



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.



JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
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11:30a.m. TO 12:30p.m.



JULY 2019

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<p>Senior Information 464-3069</p>	<p>1 Yoga @ 8:30am Chair Exercise @ 10-11am Cards @12:30pm</p>	<p>2 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>3 Yoga @ 8:30am Chair Exercise @ 10-11am Cards @12:30pm</p>	<p>4 Happy 4th of July Site Closed</p>	<p>5 Yoga @ 8:30am Chair Exercise @ 10-11am Cards @12:30pm</p>	<p>6  Happy 4th of July</p>
<p>7 Senior Information 464-3069</p>	<p>8 Yoga @ 8:30am Chair Exercise @10-11am Cards @12:30pm Diabetic Support Group @3pm-5pm</p>	<p>9 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>10 Yoga @ 8:30 am Chair exercises @ 10-11 am Cards @ 12:30 pm Bingo @ 1-3 pm</p>	<p>11 Boon Dock Band @ 10-12pm Craft & Coloring @ 1-2:30 pm</p>	<p>12 Yoga @ 8:30am Chair Exercise @ 10-11am Bake Sale @10:30am Cards @12:30pm Legal Workshop /by appt. only</p>	<p>13 Veteran's Writing Workshop @1pm</p>
<p>14 </p>	<p>15 Yoga @ 8:30 am Chair exercises @ 10-11 am Cards @ 12:30 pm</p>	<p>16 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>17 Yoga @ 8:30 am Chair exercises @ 10-11 am Cards @ 12:30 pm</p>	<p>18 Foster Grandparents @11am Karaoke @1pm Craft & Coloring @ 1-2:30 pm</p>	<p>19 Yoga @ 8:30am Chair Exercise @ 10-11am Cards @12:30pm</p>	<p>20 Veteran's Writing Workshop @1pm</p>
<p>21</p>	<p>22 Yoga @ 8:30 am Chair exercises @ 10-11 am Cards @ 12:30 pm Bunko @12:30pm</p>	<p>23 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm RHs Senior Boxes @1-3pm</p>	<p>24 Yoga @ 8:30 am Chair exercises @ 10-11 am Cards @12:30 pm Caregiver Support Group @ 11-1 pm</p>	<p>25 Boon Dock Band @ 10-12pm Craft & Coloring @ 1-2:30 pm</p>	<p>26 Yoga @ 8:30am Chair Exercise @ 10-11am Birthday Luncheon @11:30am-12:30pm Cards @12:30pm</p>	<p>27 Veteran's Writing Workshop @1pm</p>
<p>28</p>	<p>29 Yoga @ 8:30 am Chair exercises @ 10-11 am Cards @ 12:30 pm</p>	<p>30 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>31</p>	<p>Senior Legal Service 464-3069 1-800-972-0002</p>	<p>Energy and Weatherization Program at DNSC 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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.



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