



Del Norte Senior Center  
 1765 Northcrest Drive  
 Crescent City, CA 95531  
 707-464-3069  
 Hours 9:00am to 4:00pm

**COME JOIN US!!!**  
 Lunch Served Daily  
 Monday Thru Friday  
 11:30am TO 12:30Pm

# SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1 Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304	2 <b>Labor Day Site Closed</b>	3 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm	4 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm	5 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	6 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm	7
8	9 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm	10 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm	11 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm Patriotic Bingo @1-3pm	12 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	13 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm Bake Sale @11am	14 
15 	16 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm Diabetic Support Group @3-5pm	17 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm	18 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm	19 Foster Grandparents @11am Karaoke @1pm Craft & Coloring @1-2:30pm	20 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm Legal Workshop/by appt only	21
22	23 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm Bunco @12:30pm	24 Crochet & Knitting @2-4pm RHS Senior Boxes @1-3pm Folk Dancing @7:30-9pm	25 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm Caregiver Support Group @ 11am-1pm	26 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	27 <b>Site Closed Annual Picnic Florence Keller Park</b>	28 <b>Energy and Weatherization Program at DNSC 464-9013</b>
29 <b>Senior Information 464-3069</b>	30 Young & Healthy Yoga @8:30am Chair Exercises @10-11am Cards @12:30 pm					<b>HICAP AT DNSC 707-444-3000</b>