



8-5:00 Monday, Wednesday – Friday

8-7:30 Tuesday

Phone: 419-885-3913

Fax: 419-882-0770

Sylvania Senior Center List of Programs

November 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.

Tuesday Evening Dinner served from 4:30-5:15, \$8.00 per person; reserve by 2 p.m. the Friday 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: Tue & Thu, 8-12 noon, weekly

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

Woodcarvers: Tue, 3-6:00 weekly

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

Daily Programs

Thursday, 1	Rug Hooking: 1 st & 3 rd Thu, 10-11:30, monthly Party Bridge: Thu 1-3:30, weekly
Friday, 2	Scrabble: 1:30-4:30, weekly Line Dancing: 2:30-4, weekly
Monday, 5	Unique Health Care Solutions BP Clinic: 11-12:30 Jazzercise: Mon-Fri call Christy for details 419-460-1734 Strength Training: Mon & Thu 10-11, weekly, call for fee & registration Body Recall: Mon, Tue & Thu 11:30-12:30, weekly, call for fee & registration
Tuesday, 6	Election Day Bake Sale Franciscan Care Center BP/BS Clinic: Tuesdays, 9-11:30 Art Studio Class: Tue Fri 9-11:00, call for fee and registration Bunco: 1 st & 3 rd Tue 1-3:00, monthly Facebook 101: 2 day/3 hr course, call for fee & registration Dr. Lam's Tai Chi for Health: Tue 3-4:00, weekly, call for fee & registration 5:30: after dinner program, call for details Caregiver Support Group, Alz./Dementia: 1 st Tue, 6-7:00 p.m., monthly
Wednesday, 7	Knitting/Crocheting, Wed 9-11, Fri 2-4:00, weekly Party Euchre: Wed 10-12 noon, weekly
Thursday, 8	Chat with Brenda: 2 nd Thu, by appointment, memory care professional, monthly Camera Club: 2 nd Wed, 1:30-2:30, monthly Flag Box Ceremony: 2:00
Friday, 9	Scrabble: 1:30-4:30, weekly Line Dancing: 2:30-4, weekly

Monday, 12 Jazzercise: Mon-Fri call Christy for details 419-460-1734
Strength Training: Mon & Thu 10-11, weekly, call for fee & registration
Body Recall: Mon, Tue & Thu 11:30-12:30, weekly, call for fee & registration

Tuesday, 13 Franciscan Care Center BP/BS Clinic: Tuesdays, 9-11:30
Legal Outreach: by appointment, monthly
Adult Coloring: 2nd & 4th Tue, 1-3:00, monthly
iPad/iPhone Class: 3 day/6 hr course, call for fee & registration
Current Events: 2nd & 4th Tue, 2-4:00, monthly
Dr. Lam's Tai Chi for Health: Tue 3-4:00, weekly, call for fee & registration
5:30: after dinner program, call for details

Wednesday, 14 Pinochle: 12:30-3:30, weekly
Insurance Specialist: 2nd Wed, by appointment, monthly

Thursday, 15 Book Review Group: 3rd Thu 2-3:00, monthly
Chili Dinner: 5-7:00, Adults \$6.00, Children \$3.00

Friday, 16 Funeral Pre-Planning Consultation: 3rd Friday, by appointment, monthly
Scrabble: 1:30-4:30, weekly
Last Line Dance of 2018: 2:30-4, weekly

Monday, 19 Unique Health Care Solutions BP Clinic: 11-12:30
Jazzercise: Mon-Fri, call Christy for details 419-460-1734
Strength Training: Mon & Thu 10-11, weekly, call for fee & registration
Body Recall: Mon, Tue & Thu 11:30-12:30, weekly, call for fee & registration

Tuesday, 20 Franciscan Care Center BP/BS Clinic: Tuesdays, 9-11:30
Senior Chorus: Tue 9:45-11:15, weekly
Contract Bridge: Tue 12:30-3:30
Dr. Lam's Tai Chi for Health: Tue 3-4:00, weekly, call for fee & registration
Medicare & You: 5:30, 3rd Tuesday, monthly
5:30 after dinner program, call for details

Wednesday, 21 Strength/Balance: Wed 1-2, Fri 10:30-11:30, weekly, call for fee & registration
Movie Day: Wed 1-3:00, please RSVP, monthly
Restorative Yoga: Wed 2:30-4, weekly, call for fee & registration

Thursday, 22 Closed/Holiday

Friday, 23 Closed/Holiday

Monday, 26 Strength Training: Mon & Thu 10-11, weekly, call for fee & registration
Body Recall: Mon, Tue & Thu 11:30-12:30, weekly, call for fee & registration

Tuesday, 27 Franciscan Care Center BP/BS Clinic: Tuesdays, 9-11:30
Senior Chorus: Tue 9:45-11:15, weekly
Contract Bridge: Tue 12:30-3:30
Dr. Lam's Tai Chi for Health: Tue 3-4:00, weekly, call for fee & registration
5:30 after dinner program, call for details

Wednesday, 28 Strength/Balance: Wed 1-2, Fri 10:30-11:30, weekly, call for fee & registration
Restorative Yoga: Wed 2:30-4, weekly, call for fee & registration

Thursday, 29 Podiatrist by appointment, monthly
Duplicate Bridge: Thu 1-4:00, weekly

Friday, 30 Scrabble: 1:30-4:30, weekly