


Del Norte Senior Center  
 1765 Northcrest Drive  
 Crescent City, CA 95531  
 707-464-3069

**COME JOIN US!!!**  
 Lunch Served Daily  
 Monday Thru Friday  
 11:30a.m. TO 12:30p.m.



# DECEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2</p> <p><b>Senior Information</b> 464-3069</p>	<p>3 Yoga @ 8:30am Chair Exercise @ 10-11am Pinochle @12:30pm</p>	<p>4 Crochet &amp; Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>5 Yoga @ 8:30 am Chair exercises @ 10-11 am Hand &amp; Foot Cards @ 12:30 pm</p>	<p>6 Boon Dock Band @ 10-12pm Craft &amp; Coloring @ 1-2:30 pm</p>	<p>7 Yoga @ 8:30am Chair Exercise @ 10-11am Pinochle @12:30pm</p>	<p>8</p> 
<p>9</p>	<p>10 Yoga @ 8:30am Chair Exercise @10-11am Pinochle @12:30pm Diabetic Support Group @3pm-5pm</p>	<p>11 Crochet &amp; Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>12 Yoga @ 8:30 am Chair exercises @ 10-11 am Hand &amp; Foot Cards @ 12:30 pm Bingo @ 1-3 pm</p>	<p>13 Boon Dock Band @ 10-12pm Craft &amp; Coloring @ 1-2:30 pm</p>	<p>14 Yoga @ 8:30am Chair Exercise @ 10-11am Bake Sale @11am Pinochle @12:30pm</p>	<p>15</p> <p><b>Energy and Weatherization Program at DNSC</b> 464-3069</p>
<p>16</p> 	<p>17 Yoga @ 8:30 am Chair exercises @ 10-11 am Pinochle @ 12:30 pm</p>	<p>18 Crochet &amp; Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>19 Yoga @ 8:30 am Chair exercises @ 10-11 am Hand &amp; Foot Cards @ 12:30 pm</p>	<p>20 Foster Grandparents @11am Karaoke @1pm Craft &amp; Coloring @ 1-2:30 pm</p>	<p>21 Yoga @ 8:30am Chair Exercise @ 10-11am Pinochle @12:30pm Legal Workshop /by appt. only 1-3pm Senior Food Boxes</p>	<p>22</p> 
<p>23</p> 	<p>24 Yoga @ 8:30 am Chair exercises @ 10-11 am Pinochle @ 12:30 pm Bunko 12:30-4pm</p>	<p>25</p> <p><b>SITE CLOSED</b> <b>Merry Christmas!!!</b></p>	<p>26 Yoga @ 8:30 am Chair exercises @ 10-11 am Hand &amp; Foot Cards @12:30 pm Caregiver Support Group @ 11-1 pm</p>	<p>27 Boon Dock Band @ 10-12pm Craft &amp; Coloring @ 1-2:30 pm</p>	<p>28 Yoga @ 8:30am Chair Exercise @ 10-11am Birthday Luncheon @11:30am-12:30pm Pinochle @12:30pm</p>	<p>29</p> 
<p>30</p> <p><b>Senior Legal Service</b> 464-3069 1-800-972-0002</p>	<p>31 Yoga @ 8:30 am Chair exercises @ 10-11 am Pinochle @ 12:30 pm</p>					<p><b>HICAP AT DNSC</b> 464-7876</p>