

Sylvania Senior Center List of Programs January 2018

Recurring Programs

Lunch is served from 11:30-12:15 p.m. Mon-Fri; suggested donation for persons who are 60+ is \$2.50; non-senior is \$5.62. Make reservation by noon the day before.

Billiards: Mon-Fri open all day, weekly.

Computer Lab: open when classes are not in session.

Open Gym: open when classes are not in session.

Quilting & Sewing: Mon, Tue & Thu, 8-12 noon, weekly.

Woodshop: Tue, Thu & Fri, 1-3:00, weekly.

Woodcarvers: Tue, 3-5:00, weekly, January & February.

Transportation to Senior Center & Shopping: call Deb, 419-885-3913.

Daily Programs

Monday, 1	HOLIDAY/CLOSED
Tuesday, 2	HOLIDAY/CLOSED
Wednesday, 3	Jazzercise:..... Mon Wed Fri 9-10, Tue Thu 8:30-9:30, weekly.
Thursday, 4	Strength Training:..... Mon & Thu 10-11, weekly, call for fee & registration.
Friday, 5	Art Studio Class:..... Tue Fri, 9-11:00; call for fee and registration. Strength/Balance:..... Wed 1-2, Fri 10:30-11:30, weekly, call for fee & registration. Scrabble:..... 1:30-4:30, weekly. Line Dancing:..... 2:30-4, weekly.
Monday, 8	Quilting & Sewing:..... Mon, Tue & Thu 8-12 noon, weekly. BP Clinic:..... 11-12:30. Body Recall:..... Mon, Tue & Thu 11:30-12:30, weekly, call for fee & registration. Dr. Lam's Tai Chi for Health:..... Tue 3-4:00, weekly, call for fee & registration.
Tuesday, 9	BP/BS Clinic:..... Tuesdays, 9-11:30. Learn to Knit:..... 2nd & 4th Tue, 10-11:00, bring your own supplies! Legal Outreach:..... by appointment, monthly. Adult Coloring:..... 2nd & 4th Tue, 1-3:00, monthly. Health Insurance Specialist:..... 2nd Tue, by appointment, monthly. Current Events:..... 2nd & 4th Tue, 2-4:00, monthly.
Wednesday, 10	Knitting/Crocheting:..... Wed 9-11, Fri 2-4:00, weekly.
Thursday, 11	Camera Club:..... 2nd Thu 1:30-2:30, monthly.
Friday, 12	Scrabble:..... 1:30-4:30, weekly. Line Dancing:..... 2:30-4, weekly.
Monday, 15	HOLIDAY/CLOSED
Tuesday, 16	Franciscan Care Center BP/BS Clinic:..... Tuesdays, 9-11:30. Body Recall:..... Mon, Tue & Thu 11:30-12:30, weekly, call for fee & registration. Dr. Lam's Tai Chi for Health:..... Tue 3-4:00, weekly, call for fee & registration.
Wednesday, 17	Movie Day:..... 1-3:00, please rsvp, monthly. Party Euchre:..... Wed 10-12 noon, weekly. Knitting and Crocheting:..... Wed 9-11, Fri 2-4:00, weekly.
Thursday, 18	Book Review Group:..... 3rd Thu 2-3:00, monthly.
Friday, 19	Scrabble:..... 1:30-4:30, weekly. Line Dancing:..... 2:30-4, weekly.
Monday, 22	BP Clinic:..... 11-12:30. Euchre:..... Mon & Fri 12:30-2:30, weekly.
Tuesday, 23	BP/BS Clinic:..... Tuesdays, 9-11:30. Senior Chorus:..... Tue 9:45-11:15, weekly.
Wednesday, 24	Strength/Balance:..... Wed 1-2, Fri 10:30-11:30, weekly, call for fee & registration. Movie Day:..... 1-3:00, monthly, please RSVP.
Thursday, 25	Podiatrist by appointment, monthly.
Friday, 26	Scrabble:..... 1:30-4:30, weekly.
Monday, 29	Mahjong:..... 12:30-4:00, weekly.
Tuesday, 30	Contract Bridge:..... Tue 12:30-3:30.
Wednesday, 31	Pinochle:..... Wed 12:30-3:30, weekly.