

SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231-757-4705

MARCH into Spring.....Come Join Us!!



Let's Exercise...

Cardio Drumming: every Monday 12:30 – 1; every Tuesday, 5:00-5:30
Led by Regina Young, it is a fun exercise to put a smile on your face!

Sit and Stretch: every Tuesday and every Thursday, 10:30 – 11:30
Led by Marie Stycos, a more gentle exercise. Yet a work out.

Zumba Gold: every Wednesday, 12:30 – 1:15
Led by Regina Young, it is a more robust work out

Walking Group: every Monday and Wednesday at 9:00
Led by Ada Weier-Amor, the group walks around Scottville.

Ping Pong: every Friday, from 1 – 4:00

Billiards: Ladies' Group: every Wednesday at 10; Open 12 – 4, every Friday and when quilters or cards are not using the activities room.

Let's Be Aware of the Service Groups and Services...

Parkinson's Group: 1:15 on the third Wednesday of the month **Led by Shirley Chancellor; open to all.**

Attorney Estate Planning Consultations: 10 – 3 on third Monday. Call for appointment.

Attorneys: Courtney Marshall and Lane Plomondon (see article on page 2)

Grandparents Raising Grandchildren: 3rd Wednesday of each month. **Led by Bill and Ellen Kerans**

Blood Pressure Clinic: 1st Wednesday of each month 12 – 1. **Led by Kelly Barnhart, R.N.**

Let's Enhance our Creative Side...

MONTHLY...

Quilter's Guild: 6:30 the first Monday of every month
(Except during the winter when they meet at 2)

Book Club: 2nd Thursday of each month, 1:15

Led by Julie Van Sickle.

(Please read the book prior to attending)

Charity Sew: 3rd Tuesday of each month at 9:00

Led by Norma Anderson

My Story, My Life: 2nd Friday of each month at 1:15.

Led by Karen Rogers

Happy Scrappers: 2nd Saturday of each month; 9 a.m. – 10 p.m.

Led by Ada Weier-Amor

Jeannette's Craft: last Wednesday of month: 1:00

Ladies' Coffee Klatch: 9:00 the last Tuesday of the month

Led by Scottville Mayor Marcy Spencer

Cardboard Loom Weaving—12:30-2, Thursday, March 15

Woven Brooches (picture at right)

Card Making, Crafting with Chris and Jewelry making

are cancelled for March; resume in April



WEEKLY...

Painting Group: 9 – 11, every Wednesday.

Led by John Merek

Quilting Group: 9:00, every Monday

Led by Norma Andersen

Carving Group: 1 – 3, every Tuesday

Led by Larry Stewart

