





Del Norte Senior Center  
 1765 Northcrest 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

# FEBRUARY 2020

| SUN   | MON   | TUE   | WED   | THU   | FRI  | SAT   |
|---|---|---|---|---|--|---|
| <p>Senior Legal Service<br/>           464-3069<br/>           1-800-972-0002 X304<br/>           1-707-445-0866 X304</p> |  |  |   |    |  | 1 Belly Dancing@10-12<br>Veteran's Writing<br>Workshop      |
| 2   | 3 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm                     | 4 Percussion Party<br>@9:30<br>Cards@12:30pm<br>Crochet & Knitting<br>@2-4pm      | 5 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm                             | 6 Boon Dock Band @<br>10am-12pm<br>Craft & Coloring<br>@1-2:30pm                      | 7 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm  | 8 Belly Dancing@10-12<br>Veteran's Writing<br>Workshop@1-3  |
|   | 10 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm                    | 11 Cards @12:30pm<br>Crochet & Knitting<br>@2-4pm                                 | 12 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm<br>Sweetheart<br>Bingo@1-3 | 13 Boon Dock Band@<br>10am-12pm<br>Bake Sale@10:30am<br>Craft & Coloring<br>@1-2:30pm | 14 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cookie<br>Deocration@11:30<br>Cards@12:30pm<br>Wear Red or Pink<br>Share the Love Day | 15 Belly Dancing@10-12<br>Veteran's Writing<br>Workshop@1-3 |
| 16 <b>HICAP<br/>           AT DNSC<br/>           707-444-3000</b>  | 17 <b>Presidents' Day<br/><br/>           Site Closed</b>                         | 18 Percussion Party<br>@9:30<br>Cards @12:30pm<br>Crochet & Knitting<br>@2-4pm    | 19 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm                            | 20 Craft & Coloring<br>@1:00-2:30pm<br>Foster<br>Grandparents@<br>11-12:30            | 21 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm   | 22 Belly Dancing@10-12<br>Veteran's Writing<br>Workshop@1-3 |
| 23 <b>Senior<br/>           Information<br/>           464-3069</b>   | 24 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm                    | 25 Cards @12:30pm<br>Crochet & Knitting<br>@2-4pm<br>Senior Boxes@1-3             | 26 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm                            | 27 Boon Dock Band<br>@10am-12pm<br>Craft & Coloring<br>@1:00-2:30pm                   | 28 Yoga @8:30am<br>Chair Exercise<br>@10-11am<br>Cards@12:30pm<br>Birthday Luncheon  | 29 Belly Dancing@10-12<br>Veteran's Writing<br>Workshop@1-3 |