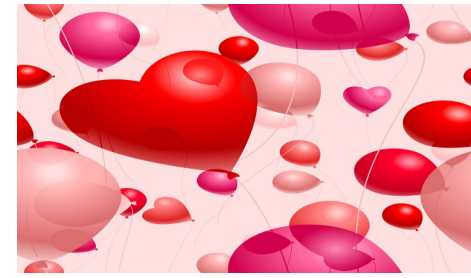


Shirley Doane Senior Center

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

Shirley Doane Senior Center

February 2018



SUN	MON	TUE	WED	THU	FRI	SAT
				1 8:30-9:15am Chair Yoga 10am-2:30pm ADS*/ 10am Adv Strong Bodies 11:30am Strong Bodies / 12:45pm 500 Cards 1pm Private Dup. Bridge / 1:00pm Strong Bodies	2 10am-2:30pm ADS* 12-3pm Open Walking in gym 1pm Bingo	3
4	5 9-11am Tai Chi 10-11am Writers Group 12-3pm Open Walking in gym 1pm Mah Jongg	6 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 10am-Cribbage / 10am Adv Strong Bodies 10:30-2:30pm Voter Registration 11:30am Strong Bodies / 1pm Bridge 1:00pm Strong Bodies	7 * * * 8:30am Foot & Nail Clinic* 9:30am Zumba Gold / 10am-2:30pm ADS* 10:45am Sing-a-long 11:45am Community Friendship DINNER 12-3pm Open Walking in gym 12:30 Private Euchre / 1pm Bingo 1pm Duplicate Bridge / 1-3pm Fiber Arts Group	8 8:30-9:15am Chair Yoga 10am-2:30pm ADS*/ 10am Adv Strong Bodies 11am NDC - FREE Lunch & Learn* "Fall Prevention"  11:30am Strong Bodies / 12:45pm 500 Cards 1:00pm Strong Bodies	9 10am-2:30pm ADS* 12-3pm Open Walking in gym 1pm Our House Senior Living Sponsored Bingo  1pm Private Dup. Bridge	10
11	12 8:30 am Foot & Nail Clinic* 9-11am Tai Chi 10am Book Club 12-3pm Open Walking in gym 1pm Mah Jongg	13 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 9am Senior Center Board Meeting 10am-Cribbage / 10am Adv Strong Bodies 11:30am Strong Bodies / 1pm Bridge 1:00pm Strong Bodies	14 8:30am Foot & Nail Clinic* 9:30am Zumba Gold / 10am-2:30pm ADS* 10-11:30am Jane's Group 10:30-2:30pm Voter Registration 11am A Joyful Noise Choir Performance  11:45am Community Friendship DINNER 12-3pm Open Walking in gym / 1pm Bingo 1pm Duplicate Bridge / 1-3pm Fiber Arts Group	15 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 10am Adv Strong Bodies / 11:30pm Strong Bodies 12:45pm 500 Cards / 1pm Private Dup. Bridge 1:00pm Strong Bodies	16 10am-2:30pm ADS* 12-3pm Open Walking in gym 1pm Bingo	17
18	19 (Presidents Day)  9-11am Tai Chi 10-11am Writers Group 12-3pm Open Walking in gym 1pm Mah Jongg	20 8:30-9:15am Chair Yoga 8:30am-2pm Crafts 9-10:30am ALC Free BP/Glucose Clinic 10am-Cribbage / 10am Adv Strong Bodies 11:30am Strong Bodies/ 1pm Bridge 1:00pm Strong Bodies	21 8:30am Foot & Nail Clinic* / 9:30am Zumba Gold 10am Alzheimer's Caregivers Support Group 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12:30pm Betty's Homemakers 12-3pm Open Walking in gym / 1pm Bingo 1pm Duplicate Bridge / 1-3pm Fiber Arts Group	22 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 10am-11:30 CVLR Spring Signup @ Rassbachs Heritage Museum 10am Adv Strong Bodies / 11:30pm Strong Bodies 12:45pm 500 Cards / 1:00pm Strong Bodies	23 10am-2:30pm ADS* 12-3pm Open Walking in gym 1pm Bingo 1pm Private Dup. Bridge	24
25	26 8:30 am Foot & Nail Clinic* 9-11am Tai Chi 12-3pm Open Walking in gym 1pm Mah Jongg	27 8:30-9:15am Chair Yoga 8:30am-2pm Crafts / 10am-Cribbage 10am Advanced Strong Bodies 11:30am Strong Bodies 1pm Strong Bodies / 1pm Bridge	28 8:30am Foot & Nail Clinic* 9:30am Zumba Gold (Last one till April 4th) 10am-2:30pm ADS* / 10:45am Sing-a-long 11:45am Community Friendship DINNER 12pm Open Walking/12:30 Private 500 / 1pm Bingo 1pm Duplicate Bridge / 1-3pm Fiber Arts Group	* Need Reservations ****No Energy Assistance @ Senior Center this month>Returns March 7 @ 9am		