



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Exercise with Tracey at 10:30 Bingo after Lunch	2 "Mint" of the Day Hand & Foot 9:30 am Exercise with Tracey after lunch	3 National Walking Day Hand Knee & Foot at 9 Bible Study at 9:30 Bunco After Lunch	4 Exercise with Tracey 10:30 BP Clinic at 11 Nickel Bingo After Lunch	5 Crazy for Caramel Day Hand Knee & Foot at 9
8 Exercise with Tracey at 10:30 Bingo after Lunch	9 Rosie the Riveter Day Hand & Foot 9:30 am Exercise with Tracey after lunch	10 Hand Knee & Foot at 9 Bible Study at 9:30 Bunco After Lunch	11 Exercise with Tracey 10:30 Nickel Bingo After Lunch	12 Hand Knee & Foot at 9
15 Exercise with Tracey at 10:30 Bingo after Lunch	16 Stress Awareness Day Hand & Foot 9:30 am Exercise with Tracey after Lunch	17 Hand Knee & Foot at 9 Bible Study at 9:30 Bunco After Lunch	18 Exercise with Tracey 10:30 Nickel Bingo After Lunch	19 Hand Knee & Foot at 9
22 Exercise with Tracey at 10:30 Bingo after Lunch	23 Hand & Foot 9:30 am Exercise with Tracey after Lunch	24 Hand Knee & Foot at 9 Bible Study at 9:30 NEW- Live Music at 11 Bunco After Lunch	25 Healthy Hints: Kindness & Humor 10:30 am Exercise with Tracey 10:30am Nickel Bingo After Lunch	26 Hand Knee & Foot at 9
29 Exercise with Tracey at 10:30 Bingo after Lunch	30 Retro Toys Day Hand & Foot 9:30 am Birthday & Anniversary Celebration Exercise with Tracey after Lunch	<b>Call 989-465-6216 or visit us online at <a href="http://SeniorServicesMidland.org">SeniorServicesMidland.org</a></b>		

Meals are available Monday-Friday at 11:30 am. Please call 989-465-6216 by 9 am the day you would like to reserve a meal.

**Regularly Scheduled Programs:**  
*Bible Study every Wednesday Morning 9:30-10:30 am*  
*Daily Puzzles, Cards & Billiards*  
*Mahjong with Bev-Daily after Lunch-call to register 4 players*  
*Wii Games every Monday after Lunch*  
*Please cancel your reservation if anyone in your household is sick.*

## Activity Descriptions

**Tues, April 2** • "Mint" of the day  
**Wed, April 3** • National Walking Day - Stroll with us at 10:15 am  
**Thurs, April 4** • BP Clinic 11 am-12 pm  
**Fri, April 5** • Crazy for Caramel Days - Which brand is chewier?  
**Tues, April 9** • Rosie Riveter Day - Photo contest  
**Tues, April 16** • Stress Awareness Day - How do you handle stress?!

**Wed, April 24** • Introducing a NEW Musician - William Sadowski – playing at 11 am-12 pm  
**Thurs, April 25** • Healthy Hints: Amazing Health Benefits of Kindness and Humor at 10:30 am.  
**Tues, April 30** • Retro Toys Day - What toys do you recall from your childhood? Birthday and Anniversary Celebration - Bring your cakes -Tracey has the ice cream.

### Exercise Schedule:

***M, W, Fri- Legs & Core @ 10:30 am***  
***Tues- Arms & Core @ 12 pm***  
***Thurs- Arms & Core @ 10:30 am***

***Nickel Bingo every Thursday After Lunch, Bunco after lunch every Wednesday. Hand and Foot every Tuesday and Friday @ 9:30 am. Bible Study every Wednesday @ 9:30 am.***



**Coleman Center**  
 415 E Webster • Coleman  
**(989) 465-6216**  
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