



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



shutterstock - 106559612

AUGUST 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304</p>			<p>1 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>2 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm</p>	<p>3 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	4
5	<p>6 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>7 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>8 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm Bingo @1-3pm</p>	<p>9 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm</p>	<p>10 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm Bake Sale @11am</p>	<p>11</p>  <p>shutterstock - 244078135</p>
<p>12</p>  <p>shutterstock - 143834623</p>	<p>13 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm Diabetic Support Group @3-5pm</p>	<p>14 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>15 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>16 Foster Grandparents @11am Karaoke @1pm Craft & Coloring @1-2:30pm</p>	<p>17 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm Legal Workshop/by appt only</p>	18
19	<p>20 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>21 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm</p>	<p>22 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm Caregiver Support Group @ 11am-1pm</p>	<p>23 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm</p>	<p>24 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>25</p> <p>Energy and Weatherization Program at DNSC 464-9013</p>
<p>26</p> <p>Senior Information 464-3069</p>	<p>27 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>28 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm RHS Senior Boxes @1-3pm</p>	<p>29 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>30 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm</p>	<p>31 Young & Healthy @8:30am Chair Exercises @10-11am Cards @12:30 pm</p>	<p>HICAP AT DNSC 464-7876</p>