








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

January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	4 		1 HAPPY NEW YEAR!! SITE CLOSED	2 Boon Dock Band 10am-12pm Craft and Coloring @1:00-2:30pm	3 Yoga @8:30am Chair Exercise @10-11am Cards @12:30pm	4 Belly Dancing 10am-12pm Interact Club Bingo@1-3pm
5 	6 Yoga @8:30am Chair exercise @10:00am-11:00am Cards@12:30pm	7 Percussion Party 9:30-10:30am Cards 12:30pm Crochet & Knitting @2pm- 4pm	8 Yoga @8:30am Chair Exercise @10:00am- 11:00am Bingo @1:00pm Cards @12:30	9 Bake Sale @ 11 am Boon Dock Band 10am-12pm Craft and Coloring @1:00-2:30pm	10 Yoga @8:30am Chair Exercise @10:00am-11:00am Cards @12:30pm	11 Belly Dancing 10-12pm Veteran's Writing Workshop@1-3pm
12 	13 Yoga @8:30am Chair Exercise @10:00am-11:00am Cards @12:30pm	14 Cards 12:30pm Crochet & Knitting @2pm-4pm	15 Yoga @8:30am Chair Exercise @10:00am- 11:00am Cards @12:30	16 Boon Dock Band 10-12 Foster Grandparents@11:00 Craft and Coloring @1:00-2:30pm	17 Yoga @8:30am Chair Exercise @10:00am-11:00am Cards @12:30pm Legal @12:00	18 Belly Dancing 10-12 Veteran's Writing Workshop@1-3pm
19 	20 Site Closed For Martin Luther King Day	21 Percussion Party 9:30-10:30 Cards@12:30 Crochet & Knitting @2pm-4pm	22 Yoga @ 8:30am Chair exercise @10:00am - 11:00am Cards @12:30 Caregiver Support Group@11-1pm	23 Boon Dock Band 10 am-12pm Craft and Coloring @1:00-2:30pm Tissue Paper Flowers	24 Yoga @8:30am Chair Exersise@10am Cards @12:30pm	25 Belly Dancing 10- 12 Veteran's Writing Workshop@1-3pm 
26 	27 Yoga @ 8:30 Chair Exercise @10:00am-11:00am Cards @ 12:30 Bunco@12:30-3:30	28 Cards@12:30 Crochet & Knitting @2pm – 4pm	29 Yoga @ 8:30am Chair Exercise @10:00am – 11:00am Cards @12:30	30 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm Paper Heart Valentine's Craft	31 Birthday Luncheon Yoga@8:30 Chair Excercise@10-11 Cards@12:30	Energy and Weatherization Program at DNSC 464-9013