

Shirley Doane Senior Center

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Web: menomonieseniorcenter.org

Shirley Doane Senior Center September 2024



S	MON	TUE	WED	THU	FRI	SA
1 2	LABOR DAY HOLIDAY SENIOR CENTER CLOSED	3 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage	4 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pm ADS* 10-11:30am CVLR Solar Energy* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	5 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 10-11:30am CVLR Mayo Clinic* 12:30-1:30pm ADRC Walk & Talk 1pm 500 Cards	6 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	7
8	9 9:00-10:30am Tai Chi 10-11:30am Medicare Fraud CVLR* 10-11:30 ADRC Relatives Raising Children 10:30AM-12PM ADRC Artful Expressions* 12-3pm Open Walking Gym 1:30-3pm ADRC Dementia Simulation*	10 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am SR CTR BRD MEETNG 10am Cribbage 10am-Noon CIL Blood Pressure/ Sugar Screening 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	11 8:30am Foot & Nail Clinic* 9am-2pm Crafts 9am Our House Breakfast* 10am-2:30pm ADS* 11:30am Women Connected ADRC 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1-2pm Aveanna Fall Prevention Program	12 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 1pm 500 Cards 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	13 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	14
1 5	16 9-10:30am Tai Chi 9:30 Bingocize 10-11:30am Purple Perk ADRC 1-3pm Mah Jongg/Euchre	17 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	18 8:30am Foot & Nail Clinic* 9am-2pm Crafts 10am-2:30pm ADS* 11:30am-12:30pm Sr Cntr PORK LOIN MEAL 12-3pm Open Walking Gym	19 8:30-9:15am Chair Yoga 9:30 Bingocize 10am-2:30pm ADS* 1pm 500 Cards 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	20 Menomonie Homecoming- No Bingo or afternoon activities at the Senior Center 4:30-6:30pm PAINT THE TOWN/ HOMECOMING @ Wilson Park	21
2 2	23 9-10:30am Tai Chi 9:30 Bingocize 12-3pm Open Walking Gym 12:30pm CVLR Cooking w/ Monica* 1-3pm Mah Jongg/Euchre	24 8:30-9:15am Chair Yoga 10am Cribbage 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	25 9am-2pm Crafts 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	26 8:30-9:15am Chair Yoga 9:30 Bingocize 10am-2:30pm ADS* 1pm 500 Cards 9:45-10:45 Stronger Seniors Intermediate 11:00-11:45 Stronger Seniors Basic	27 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	28
2 9	28 9-10:30am Tai Chi 9:30 Bingocize 10:30am-12pm Exploring Dementia Caregiving ADRC 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre					