










Del Norte Senior Center
 1765 North crest 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

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Information at DNSC 464-3069 ext. 208</p>	<p>HICAP AT DNSC 464-7876</p>	<p>Energy and Weatherization Program at DNSC 464-9013</p>	<p>Senior Legal Services 464-3069 1-800-972-0002 x 304 1-707-445-0866 x 304</p>		<p>1 Yoga @8:30am Chair Exercise @10:00am-11:00am Pinochle @12:30pm</p>	<p>2 <i>Merry Christmas</i> </p>
<p>3 </p>	<p>4 Yoga @ 8:30 am Chair Exercises @ 10:00 – 11:00 am Pinochle @ 12:30</p>	<p>5 Crochet & Knitting @2:00pm-4:00pm Folk Dancing @7:30pm-9pm</p>	<p>6 Yoga @8:30am Chair Exercise @10-11am H & F Cards @12:30</p>	<p>7 Boon Dock Band @10:00am-12:00pm Craft & Coloring @1:00pm- 2:30pm</p>	<p>8 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm Bake Sale @11am</p>	<p>9 </p>
<p>10 </p>	<p>11 Yoga @8:30am Chair Exercise @10 – 11:00am Pinochle @12:30pm</p>	<p>12 Crochet @2-4pm Folk Dancing @7:30pm-9:00pm</p>	<p>13 Yoga @8:30am Chair Exercise @10 H & F Cards @12:30 Bingo 1-3pm</p>	<p>14 Boon Dock Band @10:00am-12:00pm Craft & Coloring @1:00pm- 2:30pm</p>	<p>15 Yoga @8:30am Chair Exercise @10am Pinochle @12:30pm Santa will be Here@11 LegalWorkshop@12</p>	<p>16 </p>
<p>17 </p>	<p>18 Yoga @8:30am Chair Exercise @10 – 11:00am Pinochle @12:30pm</p>	<p>19 Crochet @2-4 Folk Dancing @7:30pm Commodities 1-3</p>	<p>20 Yoga @8:30am Chair Exercise @10am-11am H & F Cards @12:30pm Caregiver Support Group</p>	<p>21 Karaoke@1pm Foster Grandparent @11:00am Craft & Coloring @1:00pm- 2:30pm</p>	<p>22 Yoga @8:30am Chair Exercise @10:00am-11:00am Pinochle @12:30pm Birthday Luncheon!</p>	<p>23 </p>
<p>24/31 </p>	<p>25 Merry Christmas Site is Closed</p>	<p>26 Crochet & Knitting @2:00pm-4:00pm Folk Dancing @7:00pm-9:00pm</p>	<p>27 Yoga @8:30am Chair Exercise @10am-11am H & F Cards @12:30pm-4pm</p>	<p>28 Boon Dock Band @10:00am-12:00pm Craft & Coloring @1:00pm- 2:30pm</p>	<p>29 Yoga @8:30am Chair Exercise @10:00am-11:00am Pinochle @12:30pm</p>	<p>30</p>