



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

MARCH 2019

SUN	MON	TUE	WED	THU	FRI	SAT
Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304					1 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm	2
3	4 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm	5 Pinochle @12:30pm Crochet & Knitting @2-4pm Folk Dancing @7:30-9:00pm	6 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm	7 Boon Dock Band @ 10am-12pm Craft & Coloring @1-2:30pm	8 Yoga @8:30am Chair Exercise @10-11am Bake Sale 11am Pinochle @12:30pm	9 Energy and Weatherization Program at DNSC 464-9013
10	11 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm	12 Crochet & Knitting @2-4pm Folk Dancing @7:30-9:00pm	13 Yoga @8:30am Chair Exercise @10-11am Shamrock Bingo @1pm H&F Cards @12:30pm	14 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	15 Yoga @8:30am Chair Exercise @10-11am Legal @ 12pm Pinochle @ 12:30pm	16 
17 	18 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm Diabetic Support Group @3-5pm	19 Pinochle @12:30pm Movie @1:00pm Crochet & Knitting @2-4pm Folk Dancing @7:30-9:00pm	20 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm Caregiver Support Group Video Training @11am-1pm	21 Foster Grandparents@11am Karaoke @1pm Craft & Coloring @1-2:30pm	22 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm	23 Senior Information 464-3069 ext. 207
24/31 HICAP AT DNSC 464-7876	25 Yoga @8:30 Chair Exercise @10-11am Pinochle @12:30pm Bunco @ 1pm	26 Crochet & Knitting @2-4pm RHS Senior Boxes @1-3pm Folk Dancing @7:30-9:00pm	27 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30 Caregiver Support @11- 1 (No Erin McCann)	28 Boon Dock Band @10am-12pm Craft & Coloring @1-2:30pm	29 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm Birthday Luncheon	30