

January 2010: Highland Adult Activity Center: 209 North John Street, Highland, MI 48357 ♦ Office: (248) 887-1707 ♦ Transportation: (248) 887-4979

♦ Nutrition: (248) 887-4694 ♦ Bldg. 2: Highland Station House, 205 W. Livingston Rd, Highland, MI 48357

♦ Lunch is served Monday – Friday at 11:45 a.m. 48-hour notice is needed for reservations. ♦ Cards are played daily at 9:00 a.m. Bldg.2, Revision #7

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Highland Adult Activity Center will be CLOSED New Year's Day
4. ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 1:00 pm Genealogy-Sign Up ➤ 6:30-9:30 pm Cards	5. National Bird Day ➤ 10:00 a.m. Speaker "Winter Backyard Birds" by Tracy Slintak ➤ 12:00-3:00 pm Rubber Bridge	6. 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity ➤ 10:00 am Blood Pressure Check by Age with Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo ➤ 2:30-3:30 pm "Music Lessons for Fun" by Evola Music	7. <u>TRIP: 9:00 am Brighton & Howell Shopping Trip \$10</u> EVENT: 11:30 am Jeopardy with Snacks with Kim Arcabello from ComForcare Home Care	8. National English Toffee Day ➤ Snack: English Toffee ➤ 9:30 am Foot Doctor, by appt. only ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg 2, Comm Rm ➤ 12:00 pm Popcorn & Movie-"How About You" ➤ 2:15-3:15 pm Aware.Move Exer.Bldg 2
11. ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 11:00 am Speaker: "Diet and Exercise Myths" by Nancy McDaniel from Formula For Fitness ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards	12. <u>TRIP: 11:00 am Movie at MJR Theatre in Brighton. Lunch on your own \$10</u> ➤ 12:00-3:00 pm Rubber Bridge ➤ 12:30 pm Cooking Class \$2 ➤ 6:30 pm Highland Car Nuts	13. 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 am Blood Pressure Check by Age with Grace ➤ 10:00-11:00 am Computer Class EVENT: 11:30 am BIRTHDAY & ANNIVERSARY PARTY: Free cake and ice cream only ➤ 12:00 pm Bingo ➤ 2:30-3:30 "Music Lessons for Fun" ➤ 7:00-9:00 pm Coin Club	14. ➤ 11:30 am Trivia & Chocolate Cake ➤ 12:30 pm Wii Fun & Games EVENT: 5:30 pm "Hibernation" Party with by Joe Harman from Drayton Plains Nature Center in Waterford, Entertainment by Jerry Sadler during the Potluck	15. ➤ 10:00 am Pet Therapy ➤ 10:00 am Ask the Lawyer ➤ 10:00 am Quilt Club, Bldg 2, Comm Rm ➤ 12:00 pm Popcorn & Movie-"Night at the Museum 2" ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2
18. Highland Adult Activity Center will be CLOSED in honor of Martin Luther King, Jr. Day	19. ➤ 12:00-3:00 pm Rubber Bridge TRIP: 8:30-4:30 pm Windsor Raceway Casino, \$5 by Travel Treasures and Tours	20. 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 am Blood Pressure Check by Age with Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo ➤ 2:30-3:30 "Music Lessons for Fun"	21. 10:30-11:00 am Harmonica Lessons, Bring your own Harmonica, Free ➤ 11:00-11:30 am "Classics For Easy Listening on Guitar", Free ➤ 11:30 am Trivia & Cobbler ➤ 12:30 pm Armchair Travel	22. National Pizza Week ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg 2, Comm Rm ➤ 12:00 pm Movie and Pizza, \$4 "Julia and Julia" ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2
25. ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards	26. National Peanut Brittle Day ➤ Snack: Peanut Brittle ➤ 12:00-3:00 pm Rubber Bridge	27. ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 am Blood Pressure Check by Age with Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo ➤ 2:30-3:30 pm "Music Lessons for Fun" by Evola Music	28. 10:00 am Book Club "African American-Ugly Ways", Bldg 2, Community Room EVENT: 11:30 am "Over the Hill" Party with the Hamburg Kitchen Band, Brunch \$5 ➤ 11:30 am Trivia & Malts	29. ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg 2, Comm. Rm ➤ 12:00 pm Popcorn & Movie-"The Ugly Truth" ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2