

# SHIRLEY DOANE SENIOR CENTER

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## Shirley Doane Senior Center

# August 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	<p><b><u>By Appointment Only*</u></b> *Stronger Seniors resumes in September*</p>			<p>1 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards</p>	<p>2 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	3
4	<p>5 9-10:30am Tai Chi 10amRelatives Raising Children ADRC 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre</p>	<p>6 8:30am Foot &amp; Nail Clinic* 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 7pm Popcorn in the Park</p> 	<p>7 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>8 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards</p>	<p>9 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	10
11	<p>12 9-10:30am Tai Chi 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre</p>	<p>13 8:30am Foot &amp; Nail Clinic* 8:30-9:15am Chair Yoga 9am BOARD MEETING- SR CENTER 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 10am-12pm CIL BPressure&amp;Sugar Screening</p>	<p>14 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* <b>11:30-12:30PM MEATLOAF SR CENTER MEAL*</b> 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>15 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards</p>	<p>16 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	17
18	<p>19 9-10:30am Tai Chi 10am-2:30pm ADS* 10-11:30am The Purple Perk ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre</p>	<p>20 8:30am Foot &amp; Nail Clinic* 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage</p>	<p>21 8:30am Foot &amp; Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge <b>Chanhassen 'Beautiful' Day Trip</b></p> 	<p>22 8:30-9:15am Chair Yoga 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards</p>	<p>23 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	24
25	<p>26 9-10:30am Tai Chi 10am-2:30pm ADS* 10:30am-12pm Exploring Dementia ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre</p>	<p>27 8:30-9:15am Chair Yoga 10am Cribbage</p>	<p>28 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge</p>	<p>29 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards</p>	<p>30 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo</p>	31