

GRAND BLANC SENIOR CENTER

October



The center is as busy as ever and we love it! We are so happy to see so many people taking advantage of all the great programs that are offered at the center.

We thank you for your support!

If a program states in the description that you must reserve a spot, this is due to a program needing a minimum number to be held or there is a maximum number that can be accommodated. Reservations for these need to be made in advance, we hate the idea of cancelling a program due to low participation only to have people call at the last minute to sign-up. Many of the agencies we partner with serve a number of senior centers so their time is extremely limited and valuable. We ask that you please call preferably a week before a program is scheduled to begin to make reservations this way we can ensure we have participation for the program to be held or to make arrangements to move a program to a larger room if we are able to.

Thank you for your cooperation!

October at a Glance

- ♦ St. Croix Hospice: Aging Resources– Wednesday, October 1 at 10:00am
 - ♦ Collette Vacations Travel Show– Wednesday, October 1 at 1:00pm
 - ♦ Card Making with Judi– Wednesday, October 1 at 1:00pm
- ♦ Matter of Balance (MOB)- Friday, October 3 from 11:00am-1:00pm (6-weeks)
 - ♦ GDL: Online Scams– Friday, October 3 at 11:30am
 - ♦ VAAA: Nutrition as We Age– Monday, October 6 at 1:00pm
- ♦ Advance Physical Therapy Balance & Strength– Tuesday, October 7 at 11:30am
- ♦ High Blood Pressure Program– Wednesday, October 8 from 10:00am-11:30am (8-weeks)
 - ♦ Acrylic Paint Pour with Lin– Wednesday, October 8 at 1:00pm
- ♦ Maxwell Physical Therapy Consults– Wednesday, October 8 appointments begin at 3:00pm
- ♦ The Oaks Fall Craft: Pumpkin Centerpiece– Wednesday, October 15 at 10:00am
 - ♦ Tranquility Lunch and Learn– Wednesday, October 15 at 11:30am
 - ♦ Gourd Painting with Lin– Wednesday, October 15 at 1:00pm
- ♦ Maxwell Physical Therapy Balance & Strength– Wednesday, October 15 at 3:00pm
- ♦ U of M & GB High School Digital Divide– Friday, October 17 from 10:00-11:15am
 - ♦ Medicare 101– Monday, October 20 at 11:00am
 - ♦ Brookdale Luncheon– Tuesday, October 21 at 12:00pm
- ♦ U of M & GB High School Digital Divide– Friday, October 24 from 12:15-1:30pm
- ♦ Advance Physical Therapy Balance & Strength– Tuesday, October 28 at 11:30am
- ♦ Health Fair, Vaccine Clinic & American House Luncheon-Wednesday, October 29
 - ♦ Beach Glass & Rock Class with Karen– Wednesday, October 29 at 1:00pm



The Grand Blanc Senior Activity Center is funded by: Genesee County and the Genesee County Board of Commissioners, City of Grand Blanc, Charter Township of Grand Blanc, Genesee County Senior Services Millage, and individual donations. We

HEALTH AND FITNESS PROGRAMS

VAAA PRESENTS: A MATTER OF BALANCE

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Join Jennifer Joyner on Friday afternoons to learn how you can prevent falls. Matter of Balance is offered on Fridays from 11:00am-1:00pm and will be offered Friday, October 3-Friday, November 21. No class on Friday, October 10. **Please call to reserve your spot.**

DRUMS ALIVE

Mary Ann Orme will get you moving and grooving in this great class! This class is limited to 30 people with center provided supplies (bucket and sticks). Participants will be required to provide their own ball each week. This Free class is offered on Mondays at 1:30pm. **This class is limited to 30 people, you may sign-up for one month at a time. Please call and cancel if you are unable to attend as there is a waitlist for the class.**

CHAIR YOGA

Chair yoga increases flexibility, strength, improves balance and coordination, reduces stress and pain, and improves sleep. **Join Donna on Monday and Friday mornings at 9:30am. There is a \$3.00 drop-in fee per class.**

YOGA

This class is perfect for the beginner yoga student. Basic postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. With consistent practice, this class will increase your flexibility, endurance, strength and balance. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. Appropriate for all levels but must be able to get down and up from the floor.

Classes are held on Mondays and Fridays at 10:30am and have a drop-in fee of \$8.00 per class.

MAXWELL PHYSICAL THERAPY STRENGTH PROGRAM

Join Maxwell Physical Therapy on the third Wednesday of every month at 3:00pm for Upper and Lower strength and balance training. This is a great class to help maintain or regain your balance and core strength. **The October program will meet on Wednesday, October 15. Please call to reserve your spot.**

ARTHRITIS EXERCISE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class.

This great program is offered on Tuesdays and Thursdays at 10:00am.

This class requires pre-registration to attend. Participants may call beginning Friday for the Tuesday class and Tuesday for the Thursday class. Each participant will be responsible for pre-registering themselves, no exceptions. If you are unable to attend after pre-registering, please call and remove yourself from class so we can move someone off the waitlist. Thank you for your cooperation!

AFTERNOON ARTHRITIS EXERCISE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class.

This great program is offered on Tuesdays at 2:00pm.

ADVANCE PHYSICAL THERAPY PRESENTS: BALANCE CLASS

Join Megan, a physical therapist, from Advance Physical Therapy on the first and fourth Tuesday of each month at 11:30am. Megan will help you improve your balance and strength with a variety of exercises. **The October dates are Tuesday, October 7 and Tuesday, October 28. Please call to reserve your spot.**

LINE DANCING CLASSES

Join in on the fun! Line dancing is a great way to have fun while exercising. Our instructor, Norma Rudkin, will make you fall in love with line dancing! Cost is \$3.00 per class.

Class schedule is as follows:

Improver Class-Mondays at 12:00pm High Beginner - Thursdays at 12:00pm

Ultra Beginner– Thursdays at 1:30pm

LET'S GO FOR A WALK

Let's Go For a Walk on Mondays and Fridays from 8:00am-9:00am and Tuesdays and Thursdays from 8:00am-9:45am. 22 laps in our large room is one mile. We have bingo chips available to help you keep track of your laps! Wednesday walking is available from 8:00am-9:00am

TABLE TENNIS

Doubles table tennis returns on Friday afternoons from 2:00pm-4:00pm.

Please call to register in advance if you would like to play!

SCRABBLE

Join our Scrabble group on Mondays at 1:00pm. Playing Scrabble is a great way to keep you mind active.

ZUMBA GOLD

Do you want to have a great time dancing and shaking away the pounds and blues?

Join certified Zumba instructor Kimberly on Fridays at 1:00pm for an hour of fun and exercise!

Cost is only \$6.00 per class or you can purchase a punch card for \$25 (5 classes).

This class can be done seated or standing!

SOCIAL PROGRAMS

MAH JONGG	MONDAYS	9:30AM
BRIDGE	MONDAYS	12:00PM
BRIDGE (PARTNERS)	TUESDAYS	12:30PM
EUCHRE	TUESDAYS	12:30PM
EUCHRE	THURSDAYS	12:30PM
POKER	FRIDAYS	12:00PM

TRIPS AT A GLANCE

February 5-14, 2026: Discover Hawaiian Adventure. Call for cost

April 15-23, 2026: London & Paris with optional 3-night Amsterdam post—tour excursion.
Call for cost.

June 24-July 5, 2026: Alaska Discovery Land & Cruise. Call for cost

June 19-25, 2026: Discover Canadian Rockies & Glacier National Park. Call for cost.

October 13-27, 2026: Discover South Pacific Wonders. Call for cost.

SENIOR CENTER BUS TRIPS– LIMITED TO 6 PEOPLE

Blake's Backyard in Almont

Thursday, October 16

Bus Departs Senior Center at 8:30am

Bus Departs Blake's at 12:00pm

Breakfast Trip to Fifty81 Bistro

Thursday, October 30

Bus Departs Senior Center at 8:30am

EDUCATION PROGRAMS

ST. CROIX HOSPICE PRESENTS: AGING RESOURCES

We all need a little help at times and are usually unsure of what the first step is to get it. Join Heidi from St. Croix hospice for an informative class on aging resources in our community on Wednesday, October 1 at 10:00am. **Please call to reserve your spot.**

COLLETTE TOURS TRAVEL SHOW

Join Ed McKenna from Collette Tours as he guides you through all the wonderful trips we have upcoming. Current trips that will be highlighted are London & Paris, Alaska Discovery Land & Cruise, Discover South Pacific Wonders, and Discover Canadian Rockies & Glacier National Park. This exciting program will be offered on Wednesday, October 1 at 1:00pm. **Please call to reserve your spot.**

CARD MAKING WITH JUDI

Now that fall is officially here, it is the perfect time to send Fall themed cards to your friends and family.

Join Judi for this fun class! Please bring scissors and adhesive (tape runner or liquid glue and dimensionals). Cost is \$20. Please bring your own tape runner or liquid glue. This fun class will be held on Wednesday, October 1 at 1:00pm. **Advance sign-up and payment are required.**

GENESEE DISTRICT LIBRARY PRESENTS: BREAKING DOWN A TECH SCAM

All you hear anymore is someone has been scammed or maybe you have fallen victim as well. Join Kevin Collins from Genesee District Library as he walks you step by step through the latest tech scams. This important program will be held on Friday, October 3 at 11:30am.

Please call to reserve your spot.

SUSIE WIRSING WATERCOLOR CLASS

Susie Wirsing returns this month with an intermediate watercolor class, you must have taken Susie's beginner class to attend. Susie will introduce you to the new techniques in this great 4-week class.

Susie's class will be offered on Mondays from 9:30am-11:30am beginning Monday, October 6 and ending on Monday, October 27. **Advance payment is required. Cost is \$35**

GREATER FLINT HEALTH COALITION PRESENTS: HIGH BLOOD PRESSURE WORKSHOP

Do you need help with your high blood pressure? High Blood Pressure Control can help you build skills and tools to manage your high blood pressure. In this FREE 8-week workshop you will receive a FREE blood pressure monitor, learn how to monitor your blood pressure, learn how to make healthier dietary choices, create a personal action plan and much more. This great class will be offered on Wednesdays from 10:00am-11:30am beginning Wednesday, October 8 and will run through Wednesday, November 19. Space is limited. **Please call to reserve your spot.**

ACRYLIC PAINT POUR CLASS

Welcome to the vibrant world of acrylic paint pouring, where creativity flows as freely as the paint itself! If you're new to the art scene or simply looking to unleash your inner artist, you're in for a treat. Picture this: swirling colors cascading across your canvas in a dance of pure imagination, each pour a unique expression of your creativity. In this Acrylic Paint Pouring for Beginners Class, we'll dip our imaginations into the basics of acrylic paint pouring, from selecting the right materials to mastering essential techniques. Join Lin on Wednesday, October 8 at 1:00pm for this great class. All materials provided, cost is \$30. **Advance sign-up and payment are required. Displays are up at the center**

THE OAKS AT WOODFIELD FREE FALL CRAFT CLASS

Join Shannon from the Oaks at Woodfield for this free fun craft class. This month Shannon will teach you how to make a beautiful pumpkin centerpiece to decorate your table or to give as a gift to someone else! This class will be offered on Wednesday, October 15 at 10:00am.

Please call to reserve your spot no later than Friday, October 10.

GOURD PAINTING CLASS WITH LINDA

Who doesn't love gourds? Now painted gourds, that is something new! Join Linda for this fun and creative class on Wednesday, October 15 at 1:00pm. Linda will provide all the supplies, you provide the artistic talent! Cost is \$20 for the class. **Advance payment is required no later than October 10.**

Displays are up at the center!

MAXWELL PHYSICAL THERAPY: PHYSICAL THERAPIST ONE-ON-ONE CONSULTATIONS

Have you ever wondered if you could benefit from physical therapy? Schedule your 20-minute free consultation with Meghan from Maxwell Physical Therapy to see if you could benefit from physical therapy. Meghan will be available by appointment on Wednesday, October 8. Appointments are offered at 3:00pm, 3:20pm and 3:40pm. **Call to schedule your free appointment.**

DIGITAL DIVIDE PROGRAM

The center has partnered with University of Michigan Flint and Grand Blanc High School to offer one-on-one tech assistance. This program will be a work in progress, so please be patient until we are able to get the first month under our belts. Participants will work with students to navigate through their tech devices. The October dates are:

Friday, October 17 from 10:00am-11:15am and Friday, October 24 from 12:15pm-1:30pm.

You must call to reserve your spots as space will be determined by the number of students that commit to volunteer.

BEACH GLASS AND ROCK ART WITH KAREN

Surprising what you can do with beach glass, rocks and driftwood. Create your own one of a kind picture using things you find at the beach! Join Karen Keranen as she teaches you the technique of creating a tile picture. All supplies are included, but if you have special rocks you would like to include in your project bring them in. This great class will be held on Wednesday, October 29 at 1:00pm. Cost is \$20.00. **Advance sign-up and payment are required.**

TURNING 65-MEDICARE 101 PRESENTED BY SECURITY FIRST BENEFITS

Turning 65 and confused at what you need to do to enroll in Medicare benefits? Jason from Security First Benefits will be at the center to answer your Medicare questions on Monday, October 20 at 11:00am. **Please call to reserve your spot.**

INTRODUCTION TO BRIDGE

A great way to get out of the house, meet new friends, learn a new game, have fun and keep a healthy brain. In this class you will learn how to: Identify suits, cards and values; Develop concepts on tricks, basic play, auction and contracts; Basics of playing, game & part score levels, contract/opening/bid/first response & play; Scoring and much more fun things! Join Bobby on Wednesdays at 12:30pm to learn how to play bridge. Advance Bridge Class begins at 1:00pm. **Please call to reserve your spot.**

LEARN TO PLAY MAH-JONGG (NO MAH JONGG CARD REQUIRED)

Learn to play Mah-Jongg on Thursdays at 9:30am with Ray.
This group is for newbies or those that just need a little refresher

THE WATERCOLOR STUDIO

Our watercolor group will continue to meet on Tuesdays from 9:30am-11:30am where our painters can continue to share the love of watercolors and the friendships they have formed.

BOOK DISCUSSION

Book discussion and reading improves brain connectivity, increases vocabulary and comprehension, empowers you to empathize with other people, aids in sleep readiness, reduces stress, lowers blood pressure and heart rate, fights depression symptoms, prevents cognitive decline as you age, and contributes to a longer life. The Book Discussion group meets on the 2nd Wednesday of each month at 10:00am. **The September session will be held on Wednesday, September 10**

ULTRA BEGINNER LINE DANCE

We are so excited to announce an Ultra Beginner Line Dance Class with Norma! This class is perfect for anyone looking to learn line dance. Norma will start with the basics so you can learn to love line dance! No experience necessary, just need a good attitude and be ready to have a great time! This class will be offered on Thursdays at 1:30pm. Cost is \$3.00 drop-in.

KNITTERS

Our knitting/crocheting group meets every Thursday morning from approximately 9:00am-11:00am. Our group shares patterns, ideas and friendship. This group is for anyone whether you are working on a personal project or making projects to donate to local charities! If you are looking for a home for your unused yarn, we happily accept donations for our group.

GENESEE DISTRICT LIBRARY PRESENTS: PHONE TIPS

Kevin Collins from GDL will be at the center again this month offering a great program on cell phones. We all struggle some days with technology, just when you think you have something figured out an update happens and you are back to square one. Join Kevin on Friday, November 14 at 11:30am for this informative class. **Please call to reserve your spot.**

VAAA PRESENTS: COOKING FOR ONE

It is so hard to cook for just yourself, you almost always end up with too many leftovers if you do decide to cook or you pass on cooking and opt for something quick and easy. Find your joy in cooking again in this great class. Join Registered Dietician Jeannette Brunetti as she shares information about healthy meal choices and recipes that can be shrunk so you do not waste as much food. This great class will be held on Monday, November 17 at 1:00pm. **Please call to reserve your space.**

NUTRITION PROGRAMS

PRODUCE PANTRY

Thanks to a \$10,000 grant from Community Foundation of Greater Flint, Grand Blanc Chapter the center is able to purchase fresh produce from Flint Fresh. We will be distributing free fresh produce daily, with the exception of holiday weeks. Produce bags will be distributed on a first-come-first-serve basis. Monday produce pick-up time will vary depending on when we are able to pick-up the order, feel free to call before coming in. Tuesday through Friday produce pick-up begins at 8:00am. Availability is limited. Each Monday we receive our order and divide the produce up evenly for all five days of the week so that everyday the same amount of each item will be available. We ask that you please limit yourself to one visit per week so that everyone has an opportunity to this great program!

BROOKDALE FRIENDSHIP LUNCHEON

Grab a friend and join us for a delicious luncheon provided by Brookdale Assisted Living. Brookdale will treat us to lunch on Tuesday, October 21 at 12:00pm.

Reservations are due by Tuesday, October 14

TRANQUILITY LUNCH AND LEARN

Join Gina and her crew from Tranquility Estates as they treat us to a wonderful luncheon and share information about the services offered at Tranquility. The luncheon will be held on Wednesday, October 15 at 11:30am. **Reservations are due by Wednesday, October 8.**

ANNUAL HEALTH FAIR AND VACCINE CLINIC

Join us on Wednesday, October 29 for a day of information and a delicious luncheon provided by American House

**Reservations are required for the Health Fair, Vaccines and Luncheon. Reservations are due no later than
Wednesday, October 22**

**Vaccines provided by Grand Blanc Pharmacy (Bring Insurance Cards)
Vendor Fair 9:00am-12:00pm
Luncheon 12:00pm**

LEGAL SERVICES OF EASTERN MICHIGAN: FREE LEGAL SERVICES

The Center is happy to announce Free Legal Services provided by Legal Services of Eastern Michigan.

Attorney Zach will be available by appointment only on the **first Monday of every month**. Appointments are 1/2 long and begin at 9:30am. If you and your spouse are wanting to complete a Will or Durable Power of Attorney two appointments will be required. Please call the office to schedule your appointment. **Services are available to Genesee County Seniors 60 years of age and older.** Services include: Wills, Durable Power-of -Attorney, Advance Directives, Estate Planning, Medicaid Planning, Social Security, Income Tax, Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Bankruptcy, Employment Issues, Public Benefits.

LSEM Attorney is available by appointment only on the first Monday of each month.

GRIEF SUPPORT SPONSORED BY THE MEDICAL TEAM

We are happy to announce a new partnership with The Medical Team. The Medical Team will offer a monthly grief support group on the 1st Monday of each month at 10:30am. You don't have to go through the grieving process alone. Join our caring group of people who will walk alongside you through one of life's most difficult experiences.

The October date is Monday, October 6

SENIOR CENTER TRANSPORTATION SERVICE

The bus provides transportation for current members age 60 and older who reside within the Grand Blanc School District. Participants must sign a bus policy. Transportation is limited to the Senior Center, Doctors Offices, Grocery Stores, Post Office, and Barber/Beauty Shops within the Grand Blanc School District. The Center transportation services cannot provide rides to physical therapy or medical procedures other than routine doctor and dental appointments, blood draws and x-rays. Transportation arrangements must be scheduled with the Grand Blanc Senior Activity Center Office. There is a \$4.00 charge for round trip transportation. Any additional scheduled stops are \$2.00 per stop and must be scheduled at the time of original appointment. The fees may be paid in advance or upon boarding the bus. For convenience please have small bills or exact change. Transportation hours are: Monday through Friday from 8:00am-1:00pm.

MEDICARE/MEDICAID ASSISTANCE

Our Medicare specialist can assist you with your Medicare or Medicaid questions and concerns.

Our Medicare counselor is available for phone appointments on Tuesdays and Wednesdays.

Call the center at 695-3202 to schedule an appointment.

VISUALLY IMPAIRED SUPPORT GROUP

Our Visually Impaired Support Group will resume in August. We are sorry for the inconvenience.

ALZHEIMER AND PARKINSON CAREGIVER SUPPORT GROUP

Are you caring for someone with Alzheimer's, Dementia or Parkinson's? If so, please consider joining our wonderful support group. This group can make the challenges in caregiving a little less stressful knowing you are not alone. The Caregiver Support Group meets on the 3rd Wednesday of each month from 10:00am-12:00pm. **The October date is Wednesday, October 15**

MEDICAL LOAN CLOSET

The Center's Medical Loan Closet is available Monday-Friday from 9:00am-12:30pm. Inventory varies daily based on usage and donations. If you would like to make a donation please call in advance to see if we are accepting the durable medical goods.

GENESEE COUNTY OFFICE OF VETERAN SERVICES

On Friday, October 24 Veteran Service Officer Tristan Shaw will be available by appointment only. Tristan can answer general questions on benefits, help you obtain discharge or other military records and apply for benefits that you qualify for. **Please call the office to make an appointment.**

		1 Produce Pantry MMAP Appointments Walking 8:00-9:00 Quilting 9:00-12:00C Pickleball 9:00-12:00 Aging Resources 10:00 Beg Bridge 12:30 Card Making 1:00 Int Bridge Class 1:00 Travel Show 1:00	2 Produce Pantry Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	3 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Yoga 10:30 MOB 11:00-1:00 Online Scam 11:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00
6 Produce Pantry LSEM Appointments Walking 8:00-9:30 Chair Yoga 9:30 Watercolor 9:30 Mah Jongg 9:30 Yoga 10:30 Grief Support 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Nutrition Age 1:00 Drums Alive 1:30	7 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 ADPT 11:30 Bridge 12:00 Euchre 12:30 Exercise 2:00	8 Produce Pantry MMAP Appointments Walking 8:00-9:00 Quilting 9:0012:00 C Pickleball 9:00 Book Discussion 10:00 Blood Pressure 10:00 Beg Bridge 12:30 Int Bridge Class 1:00 Pour Paint 1:00 Maxwell Consults 3	9 Produce Pantry Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Brookdale Blood Sugar Checks 10-12 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	10 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Yoga 10:30 MOB 11:00-1:00 Poker 12:00 Zumba 1:00 Table Tennis 2:00
13 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Watercolor 9:30 Mah Jongg 9:30 Yoga 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30	14 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	15 Produce Pantry MMAP Appointments Walking 8:00-11:00 Quilting 9:00 (BR) No Pickleball Blood Pressure 10:00 Oaks Craft 10:00 Caregiver Support 10:00 Tranquility 11:30 Gourd Painting 1:00 Maxwell Balance 3	16 Produce Pantry Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	17 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Digital Divide 10:00-11:15 No MOB Yoga 10:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00
20 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Watercolor 9:30 Mah Jongg 9:30 Yoga 10:30 Medicare 101 11:00 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30	21 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	22 Produce Pantry MMAP Appointments Walking 8:00-9:00 Quilting 9:00 C Pickleball 9:00 Blood Pressure 10:00 Beg Bridge 12:30 Arthritis Presentation 1:00 Int Bridge Class 1:00	23 Produce Pantry Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	24 Produce Pantry Walking 8:00-9:30 Veteran Service Appt Chair Yoga 9:30 Yoga 10:30 MOB 11:00-1:00 Poker 12:00 Digital Divide 12:15-1:30 Zumba 1:00 Table Tennis 2:00
27 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Watercolor 9:30 Mah Jongg 9:30 Yoga 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30	28 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 ADPT 11:30 Bridge 12:00 Euchre 12:30 Exercise 2:00	29 Produce Pantry MMAP Appointments Health Fair 9-12 Quilting 9:00-12:00C No Pickleball Blood Pressure 10:00 American House Lunch 12:00 Beg Bridge 12:30 Beach Rock Art 1:00 Int Bridge 1:30	30 Produce Pantry Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	31 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Yoga 10:30 MOB 11:00-1:00 Poker 12:00 Zumba 1:00 Table Tennis 2:00

Grand Blanc Senior Center
12632 Pagels Drive
Grand Blanc, MI 48439
Hours of Operation
Monday-Friday
8:00am-4:00pm
Phone: (810) 695-3202
gbsc3202@gmail.com
Website:
parks.gbtgov.com

PRST STD
U.S. POSTAGE
PAID
Grand Blanc, MI
Permit No. 35

OR CURRENT RESIDENT

COMMUNITY CONVERSATION



Hosted by
STATE SENATOR
John Cherry



Special Guest
GENESEE CO. COMMISSIONER
James Avery

Monday, November 10 at 12:00pm
Please call the center to reserve your spot no later than
Friday, November 7