



**Neighborhood Service Organization Senior Support Coordination  
Wellness Activities Calendar**

January 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Offices Closed for Holiday	3	4 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	5	6 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	7
8	9 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	10	11 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	12	13 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	14
15	16 Offices Closed for Holiday	17	18 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	19	20 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	21
22	23 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	24	25 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	26	27 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	28
29	30 Enhanced Fitness 9:30AM Enhanced Fitness 10:45AM	31				

**Located at the Northwest Activities Center  
18100 Meyers Rd Detroit, MI 48235  
Please call 313.864.7828 for more information**

