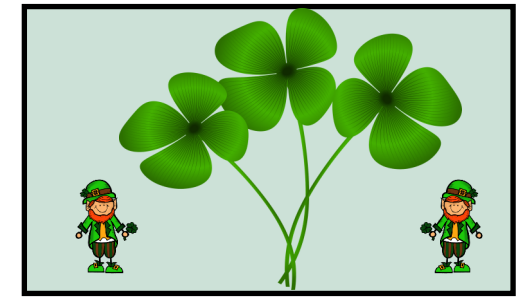


# Menomonie Area Senior Center

# Menomonie Area Senior Center



1412 6th Street East  
Menomonie, WI 54751  
715-235-0954 Email: seniors@wwt.net  
Facebook: Shirley Doane Senior Center

# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	<p><i>Please note: Changes to Stronger Seniors Classes this month <u>only!</u></i> <i>*denotes "needs reservations"</i></p>	<p>Also note: NO DAY SERVICES ON TUESDAYS STARTING MARCH 5TH</p>			<p>1 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	2
3	<p>4 9-10:30am Tai Chi 10am-2:30pm ADS* 10am-11:30 Relatives Raising Children Support Group 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre</p>	<p>5 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am Cribbage 11am-11:45am Stronger Seniors Basic</p>	<p>6 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts 10am-2:30pm ADS* 12-3pm Open Walking Gym 1:30-3 CVLR Probiotics &amp; Prebiotics 1pm Open Duplicate Bridge</p>	<p>7 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic 12:30pm ADRC Walk &amp; Talk 1pm 500 Cards / 1pm Open Party Bridge</p>	<p>8 10am-2:30pm ADS* 10-11:30am CVLR Foreign Affairs* 12-3pm Open Walking Gym 1-3pm Bingo</p>	9
10 	<p>11 9-10:30am Tai Chi 10am-2:30pm ADS* 10:30am Artful Expressions* 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre</p>	<p>12 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SENIOR CENTER 10am Cribbage 10am-Noon Center for Independent Living sponsored Blood Pressure Clinic 11am-11:45am Stronger Seniors Basic</p>	<p>13 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 10:30am-11:30am Standing In The Gap* 11:30am ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>14 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic 1pm 500 Cards</p>	<p>15 10-11:30am CVLR Foreign Affairs* 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	16
17 St. Patrick's Day! 	<p>18 9-10:30am Tai Chi 10am-2:30pm ADS* 10am-11:30am ADRC The Purple Perk 12-3pm Open Walking Gym 1pm Mah Jongg</p>	<p>19 8:30-9:15am Chair Yoga 10am Cribbage 11am-11:45am Stronger Seniors Basic</p>	<p>20 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30 SENIOR CENTER MEATLOAF LUNCH* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>21 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic 1pm 500 Cards 1pm Open Party Bridge</p>	<p>22 10am-2:30pm ADS* 10-11:30am CVLR Foreign Affairs* 12-3pm Open Walking Gym 1-3pm Bingo</p>	23
24	<p>25 9-10:30am Tai Chi 10am-2:30pm ADS* 10:30am-12pm ADRC Exploring Dementia Caregiving 12:30-2 Cooking with Monica 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre</p>	<p>26 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am Cribbage 11am-11:45am Stronger Seniors Basic</p>	<p>27 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>28 8:30-9:15am Chair Yoga 9:45 to 10:45 Stronger Seniors Intermediate 10am-2:30pm ADS* 11am-11:45am Stronger Seniors Basic 1pm 500 Cards</p>	<p>29 <b>GOOD FRIDAY</b> = <b>CENTER CLOSED</b></p>	30
31 Easter!						