




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  
 Monday Thru Friday  
 11:00am TO 12:30Pm



# September 2024

Suggested meal contribution: \$3.00. No one over 60 will be denied a meal for inability to contribute. Those under 60 must pay a fee.

	MON	TUE	WED	THU	FRI	SAT
<b>Saltshaker indicates a higher sodium meal.</b>  <b>Low-fat milk served with every meal.</b>	2  <b>LABOR DAY SITE CLOSED</b>	3 Crochet & Knitting 12:30	4 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	5 Craft and Coloring @12:30	6 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	7  <b>Menu is Subject To Change Without Notice</b>
8  <b>Menu is Subject To Change Without Notice</b>	9 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	10 Crochet & Knitting 12:30	4 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	12 Craft and Coloring 12:30 Cards/Board Games 12:30	13 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	14  
15  	16 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	17 Crochet & Knitting 12:30	18 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30 Bingo 12:30	19 Craft and Coloring 12:30 Cards/Board Games 12:30 Foster Grandparents 12:00	20 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30 Fall Coco Bar	21
22	23 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	24 Crochet & Knitting 12:30	25 Chair Yoga 9:00-9:45 Mat Yoga@ 9:45-10:30 Cards/Board Games 12:30	26 Craft and Coloring 12:30 Cards/Board Games 12:30	27 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30	28
29	30 Chair Yoga 9:00-9:45 Mat Yoga 9:45-10:30 Cards/Board Games 12:30					<b>Senior Legal Service            464-3069            1-800-972-0002 X304            1-707-445-0866 X304</b>