

Menomonie Area Senior Center

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Menomonie Area Senior Center January 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>Senior Center Closed For New Year's</p> 	<p>2 8:30-9:15am Chair Yoga 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards</p>	<p>3 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>4 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:30-1:00 Walk & Talk with ADRC 1pm 500 Cards 1pm Open Party Bridge</p>	<p>5 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo</p> 	6
7	<p>8 9am-10:30am Tai Chi 10:30am-2:30pm DADS* 10:30am ADRC Artful Expressions* 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg</p> 	<p>9 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-12noon CIL BP&Sugar Screening 11-11:45am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards</p>	<p>10 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am ADRC Women Connected* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>11 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm 500 Cards 1pm / Open Party Bridge</p>	<p>12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo</p>	13
14	<p>15</p> <p>Senior Center Closed Martin Luther King JR Day</p> 	<p>16 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 10am-2:30pm DADS*10am Cribbage 1-3 pm Hand & Foot Cards</p>	<p>17 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am-12:30pm Senior Center In-House Meal 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>18 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:30am Stronger Seniors Basic 1pm 500 Cards/Open Party Bridge</p>	<p>19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo</p>	20
21	<p>22</p> <p>9am-10:30am Tai Chi 10:30am-2:30pm DADS* 10:30-NoonADRC Exploring Dementia* 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg</p> 	<p>23 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards</p>	<p>24 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>25 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45amStronger Seniors Basic 11am Sr. Center Annual Meeting 12pm Sr. Center Board Meeting 1pm 500 cards/ Open Party Bridge</p>	<p>26 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo</p>	27
28	<p>29 9am-10:30am Tai Chi 10:30am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg</p>	<p>30 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 11-11:45am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards</p>	<p>31 No Foot & Nail! 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>			