

Shirley Doane Senior Center

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Shirley Doane Senior Center January 2017



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <i>CENTER CLOSED</i> <i>New Year's Holiday</i>	3 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am Cribbage 1pm Bridge	4 8:30am Foot & Nail Clinic* 9am-11am Dunn County Energy Assistance 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge	5 8:30-9:15am Chair Yoga 9:15 Massage Interim Healthcare (Free) 10am-2:30pm ADS* 12:45m 500 Cards 1pm Private Duplicate Bridge	6 10am-2:30pm ADS* 10am-2pm Ceramics 10:00-11:30am Alzheimer's Info Mtg Topic (Dementia Conversations) 1pm Bingo	7
8	9 1pm Mah Jongg	10 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am Cribbage / 11am Strong Bones (Resumes) 12pm Advanced Strong Bones 1pm Bridge / 1:30 Strong Bones	11 8:30am Foot & Nail Clinic* 9:30am Zumba Gold (Resumes) 10:30am Jane's Group 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge	12 8:30-9:15am Chair Yoga 10:30-1 ADRC - Healthy Aging 10am-2:30pm ADS* 11am Strong Bones 12pm Advanced Strong Bones 12:45m 500 Cards / 1:30 Strong Bones	13 10am-2:30pm ADS* 10am 2-pm Ceramics 1pm Bingo 1pm Private Duplicate Bridge	14
15	16 1pm Mah Jongg	17 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10:30am ALC Free BP/Glucose Clinic 12-2pm AMERICAN LEGION ANNUAL HOLIDAY DINNER 10am Cribbage/ 11am Strong Bones 12pm Advanced Strong Bones 1pm Bridge / 1:30 Strong Bones	18 8:30am Foot & Nail Clinic* 9:30am Zumba Gold / 10am-2:30pm ADS* 10-am Alz. Suppt / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Betty's Homemakers 1pm Bingo / 1pm Duplicate Bridge	19 8:30-9:15am Chair Yoga 10am-2:30pm ADS* / 11am Strong Bones 12pm Advanced Strong Bones 12:45m 500 Cards 1:30-2:30pm Strong Bones 1pm Private Duplicate Bridge	20 10am-2:30pm ADS* 10am-2pm Ceramics 1pm Bingo	21
22	23 1pm Mah Jongg	24 8:30am Chair Yoga 8:30am-2pm Crafts 9:10am Cribbage/ 11am Strong Bones 12pm Advanced Strong Bones 1pm Bridge / 1:30 Strong Bones	25 8:30am Foot & Nail Clinic* 9:30am Zumba Gold 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge	26 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 11:45m VOLUNTEER APPRECIATION DINNER 12:30pm SR. CENTER ANNUAL MEETING SR. CENTER BOARD MEETING to follow 12:45m 500 Cards <u>NO STRONG BONES CLASSES TODAY</u>	27 10am-2:30pm ADS* 10am-2pm Ceramics 1pm Bingo 1pm Private Duplicate Bridge	28
29	30 1pm Mah Jongg	31 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am Cribbage/ 11am Strong Bones 12pm Advanced Strong Bones 1pm Bridge / 1:30 Strong Bones		<i>Mayo sponsored classes-FREE</i> <i>All Strong Bones, Advanced,</i> <i>& Zumba Gold (Tues, Wed, Thu)</i>	<i>Need Reservations *</i>	