





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.



OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Information 464-3069</p>		<p>1 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>2 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Hand & Foot Cards @12:30 pm</p>	<p>3 Boon Dock Band @10-12pm Craft & Coloring @1-2:30 pm</p>	<p>4 Young & Healthy Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm</p>	5
<p>6 Del Norte Senior Center Poker Run 9 am – 12:00 pm</p>	<p>7 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Pinochle @12:30 pm</p>	<p>8 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>9 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Hand & Foot Cards @12:30 pm Bingo @1-3 pm</p>	<p>10 Boon Dock Band @10-12pm Craft & Coloring @1-2:30 pm</p>	<p>11 Young & Healthy Yoga @8:30am Octoberfest Band Oompah Rangers @10-11am Bake Sale @10:30am Pinochle @12:30pm</p>	<p>12</p> 
<p>13</p> 	<p>14 Columbus Day Site Closed</p>	<p>15 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>16 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Hand & Foot Cards @12:30 pm</p>	<p>17 Foster Grandparents @11am Karaoke @1pm Craft & Coloring @1-2:30 pm</p>	<p>18 Young & Healthy Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm Legal Workshop /by appt. only</p>	19
20	<p>21 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Pinochle @12:30 pm</p>	<p>22 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm RHs Senior Boxes @1-3pm</p>	<p>23 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Hand & Foot Cards @12:30 pm Caregiver Support Group @11-1 pm</p>	<p>24 Boon Dock Band @10-12pm Craft & Coloring @1-2:30 pm</p>	<p>25 Young & Healthy Yoga @8:30am Chair Exercise @10-11am Birthday Luncheon @11:30am-12:30pm Pinochle @12:30pm</p>	<p>26</p> 
<p>27</p> 	<p>28 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Pinochle @12:30 pm Bunco @12:30pm</p>	<p>29 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>30 Young & Healthy Yoga @8:30 am Chair exercises @10-11 am Hand & Foot Cards @12:30 pm</p>	<p>31 Boon Dock Band @10-12pm Craft & Coloring @1-2:30 pm</p>	<p>Energy and Weatherization Program at DNSC 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>