



SENIOR SERVICES

Mills Center Activities

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Silver Sneakers Class offered by North Family Center 9:00-9:55 am</i>	2 Hack Your Snack with MSU-Ext at 12:30 pm Euchre	3 Nickel Bingo at 12:15pm	4	5 Exercise with Georgia 11-11:30 am Music by Great Lakes Folk Singers Three Things in a Bag
8 <i>Silver Sneakers Class offered by North Family Center 9:00-9:55 am</i>	9 Western Party with Music by Two Outlaws and a Good Guy Euchre	10 Cooking for 1 or 2 with MSU Ext series begins 12:15-2:15 pm	11 Community Dinner Night at NMFC 5:30-7 pm Call 989-689-7770 for Reservations	12 Exercise with Georgia 11-11:30 am Yahtzee! Three Things in a Bag
15 <i>Silver Sneakers Class offered by North Family Center 9:00-9:55 am</i>	16 Blood Pressure Clinic 11:30-1pm Euchre	17 Cooking for 1 or 2 with MSU Ext 12:15-2:15 pm	18	19 Exercise with Georgia 11-11:30 am Birthday and Anniversary Celebration 12:15 Bingo After Lunch
22 <i>Silver Sneakers Class offered by North Family Center 9:00-9:55 am</i>	23 Friendly Folks Board Meeting Euchre	24 Ice Cream Sundae Day	25	26 Exercise with Georgia 11-11:30 am Music by Hopesters Three Things in a Bag
29 <i>Silver Sneakers Class offered by North Family Center 9:00-9:55 am</i>	30 Healthy Hints: Health Benefits of Kindness & Humor at 12:30 pm Euchre	Call 989-282-1622 or visit us online SeniorServicesMidland.org Looking for Euchre Players! Call if interested! *All Activities starting at 12:15 unless otherwise noted*		

Meals are available Tuesday, Wednesday and Friday at 12 am. Please call 989-282-1622 by 9 am the day you would like to reserve a meal.

Regularly Scheduled Programs

Three Things in a Bag Activity every Friday after lunch unless otherwise noted. Let's get to know each other! We are taking turns sharing three things and are important to us. Call or come in for more details.

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

Activity Descriptions

Tues, April 2 • Hack Your Snack with MSU Extension at 12:30 pm

Wed, April 3 • Nickel Bingo

Fri, April 5 • Music by Great Lakes Folk Singers

Tues, April 9 • Western Party with Music by Two Outlaws and a Good Guy, Euchre

Wed, April 10 • Cooking for One (or Two) with MSU Extension - **Wednesdays, April 10, 17, May 1, 8, 15 & Fri, May 3 from 12-2 pm**

Thurs, April 11 • Community Dinner Night at NMFC 5:30-7 pm

Call 989-689-7770 for Reservations

Fri, April 12 • Yahtzee

Tues, April 16 • Blood Pressure Clinic 11:30 am-1 pm, Euchre

Fri, April 19 • Birthday and Anniversary Celebration, Bingo

Wed, April 24 • Ice Cream Sundae Day

Fri, April 26 • Music by Hopesters

Tues, April 30 • Euchre, Healthy Hints: Amazing Health Benefits of Kindness and Humor at 12:30 pm



Mills Center

2601 E Shearer Rd • Midland

(989) 282-1622

SeniorServicesMidland.org