



Defiance County Senior Services

April 2009

Call Down for Info
419-782-3233

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	DCSS - Your Personal Stimulus Package!! Exhilarating Exercises, Stimulating Educational Opportunities, Anti-Depression Activities & Inflation-Fighting Food Costs		1 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	2 9:00 Water Exercise 10:00 Blood Pressure 12:30 Bingo w Bkview 12:30 Shop @ Meier's 1:30 Alzheimer's Support Group	3 9:30 Chair Exercise 10:00 Defiance Remembers 11:30 Birthday Lunch 12:00 Cards	4
5	6 10:00 Sit Down & Dance 10:30 Trip to Dollar Store 12:30 Bingo by Twin Rivers	7 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 10:00 Literature Study 12:30 Choir / Pinochle	8 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	9 9:00 Water Exercise 10:00 Blood Pressures 10:30 Cards 12:30 Shop @ Meier's	10 Good Friday 9:00 Chair Exercise 9:30 Brunch Defiance Co. Senior Services will Close at Noon for Good Friday	11
12 	13 10:00 Sit Down & Dance 10:30 Trip to Big Lots 12:30 Bingo with Ameri-care	14 9:00 Quilting 9:30 Chair Stretch 10:00 Literature Study 11:00 Speaker on Identity Theft 12:30 Pinochle 4:00 Senior's Night Out - Red Pig Inn	15 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	16 9:00 Water Exercise 9:30 Quilting 10:00 Speaker on Enriching Your Life 12:30 Shop @ WalMart	17 9:30 Chair Exercise 10:00 Trivia Trap with Dawn 12:00 Cards	18
19	20 10:00 Sit Down & Dance with Dawn! 10:30 Trip to Dollar General 1:30 Euchre Tournament	21 Cancer Control Mo. 9:00 Quilting 9:30 Chair Stretch 10:00 Literature Study 11:00 Speaker on Cancer 12:30 Choir / Pinochle	22 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	23 8:30 60+ Health Screening 9:00 Water Exercise 10:00 Speaker from Laurels on Earth Day 12:30 Bingo - V Nurses 12:30 Shop @ Meier's 5:00 Evening Meal	24 9:30 Chair Exercise 10:00 Trip to Hospital Thrift Shop 12:00 Cards	25
26	27 10:00 Sit Down & Dance 10:30 Cards 12:30 Bingo	28 9:00 Quilting 9:30 Chair Stretches with Twin Rivers 10:00 Literature Study 12:30 Pinochle	29 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	30 9:00 Water Exercise 9:30 Quilting 10:00 OSEO Speaker on Sodium 12:30 Shop @ Meijer	Join Us for Our Evening Meals: Thurs, April 16 - Hicksville Center Thurs, April 23 - Defiance Center Transportation Available	