BIT SHOPPE 624 S. Water St, 645-1399 In the River Park Mall Open: 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</p> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Web Site Address www.northfieldseniorcenter.org</p> </div>	
Sr. Dining: Country Fried Steak 5 9:30-11:30 Computer Class 416 10:30-12:00 Fall Prev. Workshop 6:30pm Sertoma	Sr. Dining: Turkey Chili 6 9:30-11:30 Computer Class 109 10:00-11:00 Booker Travel Library 10:00-11:30 Blood Pressure Checks 10:00-12:00 GOLF LESSONS (Offsite location) 12:30 - 4:30 Foot Care	Sr. Dining: Pork Roast 7 10-11:30 am Fitness Equipment Orientation 7:00-9:00pm Coin Club
Sr. Dining: Swiss Steak 12 8:30-9:30 Retired Teachers 9:30-11:30 Computer Class 416 10:30-12:00 Fall Prev. Workshop 6:30 Lions	Sr. Dining: BBQ Pork Sandw. 13 9:30-11:30 Computer Class 303 10:00-12:00 Woodcarving Lab 12:30 - 4:30 Foot Care 5-9 pm Red Cross Adult CPR	Sr. Dining: Baked Fish 14 10:30-11:00 Head Start Reading 1:30-2:15 Read with 4th Graders 5:30- 7:00 Fitness Equipment Orientation
Sr. Dining: Ham balls/beef patties 19 1:00-2:00 Talk: "What I Saw in Palestine" 6:30pm Sertoma	Sr. Dining: Roast Beef 20 9:30-11:30 Computer Class 220 10:00-11:00 "Booker" Traveling Library 10:00-11:00 Grandma's Touch 5-9 pm Red Cross Adult CPR-PR	Sr. Dining: Baked Chicken 21 10-11:30 am Fitness Equipment Orientation 6:00- 7:00 Fitness Equipment Orientation w/Rob ?
No dining 26 Senior Center Closed Memorial Day	Sr. Dining: Chicken ala King 27 9:30-11:30 Computer Class 220 10:00-12:00 Woodcarving Lab 5-9 pm Red Cross Adult CPR-PR 5:30-7:00 Fitness Equip Orientation	Sr. Dining: Ham/or Pork Steak 28 HEALTH & FITNESS FAIR 8-11 am 5-7 pm See page 2 for details

MAY '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 8:30-9:15 Core & Strength 9:30-10:30 Circuit Training 10:30- ff Jogging 10:45-11:45 Flexibility & Strength 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 8:00 am-5:30 pm & 6:30-7:45 pm	6am-5pm Fitness Room Open 7:00-7:45 Aqua: Sunrises's 8:15-9:00 Aqua: Ageless 9:15-10:00 Senior Swim 10:30- ff Jogging 12:30-3:00 "500" 3:15- 4:45 Grandparent/Child Swim Open Swim 10:00 am 4:45 pm	6-12 Fitness Rm Open (except 4/31 8-12) 8-10 Tai Chi-rental 10-12 Ping Pong 10:30- ff Jogging Open Swim 8-11:45 am	CLOSED
Special Thursday Events	Special Friday Events	Sat.	Sun.
Sr. Dining: Meatballs 1 9:30 -11:30 Computer Class 107	Sr. Dining: Pork Steak 2 12:30-2:00 Greeting Card Making Class	3	4 
Sr. Dining: Beef Stew 8 9:30 -11:30 Computer Class 109	Sr. Dining: Chicken ala King 9 9:00-12:00 Joy of Quilting 9:30-1:30 Red Cross 1 st Aid Training 10:30-12:00 Book Club	10	11 
Sr. Dining: Ham/or Turkey Salad Sandw 15 9:30-11:30 Finance Committee 9:30-11:30 Computer Class 303 10:30 -11:30 Functional Trainer Orientation - w/ Angela 6- ? pm BIKE CLUB RIDE 7:40pm Stamp Club	Sr. Dining: Beef Pot Roast 16 9:30-1:30 Red Cross Adult CPR 9:30-11:30 Tech Time: <i>"Computing for Kids in Third World Countries"</i> 2:00-3:00 Project Linus Quilting	17	18
Sr. Dining: Salisbury Steak 22 9:30-11:30 Computer Class 220 10:30 -11:30 Free Weight Orientation w/ Angela P-S 1:00 Duluth Trip Preview 12:00 Spring Salad Potluck 3:00-5:00 Board Meeting	Sr. Dining: Salmon Loaf 23 9:00-12:00 Joy of Quilting	24 10:00 a.m. TRIP - 42 ND Street	25 Monthly Pool Cleaning to be Determined
29 9:30-11:30 Computer Class 220 10:30-11:30 Orientation w/ Angela Petricka-Skwira	Sr. Dining Oven Baked Cod 30	31 Summer Fitness Hours begin on Saturday 4/31 Now -- 8am -12	