







SENIOR SERVICES

Greendale Center Activities

April 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 1 Jokes and History of Pranks & Pranksters Myra's Exercise 9:30 | 2 | 3 Cardio Drum 9:30 am BP Clinic 10:30-12:00 Bingo 10:45 am Assorted Cards & Euchre Pickle Ball at 12 pm | 4 | 5 OTAGO Exercise 10am Nickel Bingo 10:45am Pickle Ball at 12 pm |
| 8 Myra's Exercise 9:30 Healthy Hints: Health Benefits of Kindness & Humor at 10:30 am | 9  | 10 Cardio Drum 9:30 am Guitarist at 10 am- Birthday and Anniversary Party Assorted Cards & Euchre Pickle Ball at 12 pm | 11 | 12 OTAGO Exercise 10am Nickel Bingo 10:45am Pickle Ball at 12 pm |
| 15 Myra's Exercise 9:30 | 16  | 17 Cardio Drum 9:30 am Bingo at 10:45 am Assorted Cards & Euchre Pickle Ball at 12 pm | 18  | 19 OTAGO Exercise 10am Nickel Bingo 10:45am Pickle Ball at 12 pm Craft Show Saturday 4/20- 10am- 2pm |
| 22 Myra's Exercise 9:30 | 23  | 24 Cardio Drum 9:30 am Assorted Cards & Euchre Pickle Ball at 12 pm | 25 | 26 OTAGO Exercise 10am Musician Wanda at 10:30 am Nickel Bingo 10:45am Pickle Ball at 12 pm |
| 29 Myra's Exercise 9:30 Assorted Card & Euchre | 30 | Call 989-832-8683 or visit us online at SeniorServicesMidland.org | | |

Fitness Classes To register for OTAGO call 989-774-1350 or 989-774-2715 Email: fallprevention@cmich.edu.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|----------|---------|-----------------|----------|--------|
| 9:30-10 am | Exercise | | Cardio Drumming | | |
| 10-10:50 am | | | | | OTAGO |

Activity Descriptions

Mon, April 1 • Jokes and History of Pranks & Pranksters

Wed, April 3 • Blood Pressure Clinic 10 am. Bingo 10:45 am.

Mon, April 8 • **Healthy Hints:** Amazing Health Benefits of Kindness and Humor at 10:30 am.

Wed, April 10 • Guitarist Ted Bailey 10 am. Birthday and Anniversary Celebration, Ice Cream Social - 10 am.

Sat, April 20 • **Greendale Spring Craft Show - 10 am-2 pm**

Wed, April 17 • Bingo 10:45 am

Fri, April 26 • Musician Wanda Degen at 10:30 am

Exercise with Myra on Mondays at 9:30 am, Cardio Drumming at 9:30 am Wednesdays, with Bowling the 2nd Friday of the Month! Otago Exercise Program Fridays. Walking inside available every day!

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 9:30 am Mondays
- **Cardio Drumming** Wednesdays at 9:30 am
- **OTAGO Exercise Program with CMU College of Medicine** 10:00 am Fridays: Build strength & prevent falls!
- Daily Walking, Cards
- Pickle ball at 12pm Wednesday and Friday

Please cancel your reservation if anyone in your household is sick.



Greendale Center

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

SeniorServicesMidland.org