




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.

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Information 464-3069</p>			<p>1 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm</p>	<p>2 4 Boon Dock Band @ 10am-12pm Cards @12:30pm Craft & Coloring @1:00-2:30pm</p>	<p>3 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm</p>	<p>4</p> 
5	<p>6 Yoga @ 8:30am Chair exercise @10-11am Pinochle @12:30pm</p>	<p>7 Cards @12:30pm Crochet & Knitting @ 2-4pm</p>	<p>8 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm Spring Bingo @1pm</p>	<p>9 Boon Dock Band @10am-12pm Cards @12:30pm Craft & Coloring @1-2:30pm</p>	<p>10 Yoga @8:30am Chair Exercise @10-11am Bake Sale @10:30am Pinochle @12:30pm</p>	<p>11</p> <p>Energy and Weatherization Program at DNSC 464-9013</p>
<p>12</p> <p>Senior Legal Service 464-3069 1-800-972-0002 X304</p>	<p>13 Yoga @ 8:30am Chair Exercise @10-11am Pinochle @ 12:30pm</p>	<p>14 Cards @12:30pm Movie @ 1:00pm Crochet & Knitting @2-4pm</p>	<p>15 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm</p>	<p>16 Foster Grandparents@11am Cards @12:30pm Karaoke @1pm Craft & Coloring @1-2:30pm</p>	<p>17 Yoga @8:30am Chair Exercise @10-11am Legal @ 11am Pinochle @ 12:30pm</p>	18
19	<p>20 Yoga @ 8:30am Chair Exercise @10-11am Pinochle @ 12:30pm</p>	<p>21 Cards @12:30pm Crochet & Knitting @2-4pm</p>	<p>22 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm Caregiver Support @11am-1pm</p>	<p>23 Boon Dock Band @10am-12pm Cards @12:30pm Craft & Coloring @1-2:30pm</p>	<p>24 5 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm</p>	<p>25</p> 
<p>26</p> 	<p>27</p> <p>Closed in Honor of Memorial Day</p>	<p>28 Cards @12:30pm RHS Senior Boxes @1-3pm Crochet & Knitting @2pm – 4pm</p>	<p>29 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm</p>	<p>30 Boon Dock Band @10am-12pm Cards @12:30pm Craft & Coloring @1-2:30pm</p>	<p>31 Yoga @8:30am Chair Exercise @10-11am BIRTHDAY LUNCHEON Pinochle @12:30pm</p>	<p>HICAP AT DNSC 464-7876</p>