



SENIOR SERVICES

Greendale Center Activities

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Groundhog Day! Mark DeNolles Music Blood Pressure Clinic	3	4 Otago Exercise Program Cards Winter Olympics Begins
7 Craft: Bird Seed Wreath Exercise with Myra 9:30 am	8	9 Balloon Volleyball A Question of Romance Quiz	10	11 Otago Exercise Program Cards
14 Valentine's Party with Special Musician Kathy Dean	15	16 Bingo	17	18 Otago Exercise Program Craft: Aromatherapy Heat Pads
21 Cards Exercise with Myra 9:30 am	22	23 Balloon Volleyball Romantic Couples Through the Ages	24	25 Otago Exercise Program Cards
28 Cards, Exercise Name That Love Song Birthday / Anniversary Party	Call 989-687-7888 or sign-up online at www.SeniorServicesMidland.org			

Fitness Classes To register for the OTAGO class at Greendale Center, contact: 989-774-1350 or 989-774-2715 Email: fallprevention@cmich.edu

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-10:50 am					OTAGO

Activity Descriptions

Wed, Feb 2 | Blood Pressure Clinic,
Musician Mark DeNolles

Fri, Feb 4 | Otago Exercise, Cards

Mon, Feb 7
Bird Seed Wreath Craft

Wed, Feb 9 | Balloon Volleyball

Fri, Feb 11 | Otago Exercise, Cards

Mon, Feb 14 | Valentine's Party
Musician Kathy Dean

Wed, Feb 16 | Bingo

Fri, Feb 18 | Otago Exercise
Aromatherapy Heat Pads Craft

Wed, Feb 23 | Balloon Volleyball

Fri, Feb 25 | Otago Exercise, Cards

Mon, Feb 28 | Birthday & Anniversary Party – Join
us to celebrate these for the month of February

Meals are available Monday, Wednesday and Friday at 11:30 am. Please call 989-832-8683 by 9 am the day you would like to reserve a meal.

Regularly Scheduled Programs:

- **Chair Exercise** with Myra Walls at 9:30 am on Mondays
- **OTAGO Free Exercise Program with CMU College of Medicine** 10:00 am Fridays to build strength & prevent falls!

We strongly suggest vaccinating before attending. You will need to wear a mask if you are not vaccinated. Please cancel your reservation if anyone in your household is sick.



Greendale Center

4011 W Isabella Rd • Shepherd
(989) 832-8683

SeniorServicesMidland.org