

SHIRLEY DOANE
SENIOR CENTER

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Shirley Doane Senior Center

July 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 9-10:30am Tai Chi 10am-2:30pm ADS* 10am Relatives Raising Children ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	2 8:30am Foot & Nail Clinic* 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park 	3 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	4 CENTER CLOSED 4TH OF JULY HOLIDAY	5 CENTER CLOSED	6
7	8 9-10:30am Tai Chi 10am-2:30pm ADS* 10-11:30am CVLR "Civil War" CVLR* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	9 9am BOARD MEETING- SR CENTER 8:30am Foot & Nail Clinic* 9:30-10:30AM BINGO-CIZE ADRC* 10am-12pm CIL BPressure & BSugar 10am Cribbage 10am Fiber Arts for Brain Health ADRC* 1:30-2:15 Chair Yoga 7pm Popcorn in the Park 	10 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am Women Connected ADRC 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	11 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards 1:30-2:15 Chair Yoga	12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	13
14	15 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	16 8:30am Foot & Nail Clinic* 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage NO CHAIR YOGA 7pm Popcorn in the Park 	17 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	18 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards NO Chair Yoga	19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	20
21 TWINS-BREWERS DAY TRIP* 	22 9-10:30am Tai Chi 10am-2:30pm ADS* 10:30am-Noon Exploring Dementia ADRC 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	23 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park 	24 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 11:30am-12:30pm SPAGHETTI SENIOR CENTER MEAL* 12-3pm Open Walking Gym	25 9:30-10:30AM BINGO-CIZE ADRC* 10am-2:30pm ADS* 1pm 500 Cards 1:30-2:15 Chair Yoga	26 10am-2:30pm ADS* 12-3pm Open Walking Gym 1-3pm Bingo	27
28	29 9-10:30am Tai Chi 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Mah Jongg / Euchre	30 9:30-10:30AM BINGO-CIZE ADRC* 10am Cribbage 1:30-2:15 Chair Yoga 7pm Popcorn in the Park 	31 NO FOOT & NAIL CLINIC 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	* By Appointment Only		