



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.



NOVEMBER 2018

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