

Menomonie Area Senior Center

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Menomonie Area Senior Center

April 2024



SUN	MON	TUE	WED	THU	FRI	SAT
31 Happy Easter! 	1 9-10:30am Tai Chi 10am-2:30pm DADS* 10-11:30am ADRC Relatives Raising Children 12-3pm Open Walking Gym	2 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am Cribbage 11-11:45am Stronger Seniors Basic	3 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	4 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 12:30-1:30pm ADRC Walk & Talk 1pm 500 Cards/Open Party Bridge	5 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo 10amCVLR Foreign Affairs*	6
7	8 9-10:30am Tai Chi 10am-2:30pm DADS* 10:30am-Noon Artful Expressions* 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	9 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SR CNTR 9:45-10:45am Stronger Seniors Intermediate 10am-12pm CIL BloodPressure&SugarScreening 10am Cribbage 11-11:45am Stronger Seniors Basic	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	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	12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo 10amCVLR Foreign Affairs*	13
14	15 9-10:30am Tai Chi 10am-2:30pm DADS* 10-10:30am ADRC Purple Perk 12-3pm Open Walking Gym 1pm Mah Jongg 1pm Euchre	16 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am Cribbage 11-11:45am Stronger Seniors Basic	17 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am-12:30pm Senior Center Chicken Meal* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	18 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/Open Party Bridge	19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo 10amCVLR Foreign Affairs*	20
21	22 9-10:30am Tai Chi 10am-2:30pm DADS* 10:30-Noon ADRC Exploring Dementia 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre	23 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am Cribbage 11-11:45am Stronger Seniors Basic	24 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	25 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	26 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo 10amCVLR Foreign Affairs*	27
28	29 9-10:30am Tai Chi 10am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Mah Jongg/Euchre	30 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 10am Cribbage 11am Stronger Seniors Basic		* Reservations Required		