

Shirley Doane Senior Center

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Shirley Doane Senior Center October 2024



SUN	MON	TUE	WED	THU	FRI	SAT
		1 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	2 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	3 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm ADRC Walk&Talk 1pm 500 Cards	4 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	5
6	7 9am-11am Tai Chi 12:30-1:30pm BINGOCIZE ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	8 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am BOARD MEETING - SENIOR CENTER 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 10am-Noon CIL Blood Pressure & Sugar Screening 11-11:45am Stronger Seniors-Basic *	9 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 11:30am-1pm ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge Charhassen White Christmas Day Trip*	10 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS*/11-11:45am*Strngr Srs-Basic 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	11 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	12
13	14 9am-11am Tai Chi 10-11:30am ADRC Relatives Raising Children 12:30-1:30pm BINGOCIZE ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	15 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	16 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	17 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 10-11:30am CVLR Stepping Stones* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	18 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	19
20	21 9am-11am Tai Chi 10-11:30am ADRC Purple Perk 11:30am-12:30pm ADRC Artful Ex-pressions* 12:30-1:30pm BINGOCIZE ADRC 12:30-2pm CVLR Cooking W Monica* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	22 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	23 9am-2pm Crafts / 10am-2:30pm ADS* 10am-2:30pm AARP Safe Driving* 11:30-12:30PM SR CNTR Beef Stroganoff MEAL* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	24 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	25 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	26
27	28 9am-11am Tai Chi 10:30am-12pm ADRC Exploring Dementia 12:30-1:30pm BINGOCIZE ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	29 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic *	30 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	31 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	Need Reservations *	