

# Shirley Doane Senior Center

1412 6th Street East  
Menomonie, WI 54751  
715-235-0954 email: seniors@wwt.net  
Web: menomonieseniorcenter.org

## Shirley Doane Senior Center

# March 2017



| SUN  | MON  | TUE  | WED   | THU   | FRI   | SAT       |
|--|--|--|---|---|---|-----------|
|  | <p><b>NOTE:</b><br/><i>No Strong Bones<br/>or Zumba Gold Classes<br/>until April 6th</i></p> | <p><b>Need Reservations*</b><br/><b>Must be 60+ years old to attend**</b></p>  | <p><b>1 (Ash Wednesday)</b><br/>8:30am Foot &amp; Nail Clinic*<br/>10am-2:30pm ADS* / 10:30am Sing-a-long<br/><b>11:45am Community Friendship DINNER</b><br/>1pm Bingo / 1pm Duplicate Bridge<br/>12:30pm Private Euchre Group</p>  | <p><b>2</b><br/>8:30-9:15am Chair Yoga<br/>9:15 am Massage Interim Healthcare(FREE)<br/>10am-2:30pm ADS*<br/>12:45pm 500 Cards<br/>1pm Private Bridge Group</p> | <p><b>3</b><br/>10am-2:30pm ADS*<br/>10-12:00pm Ceramics<br/>10:00-11:30am Alzheimer Ed Mtg<br/>1pm Bingo /</p>   | <b>4</b>  |
| <b>5</b>   | <b>6</b><br>1pm Mah Jongg  | <b>7</b><br>8:30-9:15am Chair Yoga<br>8:30am-2pm Crafts<br>10:00 Cribbage<br><i>12pm American Legion Birthday Dinner*</i><br><i>(RSVP 715-235-0954)</i>                                      | <b>8</b><br>8:30am Foot & Nail Clinic*<br>10:30-11:30am Jane's Group<br>10am-2:30pm ADS*<br>10:30am Sing-a-long<br><b>11:45am Community Friendship DINNER</b><br>1pm Bingo / 1pm Duplicate Bridge   | <b>9</b><br>8:30-9:15am Chair Yoga<br>10am-2:30pm ADS*<br>10:00-1:00 ADRC "Healthy Ageing"***<br>12:45pm 500 Cards  | <b>10</b><br>10am-2:30pm ADS*<br>10-12:00pm Ceramics<br>10:30-11:30am CVLR-Foreign Affairs*<br>1pm Bingo<br>1pm Private Bridge Group                                | <b>11</b> |
| <b>12 Daylight Savings Begins. Spring Ahead</b><br> | <b>13</b><br>1pm Mah Jongg   | <b>14</b><br>8:30-9:15am Chair Yoga<br>8:30am-2pm Crafts<br>9am Senior Center Board Meeting<br>10:00 a.m. Cribbage<br>1pm Bridge   | <b>15</b> 8:30am Foot & Nail Clinic*<br>10am-2:30pm ADS* / 10:30am Sing-a-long<br>10-11:30 am Alzheimer's Sup. Grp<br><i>11:45am Community St. Patrick's Day Dinner</i><br><i>Corned Beef &amp; Cabbage</i><br>12:30pm Betty's Homemakers<br>1pm Bingo / 1pm Duplicate Bridge | <b>16</b><br>8:30-9:15am Chair Yoga<br>10am-2:30pm ADS*<br>12:45pm 500 Cards<br>1pm Private Bridge Group  | <b>17 (St. Patrick's Day)</b><br>10am-2:30pm ADS*<br>10-12:00pm Ceramics<br>10:30-11:30am CVLR-Foreign Affairs*<br>1pm Bingo<br>1:30-3:00 CVLR "North to Alaska"*** | <b>18</b> |
| <b>19</b>  | <b>20 Spring Begins</b><br>1pm Mah Jongg<br>1:30-3 CVLR "Cooking w/Monica"***                | <b>21</b><br>No Chair Yoga<br>8:30am-2pm Crafts<br>9-10:30am ALC Free BP/Glucose Clinic<br>10:00am Cribbage<br>10-11:30am CVLR "Fiction Writing"***<br>12:30-2:30 CVLR Beading* / 1pm Bridge | <b>22</b><br>8:30am Foot & Nail Clinic*<br>10am-2:30pm ADS* / 10:30am Sing-a-long<br><b>11:45am Community Friendship DINNER</b><br>1pm Bingo / 1pm Duplicate Bridge<br>12:30pm Private 500 Group  | <b>23</b><br>No Chair Yoga<br>12:30am-2:30pm CVLR Fused Glass*<br>10am-2:30pm ADS*<br>12:45 500 Cards   | <b>24</b><br>10am-2:30pm ADS*<br>10-12:00pm Ceramics<br>10:30-11:30am CVLR-Foreign Affairs*<br>1pm Bingo<br>1pm Private Bridge Group                                | <b>25</b> |
| <b>26</b>  | <b>27</b><br>1p.m. Mah Jongg   | <b>28</b> 8:30-9:15am Chair Yoga<br>8:30am-2pm Crafts / 10:00 Cribbage<br>10-11:30am CVLR "Fiction Writing"***<br>12:30-2:30pm CVLR Beading* / 1pm Bridge                                    | <b>29</b> 8:30am Foot & Nail Clinic*<br>10am-2:30pm ADS* / 10:30am Sing-a-long<br><b>11:45am Community Friendship DINNER</b><br>1pm Bingo / 1pm Duplicate Bridge  | <b>30</b><br>8:30-9:15am Chair Yoga<br>10am-2:30pm ADS*<br>12:45 500 Cards  | <b>31</b><br>10am-2:30pm ADS*<br>10-12:00pm Ceramics<br>10:30-11:30am CVLR-Foreign Affairs*   |           |