




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

FEBRUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304</p>					1 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm	2 
3	4 Yoga @8:30am Chair Exercise @10-11am Pinochle 12:30	5 Pinochle @12:30pm Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm	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
10 	11 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm Diabetic Sup Group @3-5pm	12 Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm	13 Yoga @8:30am Chair Exercise @10-11am Bingo @1pm H&F Cards @12:30pm Caregiver Video @11am-1pm	14 Boon Dock Band @10am-12pm Craft & Coloring @1:00-2:30pm	15 Yoga @8:30am Chair Exercise @10-11am Legal @ 12:pm Pinochle @12:30pm	16 
17	18 President's Day Site Closed	19 Pinochle @12:30pm Crochet & Knitting @2-4pm Folk Dancing @7:30-9pm	20 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm	21 Foster Grandparents@11am Craft & Coloring @1:00-2:30pm Karaoke@1pm	22 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm Birthday Luncheon	23
24	25 Yoga @8:30am Chair Exercise @10-11am Pinochle @12:30pm	26 Crochet & Knitting @2-4pm RHS Commodities 1-3 Folk Dancing @7:30-9pm	27 Yoga @8:30am Chair Exercise @10-11am H&F Cards @12:30pm Caregiver Support @11am-1pm	28 Boon Dock Band @10am-12pm Craft & Coloring @ 1-2:30pm	Senior Information 464-3069 ext. 207	HICAP AT DNSC 464-7876