

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

Open Enrollment October 15th - December 5th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 5:15 Zumba Gold	2 10 Ladies Billiard 10:15 Zumba Toning N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watches	3 9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch/Balance N Meals 12:15 Tai Chi (beg.) 1 Tai Chi 6:30 Tai Chi	4 9 Foot care 9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Euchre 1 Dup Bridge 5:15 Zumba Gold 7:30 Boot Scooters	5 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo	6 Pilip
7 Billiards Open play Monday Thru Friday 1-4pm	8 8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 5:15 Zumba Gold	9 10 Ladies Billiard 10:15 Zumba Toning N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watches	10 9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch/Balance N Meals 12:15 Tai Chi (beg.) 1 Tai Chi 2 Healthy Me/ Diabetes Support 3 TED Talks 6:30 Tai Chi 7 Coin Club	11 9 Foot care 9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Euchre 1 Dup Bridge 5:15 Zumba Gold 7:30 Boot Scooters	12 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo	13 Pilip
14 Paralegal Oct 21 9-11:30 Call 231.845.6841 For appointment	15 8:30 Yoga 9 Paralegal 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1:30 Low Vision 5:15 Zumba Gold	16 10 Ladies Billiard 10:15 Zumba Toning N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watches	17 9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch/Balance N Meals 12:15 Tai Chi (beg.) 1 Tai Chi 2 Essential Oil Class 6:30 Tai Chi	18 9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 1 Euchre 1 Garden Club 5:15 Zumba Gold 7:30 Boot Scooters	19 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games LUNCH FOR A BUCK	20 Pilip
21 Billiards Open play Monday Thru Friday 1-4pm	22 8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 5:15 Zumba Gold	23 10 Ladies Billiard 10:15 Zumba Toning N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watches	24 9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch/Balance N Meals 12:15 Tai Chi (beg.) 1 Tai Chi 2 Healthy Me/ Diabetes Support 3 TED Talks 6:30 Tai Chi	25 9:30 Sewing/Crafts 10 Ladies Billiards 10:15 Zumba Gold N Meals 1 Dup Bridge 1 Euchre 5:15 Zumba Gold 7:30 Boot Scooters	26 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 1 Bingo Painting Class	27 Pilip
28 Billiards Open play Monday Thru Friday 1-4pm	29 8:30 Yoga 9 Cribbage 9:30 Yoga 10 Men's Billiards 10:30 Mahjongg N Meals 1 Cards/Games 5:15 Zumba Gold	30 10 Ladies Billiard 10:15 Zumba Toning N Meals 12:15 Dup Bridge 2 Country Dancing 5 Weight Watches	31 9 Cribbage 9:30 Yoga 10 Men's Billiards 11 Stretch/Balance N Meals 12:15 Tai Chi (beg.) 1 Tai Chi 6:30 Tai Chi			