

**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**



# May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
Gift shop opens Daily					1 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30 <b>May Day Play Day Auction 11.30</b> <b>Caregiver Group 11:30</b>	2
<b>3</b>	4 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/ Games 12:30	5 Crochet Friendship Group 12:30 Sail Exercise Class 1:30	6 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/ Games 12:30	7 Craft and Coloring 12:30 Sail Exercise Class 1:30	8 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30 <b>Mother's Day Luncheon 11.00</b> <b>Bake Sale 10.00</b>	9 
<b>10</b> 	11 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards? Games 12:30	12 Crochet Friendship Group 12:30 Sail Exercise Class 1:30	13 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/ Games 12:30	14 Craft and Coloring 12:30 Sail Exercise Class 1:30	15 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30	16
<b>17</b>	18 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30	19 Crochet Friendship Group 12:30 Sail Exercise Class 1:30	20 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 <b>Bingo 12:30</b> <b>Scams &amp; Fraud Lecture 2:00</b>	21 Craft and Coloring 12:30 Sail Exercise Class 1:30	22 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30	23
24 Volunteer Opportunities Available	25 <b>Site Closed</b> 	26 Crochet Friendship Group 12:30 Sail Exercise Class 1:30 <b>Grief Support Group 3:00</b>	27 Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30	28 Craft and Coloring 12:30 Sail Exercise Class 1:30	29 <b>Birthday Luncheon and Raffle 11:30</b> Chair Yoga 9:00 9:45 Mat Yoga 9:45-10:30 Cards/Games 12:30	30 <b>Senior Legal Service</b> <b>464-3069</b> <b>1-800-972-0002 X304</b> <b>1-707-445-0866 X304</b>