

Shirley Doane Senior Center

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Shirley Doane Senior Center

February 2017



S	MON	TUE	WED	THU	FRI	SAT
			<p>1</p> <p>8:30am Foot & Nail Clinic* / 9:30am Zumba Gold 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30 Private Euchre 1pm Bingo / 1pm Duplicate Bridge</p>	<p>2 Groundhog Day!!!</p> <p>8:30-9:15am Chair Yoga 9:15 Massage Interim Healthcare (FREE) 10am-2:30pm ADS* / 11am Strong Bones 12pm Adv Strong Bones / 12:45pm 500 Cards 1pm Private Dup. Bridge 1:30pm Strong</p>	<p>3</p> <p>10am-2:30pm ADS* 10am-2pm Ceramics 1pm Bingo</p>	4
5	<p>6</p> <p>1pm FOODSHARE BINGO 1pm Mah Jongg</p>	<p>7</p> <p>8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am-Cribbage / 11am Strong Bones 12pm Adv Strong Bones / 1pm Bridge 1:30pm Strong Bones</p>	<p>8</p> <p>8:30am Foot & Nail Clinic* / 9:30am Zumba Gold 10-11:30am Jane's Group / 10am-2:30pm ADS* 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge</p>	<p>9</p> <p>8:30-9:15am Chair Yoga 10am-2:30pm ADS* 10:30-11am ADRC Healthy Aging** 11am Strong Bones / 12pm Adv Strong Bones 12:45pm 500 Cards / 1:30pm Strong Bones</p>	<p>10</p> <p>10am-2:30pm ADS* 10am-2pm Ceramics 1pm Bingo 1pm Private Dup. Bridge</p>	11
12	<p>13</p> <p>1pm Mah Jongg 8:30 am Foot & Nail Clinic*</p>	<p>14 Valentines Day</p> <p>8:30-9:15am Chair Yoga 8:30am-2pm Crafts 9am Senior Center Board Meeting 10am-Cribbage / 11am Strong Bones 12pm Adv Strong Bones / 1pm Bridge 1:30pm Strong Bones</p>	<p>15</p> <p>8:30am Foot & Nail Clinic* 9:30am Zumba Gold / 10am-2:30pm ADS* 10am Alzheimer's Caregivers Support Group 11:45am Community Friendship DINNER 12:30pm Betty's Homemakers 1pm Bingo / 1pm Duplicate Bridge</p>	<p>16</p> <p>8:30-9:15am Chair Yoga 10am-2:30pm ADS* 11am NDC - FREE Lunch & Learn Fall Prevention 11am Strong Bones / 12pm Adv Strong Bones 12:45pm 500 Cards / 1pm Private Dup. Bridge 1:30pm Strong Bones</p>	<p>17</p> <p>10am-2:30pm ADS* 10am-2pm Ceramics 1pm Bingo</p>	18
19	<p>20 (Presidents Day)</p> <p>1pm Mah Jongg</p>	<p>21</p> <p>8:30-9:15am Chair Yoga 8:30am-2pm Crafts 9-10:30am ALC Free BP/Glucose Clinic 10am-Cribbage / 11am Strong Bones 12pm Adv Strong / 1pm Bridge 1:30pm Strong Bones</p>	<p>22</p> <p>8:30am Foot & Nail Clinic* 9:30am Zumba Gold (Last class until April 5th) 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30 Private 500 1pm Bingo / 1pm Duplicate Bridge</p>	<p>23</p> <p>8:30-9:15am Chair Yoga 10am-2:30pm ADS* 10am-11:30 CVLR Spring Signup @Rassbachs Heritage Museum 11am Strong Bones / 12pm Adv Strong Bones 12:45pm 500 Cards / 1:30pm Strong Bones Last Strong Bones until April 4th</p>	<p>24</p> <p>10am-2:30pm ADS* 10am-2pm Ceramics 1pm Bingo 1pm Private Dup. Bridge</p>	25
26	<p>27</p> <p>1pm Mah Jongg</p>	<p>28</p> <p>8:30-9:15am Chair Yoga 8:30am-2pm Crafts / 10am-Cribbage 1pm Am. Legion Aux. / 1pm Bridge NO STRONG BONES UNTIL APRIL 4TH</p>		<p><i>Need Reservations *</i> <i>** Reservations required</i> <i>60+ yrs old only</i></p>		