

## Senior Center's Calendar – Standard Monthly Events

- **Exercise Classes** – every Monday and Wednesday @ 8:15 am with instructor from the Milan Family YMCA
- **Dance Exercise** – every Tuesday @ 8:30 am & every Thursday @ 9:30
- **Games** – every Monday, Tuesday, Thursday, and Friday @ 1:00 pm
- **Card Players** – every Wednesday @ 12 noon
- **Blood Pressure Checks** – every Thursday @ 8:30 am
- **Blood Sugar Testing** – 2nd and 4th Thursday @ 8:30 am
- **Ladies Coffee / Bingo** – 1st Friday each month @ 10 am
- **Monthly Add-a-dish** - 2nd Friday each month @ 10:30 am
- **Men's Coffee** – 3rd Friday @ 8:30 am
- **Elizabeth Stone Garden Club** - 2nd Monday at 1:00
- **Other Special services (AARP Driving Course, & Commodity Distribution) offered throughout the year.**
- **Monthly Fellowship Add-a-dish** - 4th Thursday at 10:30

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### *Other Special Events:*

No activities Nov. 8th Election Day!!, Nov. 11th add-a-dish Dev. Larry Hart and Prog. by Mayor Beasley, We will be closed Nov. 24th and 25th for Thanksgiving.

December 9th add-a-dish Bro. Chad Ezelle will deliver the devotional and the Tip Top Tappers will present the prog., We will be closed December 23rd and 26th for Christmas Eve and Christmas Day.

**Milan Senior Center**  
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