

Shirley Doane Senior Center

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Shirley Doane Senior Center May 2017



SUN	MON	TUE	WED	THU	FRI	SAT
	1 10am-12pm ADRC "Stepping On" 1pm Mah Jongg	2 8:30-9:15am Chair Yoga 8:30-2pm Crafts / 10-11:30 CVLR "Poetry XII" 10am Cribbage / 11am Strong Bones 12:00 Adv Strong Bones 1pm Bridge 1:30 Strong Bones	3 8:30am Foot & Nail Clinic* 9:30-10:30am Zumba Gold / 10am-2:30pm ADS* 10:30am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Private Euchre Group 1pm Bingo / 1pm Duplicate Bridge	4 8:30-9:15am Chair Yoga 9:15am Interim Healthcare FREE Chair Massage 10am-2:30pm ADS* / 11am- Strong Bones 12:00 Adv Strong Bones / 12:45pm 500 Cards 12:30-2:30 CVLR "Fused Glass" 1pm Private Duplicate Bridge / 1:30 Strong Bones	5 10-10:30am Alzheimer's Community Ed 10am-2:30pm ADS* 1pm Bingo	6
7	8 10am-12pm ADRC "Stepping On" 1pm Mah Jongg 1:30-3pm CVLR "Cooking with Monica"	9 8:30-9:15am Chair Yoga 8:30-2pm Crafts / 9am Senior Center Board Meeting 10-11:30 CVLR "Poetry XII" 10am Cribbage / 11am Strong Bones 12:00 Adv Strong Bones 1pm Bridge / 1:30 Strong Bones	10 8:30am Foot & Nail Clinic* 9:30-10:30am Zumba Gold / 10am-2:30pm ADS* 10:30am Sing-a-long 10:30-11:30am Jane's Group 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge	11 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 10:30am St. Croix Hospice /Care Partners FREE Lunch & Learn**Your Journey Through Aging 11am Strong Bones / 12:00 Adv Strong Bones 12:45pm 500 Cards 1:30 Strong Bones	12 10am-2:30pm ADS* 1pm Bingo 1pm Private Duplicate Bridge	13
14 Mothers Day	15 10am-12pm ADRC "Stepping On" 1pm Mah Jongg	16 8:30-9:15am Chair Yoga 8:30-2pm Crafts 9-10:30 Free ALC BP/Glucose Clinic 10-11:30 CVLR "Poetry XII" 10am Cribbage / 11am Strong Bones 12:00 Adv Strong Bones 1pm Bridge / 1:30 Strong Bones	17 8:30am Foot & Nail Clinic* 9:30-10:30am Zumba Gold / 10am-2:30pm ADS* 10-11:30am Alzheimer's Caregivers Support Group 10:30am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Betty's Homemakers 1pm Bingo / 1pm Duplicate Bridge	18 8:30-9:15am Chair Yoga 8:30am-5pm Thrift and Cookie Sale 10am-2:30pm ADS* 11am- Strong Bones / 12:00 Adv Strong Bones 12:45pm 500 Cards 1pm Private Duplicate Bridge 1:30 Strong Bones	19 8am-12pm Thrift and Cookie Sale 10am-2:30pm ADS* 1pm Bingo	20
21	22 10am-12pm ADRC "Stepping On" 1pm Mah Jongg	23 8:30-9:15am Chair Yoga 8:30-2pm Crafts / 10-11:30 CVLR "Poetry XII" 10am Cribbage / 11am Strong Bones 12:00 Adv Strong Bones 1pm Bridge / 1pm American Legion Aux 1:30 Strong Bones	24 8:30am Foot & Nail Clinic* 9:30-10:30am Zumba Gold / 10am-2:30pm ADS* 10:30am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Private 500 Group 1pm Bingo / 1pm Duplicate Bridge	25 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 11am- Strong Bones / 12:00 Adv Strong Bones 12:45pm 500 Cards 1pm-3pm CVLR "Home Media Systems" 1:30 Strong Bones Last day of Strong Bones classes until June 6th	26 10am-2:30pm ADS* 1pm Bingo 1pm Private Duplicate Bridge	27
28	29 MEMORIAL DAY CENTER CLOSED	30 8:30-9:15am Chair Yoga 8:30-2pm Crafts / 10am Cribbage 1pm Bridge	31 8:30am Foot & Nail Clinic* 10am-2:30pm ADS* / 10:30am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge		Need Reservations*	