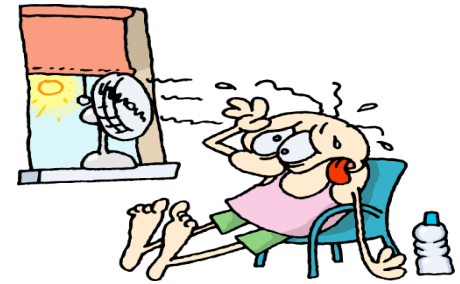


Shirley Doane Senior Center

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Shirley Doane Senior Center August 2017



SUN	MON	TUE	WED	THU	FRI	SAT
		<p>1 8:30-9:15am Chair Yoga/8:30-2pm Crafts 10am Cribbage / 1pm Bridge <i>**Strong Bones back in Sept.</i> <i>7pm Popcorn in the Park</i></p> 	<p>2 8:30am Foot & Nail Clinic 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Private Euchre Group 1pm Bingo / 1pm Duplicate Bridge</p>	<p>3 8:30-9:15am Chair Yoga 10am-2:30pm ADS* / 12:45m 500 Cards <i>**Strong Bones back in Sept.</i></p>	<p>4 10am-2:30pm ADS* 10:30-11:30am Alzheimer's Ed. Program 1pm Bingo</p>	5
6	7 1pm Mah Jongg	<p>8 8:30-9:15am Chair Yoga 8:30-2pm Crafts / <i>**Strong Bones back in Sept.</i> 9AM SENIOR CENTER BOARD MEETING 10am Cribbage / 1pm Bridge <i>7pm Popcorn in the Park</i> <i>(Last Band Concert)</i></p> 	<p>9 8:30am Foot & Nail Clinic 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge</p>	<p>10 8:30-9:15 Chair Yoga / 10-2:30pm ADS* 11am Interim Healthcare Lunch & Learn 12:45m 500 Cards <i>**Strong Bones back in Sept.</i></p>	<p>11 10am-2:30pm ADS* 1pm Bingo</p>	12
13	14 10am Book Club 1pm Mah Jongg	<p>15 8:30-9:15am Chair Yoga/ 8:30-2pm Crafts <i>**Strong Bones back in Sept.</i> <i>9am-1pm AARP Smart Driver Class</i> 9-10:30am Free Blood Pressure/Sugar Clinic-Sponsored by ALC 10am Cribbage / 1pm Bridge</p>	<p>16 8:30am Foot & Nail Clinic 10-am Alzheimer's Support Group 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Duplicate Bridge / Bingo</p>	<p>17 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:45pm 500 Cards <i>**Strong Bones back in Sept.</i></p>	<p>18 10am-2:30pm ADS* 1pm Bingo</p>	19
20	21 1pm Mah Jongg	<p>22 8:30-9:15am Chair Yoga 8:30am-2pm Crafts <i>**Strong Bones back in Sept.</i> 10am Cribbage / 1pm Bridge</p>	<p>23 8:30am Foot & Nail Clinic 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Private 500 Group 1pm Bingo / 1pm Duplicate Bridge</p>	<p>24  8am Minnesota Arboretum Tour 8:30-9:15am Chair Yoga 10-2:30 ADS* / 12:45 pm 500 Cards <i>**Strong Bones back in Sept.</i></p>	<p>25 10am-2:30pm ADS* 1pm Bingo</p>	26
27	28 1pm Mah Jongg	<p>29 8:30-9:15am Chair Yoga 8:30-2pm Crafts <i>**Strong Bones back in Sept.</i> 10am Cribbage / 1pm Bridge</p>	<p>30 8:30am Foot & Nail Clinic 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge</p>	<p>31 8:30-9:15am Chair Yoga 10-2:30 ADS* / 12:45 pm 500 Cards <i>**Strong Bones back in Sept.</i></p>	<p><i>* By Appointment/RSVP Only</i> <i>* Adult Day Services (ADS)</i></p>	