

**Shirley Doane
Senior Center**

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

Shirley Doane Senior Center January 2018



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|--|---|---|--|-----|
| | <p>1 <i>CENTER CLOSED</i> <i>New Year's Holiday</i></p> | <p>2 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am Cribbage 1pm Bridge</p>  | <p>3 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 12:30 Private Euchre 1pm Bingo / 1pm Duplicate Bridge</p> | <p>4 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:45m 500 Cards 1pm Private Duplicate Bridge</p> | <p>5 10am-2:30pm ADS* 10:00-11:30am Alzheimer's Info Mtg Topic (The Basics) 1pm Bingo</p> | 6 |
| 7 | <p>8 8:30am Foot & Nail Clinic* 9-11am TaiChi 10am Book Club 10am-11am Writer's Group 1pm Mah Jongg</p> | <p>9 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am Cribbage 1pm Bridge</p> | <p>10 8:30am Foot & Nail Clinic* 9:30am Zumba Gold (<i>Resumes</i>) 10:30am Jane's Group 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge</p> | <p>11 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:45m 500 Cards</p>  | <p>12 10am-2:30pm ADS* 1pm Bingo "Sponsored by Our House Senior Living" 1pm Private Duplicate Bridge</p> | 13 |
| 14 | <p>15 9-11am TaiChi 1pm Mah Jongg</p>  | <p>16 8:30-9:15am Chair Yoga 8:30am-2pm Crafts / 10am Cribbage 10:30am ALC Free BP/Glucose Clinic 10am Adv Strong Bones 11:30am Strong Bones 1pm Bridge / 1pm Strong Bones <i>(Strong Bones Resumes)</i></p>  | <p>17 8:30am Foot & Nail Clinic* 9:30am Zumba Gold / 10am-2:30pm ADS* 10am Alz. Suppt / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Betty's Homemakers 1pm Bingo / 1pm Duplicate Bridge</p> | <p>18 8:30-9:15am Chair Yoga 10am-2:30pm ADS* / 10am Adv Strong Bones 11:30 Strong Bones / 12:45m 500 Cards 1pm Strong Bones 1pm Private Duplicate Bridge <i>(Strong Bones Resumes)</i></p> | <p>19 10am-2:30pm ADS* 1pm Bingo</p> | 20 |
| 21 | <p>22 8:30am Foot & Nail Clinic* 9-11am TaiChi 1pm Mah Jongg</p> | <p>23 8:30am Chair Yoga 8:30am-2pm Crafts 10am Cribbage/ 11am Adv Strong Bones 11:30 Strong Bones 1pm Bridge / 1pm Strong Bones</p> | <p>24 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 500 1pm Bingo / 1pm Duplicate Bridge</p>  | <p>25 8:30-9:15am Chair Yoga 10am-2:30pm ADS*  11:00am SR. CENTER ANNUAL MEETING 11:45m VOLUNTEER APPRECIATION DINNER 1pm SR. CENTER BOARD MEETING 12:45m 500 Cards <i>NO STRONG BONES CLASSES TODAY</i></p> | <p>26 10am-2:30pm ADS* 1pm Bingo 1pm Private Duplicate Bridge</p> | 27 |
| 28 | <p>29 9-11am TaiChi 1pm Mah Jongg</p> | <p>30 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am Cribbage/ 10am Adv Strong Bones 11:30 Strong Bones 1pm Bridge / 1pm Strong Bones</p> | <p>31 9:30am Zumba Gold 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 1pm Bingo / 1pm Duplicate Bridge</p> | <p><i>Mayo sponsored classes-FREE</i> <i>All Strong Bones, Advanced,</i> <i>& Zumba Gold (Tues, Wed, Thu)</i></p> | <p><i>Need Reservations *</i></p>  | |