

Delta Township 39'ers

Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing 48917

517-484-5600

www.deltami.gov/parks

March 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | NOTES |
|--|--|---|--|--|--|
|  | 1 Footcare Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00 Genealogy 1:00 | 2 Yoga 9:30 Senior Core 9:30 Zumba Gold 10:30 Lunch 12:00 Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00 | 3 Footcare Yoga 10:00/11:30 AARP HomeFit 10:30 Scrabble 1:00 Young 24 Style 1:00 Beginning Tai-Chi 2:15 Euchre 6:00 | 4 Blood Sugar Senior Core 9:30 Zumba Gold 10:30 Dbl. Pinochle 12:00 Lunch 12:00 Bingo 1:00 | Spring Facts: The first day of spring is called the vernal equinox, which is a Latin term for "spring" & "equal night". Hurricane season begins in late spring. Tornado Alley is most active this time of year. There is more daylight during spring due to the earth's axis tilting toward the sun at this time of year. Happy Spring Everyone! |
| 7 Senior Core 9:30 Zumba Gold 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 No Activities After 2:00pm | 8 Mystery Trip NO ACTIVITIES | 9 Chair Massage Yoga/Senior Core 9:30 Zumba Gold 10:30 Speaker/Lunch 12:00 Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00 | 10 Yoga 10:00/11:30 Scrabble 1:00 Young 24 Style 1:00 Beginning Tai-Chi 2:15 Euchre 6:00 | 11 Blood Pressure Senior Core 9:30 Zumba Gold 10:30 MahJong 12:00 Speaker/Lunch 12:00 Bingo 1:00 | |
| 14 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00 | 15 Footcare Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00 Genealogy 1:00 Computer Classes | 16 Yoga 9:30 St. Patricks/Lunch 12:00 Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00 | 17 Yoga 10:00/11:30 Scrabble 1:00 Young 24 Style 1:00 Beginning Tai-Chi 2:15 Euchre 6:00 | 18 Lunch 12:00 Dbl. Pinochle 12:00 Bingo 1:00 | |
| 21 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00 | 22 Footcare Yoga 10:00 Lunch Bunch 11:30 Pinochle 12:00 Arthritis Ex 1:00 Genealogy 1:00 Computer Classes | 23 Yoga 9:30 Easter/Lunch 12:00 Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00 | 24 Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00 | 25 Closed Good Friday | |
| 28 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00 | 29 Yoga 10:00 Golf Meeting 11:00 Pinochle 12:00 Arthritis Ex 1:00 Computer Classes | 30 Chair Massage Bday/Lunch 12:00 Bingo 1:00 Cribbage 1:00 Jazzercise Lite 3:00 | 31 Yoga 10:00/11:00 Scrabble 1:00 Euchre 6:00 |  | |
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