





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



April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Saltshaker indicates a higher sodium meal.</p>  <p>Low-fat milk served with every meal.</p>			1 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30 Foster Grandparents Luncheon 11:30	2 Crochet & Knitting 12.30 Craft and Coloring 12.30	3 Caregiver Group 1:30 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30	4 Menu is Subject To Change Without Notice
5 Menu is Subject To Change Without Notice	6 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	7 Crochet & Knitting 12.30 Sail Exercise 1:30 Craft and Coloring 12.30	8 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	9 Crochet & Knitting 12.30 Sail Exercise 1:30 Craft and Coloring 12.30	10 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	11  <small>shutterstock - 244078135</small>
12 	13 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	14 Crochet & Knitting 12.30 Sail Exercise 1:30 Craft and Coloring 12.30	15 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Bingo 12.30	16 Crochet & Knitting 12.30 Sail Exercise 1:30 Craft and Coloring 12.30	17 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	18
19	20 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	21 Crochet & Knitting 12.30 Sail Exercise 1:30 Craft and Coloring 12.30	22 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	23 Crochet & Knitting 12.30 Sail Exercise 1:30 Craft and Coloring 12.30	24 Birthday Luncheon and Raffle 11:00 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30	25
26 Volunteer Opportunities Available	27 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	28 Crochet & Knitting 12.30 Sail Exercise 1:30 Grief Support 3:00 PM Craft and Coloring 12.30	29 Chair Yoga 9.00-9.45 Mat Yoga 9.45-10.30 Cards/Board Games 12.30	30		Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304