

**SEPTEMBER
2010**


Highland Adult Activity Center 209 North John Street Highland 48357

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updated 6-10-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SENIOR CENTER MONTH</p>	<p>1. 10:00 Ask the Nurse 10:00-10:30 BP Checks 10:00-10:30 a.m. Chair Exercises 10:00 Computer Class 12:00 Bingo</p>	<p>2. 11:00 Brunch and Sing-a-long with Linda-\$5.00</p>	<p>3. 9:30 Shopping in Novi 10:00 a.m. Pet Therapy 10:00 Quilt Club– Bldg 2 12:00 Movie-Invictus 2:00-3:00 p.m. Awareness Through Movement- Bldg 2</p>
<p>6. Labor Day Holiday</p> <p>CENTER CLOSED</p> <p>6:30-9:30 Cards</p>	<p>7. 10:00 Chess with Herb Lucre (learn or play) 12:00 Rubber Bridge 12:30 Wii & Euchre with the Highland Library 6:30 Highland Car Nuts</p>	<p>8. Detroit Zoo Senior Day-Free Adult Over 62 \$12 Trans. 10:00-11:00 BP Checks 10:00-10:30 Chair Exercises 10:00-11:00 a.m. Computer Class 12:00 Bingo 7:00-9:00 p.m. Coin Club</p>	<p>9. 11:30 Birthday & Ann. Party- cake & ice cream 11:45 Trivia and 6:00-8:00 pm Grief Support Group by Home and Hospice Advantage</p>	<p>10. 9:45 RSVP Luncheon-\$8 10:00 Quilt Club– Bldg 2 10:00 Pet Therapy 10:30 Free Mary Kay Makeover 12:00 Movie-Leap Year 2:00-3:00 Aware. Movement Exercise Bldg. 2 6:00 p.m. Fabulous 50's Extravaganza at Bakers \$20.00 including transportation</p>
<p>13. Genealogy with Guenter-Sign up 10:00-10:30 Chair Exercises 12:00 Bingo 6:30-9:30 Cards</p>	<p>14. National Crème Filled Donut Day 10:00 Chess with Herb 10:00 Ask the Handyman 12:30 Cooking Class-\$3.00 10:45 Craft Class 12:00 Rubber Bridge</p>	<p>15. 10:00-11:00 BP Checks 10:00 Pulse, Oxygen, Blood Sugar Check by Visiting Angels 10:00-10:30 Chair Exercises 10:00 Computer Class 12:00 Bingo</p>	<p>16. 11:15 Novi Senior Show-\$27.00 include lunch, show & transportation 10:00-12:00 Jeopardy with Comfort Care <i>Ice Cream Cones with lunch</i> 12:30 Armchair Travel-Alaska</p>	<p>17. 10:00 Ask the Lawyer 10:00 Quilt Club– Bldg 2 11:45 Soup & Salad Potluck-bring soup or salad topping 12:00 Movie-Preacher's Kid 2:00-3:00 Awareness Through Movement-Bldg 2</p>
<p>20. 10:00 Chair Exercises 10:30 Great Outdoors with Virgil and Dan 11:45 Ice Cream with Lunch 12:00 Bingo 6:30-9:30 Cards</p>	<p>21. African Lion Safari-Cambridge, ON-\$84 10:00 Chess with Herb Lucre (learn or play) 12:00 Rubber Bridge 12:30 Wii & Euchre with the Highland Library</p>	<p>22. 10:00 Ask the Pharmacist 10:00-11:00 BP Checks 10:00-10:30 Chair Exercises 10:00-11:00 Computer Class 12:00 Bingo</p>	<p>23. 9:00 Pontiac Farmers Market-\$10.00</p> <p><i>11:30 Trivia and Strawberry Sundaes</i></p>	<p>24. 9:00 Veterans Club-Joe Salvia 10:00 Pet Therapy 10:00 Quilt Club– Bldg 2 12:00 Movie-Extraordinary Measures 2:00-3:00 Awareness Through Movement- Bldg 2</p>
<p>27. Biscuit & Honey Snack 10:00 Chair Exercises 12:00 Bingo 6:30-9:30 Cards</p>	<p>28. 10:00 Chess with Herb 10:45 Craft Class-T-shirt Necklace (Bring in old T-shirt) 12:00 Rubber Bridge</p>	<p>29. 10:00-11:00 BP Check 10:00-10:30 Chair Exercises 10:00 Computer Class 12:00 Bingo</p>	<p>30. Greektown-\$15 10:00 Book Club-Look at Mr. Pip by Lloyd Jones 11:30 Trivia and Chocolate Milk Shake 7:00 p.m. Grace Under Pressure Cancer Support Group</p>	<p>Better Breakfast Month National Biscuit & Honey Month National Preparedness Month</p>