



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.

# APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Senior Information</b> 464-3069</p>	<p>1 Yoga @ 8:30am            Chair Exercise @10-11am            Pinochle @ 12:30pm</p>	<p>2 Arts &amp; Craft Fair @ 11-2pm            Cards @12:30pm            Crochet &amp; Knitting @2-4pm            Folk Dancing 7:30-9pm</p>	<p>3 Yoga @8:30am            Chair Exercise @10-11am            H&amp;F Cards @12:30pm</p>	<p>4 Boon Dock Band @ 10am-12pm            Cards @12:30pm            Craft &amp; Coloring @1:00-2:30pm</p>	<p>5 Yoga @8:30am            Chair Exercise @10-11am            Pinochle @12:30pm</p>	6
<p>7</p> 	<p>8 Yoga @ 8:30am            Chair exercise @10-11am            Pinochle @12:30pm</p>	<p>9 Cards @12:30pm            Crochet &amp; Knitting @ 2-4pm            Folk Dancing @ 7:30-9pm</p>	<p>10 Yoga @8:30am            Chair Exercise @10-11am            H&amp;F Cards @12:30pm            Bunny Bingo @ 1pm</p>	<p>11 Boon Dock Band @10am-12pm            Cards @12:30pm            Easter Bonnet Craft @1-2:30pm</p>	<p>12 Yoga @8:30am            Chair Exercise @10-11am            Bake Sale 11am            Pinochle @12:30pm</p>	13
14	<p>15 Yoga @ 8:30am            Chair Exercise @10-11am            Pinochle @ 12:30pm            Diabetic Support Group @3-5pm</p>	<p>16 Cards @12:30pm            Crochet &amp; Knitting @2-4pm            Folk Dancing 7:30-9pm</p>	<p>17 Yoga @8:30am            Chair Exercise @10-11am            H&amp;F Cards @12:30pm</p>	<p>18 Foster Grandparents@11am            Cards @12:30pm            Karaoke @1pm            Craft &amp; Coloring @1-2:30pm</p>	<p>19 Yoga @8:30am            Chair Exercise @10-11am            Legal @ 10pm            Pinochle @ 12:30pm</p>	<p>20</p> 
21	<p>22 Yoga @ 8:30am            Chair Exercise @10-11am            Pinochle @ 12:30pm</p>	<p>23 Cards @12:30pm            Crochet &amp; Knitting @2-4pm            RHS Senior Boxes @1-3pm            Folk Dancing 7:30-9pm</p>	<p>24 Yoga @8:30am            Chair Exercise @10-11am            H&amp;F Cards @12:30pm            Caregiver Support @11am-1pm</p>	<p>25 Boon Dock Band @10am-12pm            Cards @12:30pm            Craft &amp; Coloring @1-2:30pm</p>	<p>26 Yoga @8:30am            Chair Exercise @10-11am  <b>BIRTHDAY LUNCHEON</b>            Pinochle @12:30pm</p>	27
28	<p>29 Yoga @ 8:30am            Chair Exercise @10-11am            Pinochle @ 12:30pm</p>	<p>30 Cards @12:30pm            Crochet &amp; Knitting @2pm – 4pm            Folk Dancing 7:30-9pm</p>				<p><b>HICAP</b>  <b>AT DNSC</b>  <b>464-7876</b></p>