






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.



# JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
2 <b>Senior Information</b> <b>464-3069</b>	3 Yoga @ 8:30am Chair Exercise @10-11am Cards @12:30pm	4 Cards @12:30pm Crochet & Knitting @2-4pm	5 Yoga @8:30am Chair Exercise @10-11am Cards@12:30pm	6 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	7 Yoga @8:30am Chair Exercise @10-11am Cards @ 12:30pm	8
9 	10 Yoga @8:30am Chair Exercise @10-11am Cards @12:30pm Diabetic Support Group @3pm-5pm	11 Cards @12:30pm Crochet & Knitting @2-4pm	12 Yoga @8:30am Chair Exercise @10-11am Cards@12:30pm Patriotic Bingo @1-3pm	13 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	14 Yoga @8:30am Chair Exercise @10-11am Bake Sale @10:30am Cards @12:30pm <b>Flag Day!!</b>	15 
16 	17 Yoga @ 8:30am Chair Exercise @10-11am Cards @12:30pm	18 Cards @12:30pm Crochet & Knitting @2-4pm	19 Yoga @8:30am Chair Exercise @10-11am Cards@12:30pm	20 Foster Grandparents @11am Craft & Coloring @1-2:30pm	21 Yoga @8:30am Chair Exercise @10-11am Cards @12:30pm Legal Workshop/by appt. only	22 <b>Senior Legal Service</b> <b>464-3069</b> <b>1-800-972-0002 X304</b> <b>1-707-445-0866 X304</b>
23	24 Yoga @8:30am Chair Exercise @10-11am Cards @12:30pm	25 Cards @12:30pm RHS Senior Boxes @1-3pm Crochet & Knitting @2-4pm	26 Yoga @8:30am Chair Exercise @10-11am Cards@12:30pm Care Giver Support @12-1pm	27 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	28 Yoga @8:30am Chair Exercise @10-11am <i>Birthday Luncheon @11:30am-12:30pm</i> Cards @12:30pm	29
30 						 <small>shutterstock 74025451</small>