



## Senior Advisory Board

**President:** Mary Tompkins / **Vice-President:** Paula Gierke

**Treasurer:** Cathy Boyle / **Secretary:** Kellie Fiebig

**Sunshine:** Dolores Tomta / **Members:** Inez Hofmann, Don Wilson,  
Janis Briski, Jean Waldherr, Lori Hutson, Mike Perry

## Pinochle

**12:45pm Mondays**

Come and join this fun Group.  
Contact Bill Pederson or Gerald  
for more info @ 253-922-6794

## Adult Fitness

**3:30pm Wednesdays**

Your chance to move your body, increasing your  
mobility, strength & cardiovascular health.  
Contact Nancy for more info @ 253-820-4176

## Senior Foot Care

**The First Monday of the Month**

Highly qualified Nurses (RNs and LPNs)

Ready to give help & advice. \$30.00

**By appointment only. Call: 253-848-9625**

## Lunch

**Every Wednesday of the Month**

Come enjoy a lovely prepared  
lunch with friends!

\$4.00 Suggested Donation

## Quilting Group - 10:00am Fridays

Take time to 'stich' & have fun with the "Friday Friends".

## Bingo

**12:30pm - 2:00pm**

**(Last Wednesday each Month)**

Have Fun! Win Prizes!

Contact Paula for more info @ 253-568-7727

## Craft Group

**10:00am – 2:00pm**

**Thursdays**

Learn how to make cards  
& much more!

## Yoga

**7:30pm - 8:30pm Tues & Thurs**

Join 'Yoga with Kim' to build strong  
muscles through poses & stretching.  
Contact Kim for more info @253-891-  
1036 or yogawithkim@hotmail.com

## Zumba Fitness

**6:15pm - 7:15pm Tues & Thurs**

Join Claire Berry- for fun, aerobic  
dance set to Latin & World music &  
moves. Contact Claire for more  
info @ 253-315-0237

# JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY NEW YEAR!	2 6:15pm Zumba Fitness 7:30pm Yoga	3 11:30am Lunch *Jan Birthday Celebration 3:30pm Adult Fitness	4 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	5 10:00am Quilting	6
8 12:45pm Pinochle	9 6:15pm Zumba Fitness 7:30pm Yoga	10 11:30am Lunch Happy Birthday Debra Irle 3:30pm Adult Fitness	11 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	12 10:00am Quilting	13
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**THANK YOU**  
Mill Ridge Village & Alder Ridge  
for your Lunch Donations & Support!