




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 2018

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