

Defiance County

January 2010

For more Information

Senior Services

call Dawn at 419-782-3233

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 3 | 4 10 - Sit down and Dance 10:30 Cards 12:30 Bingo Twin Rivers | 5 9 - Quilt 9:30 Chair Stretch 9:45 Shop at Aldi's 10 - Lit Study 12:30 Choir | 6 9- Bowl 10 - Book Club 10:30 Cards 12:30 Shop at Krogers 12:30 Toe Nail Clinic | 7 9 - Water Exercise 9:30 Quilting 10 - Blood Pressures 10:30 Cards 12:30 Bingo by Brookview Shops at Meijer 1:30 Alzheimer Support | 8 9:30 Chair Exercises 10 - Trivia with Dawn 1pm - Visit with the Kids | 9 |
| 10 | 11 10 - Sit down and Dance 10:30 Trip to Dollar Gen 12:00 Cards | 12 9 - Quilt 9:30 Chair Stretch 9:45 Shop at Aldi's 10 - Lit Study 4:00 Seniors Nite Out - China Dragon in Napoleon | 13 9- Bowl 10 - Book Club 10:30 Cards 12:30 Shop at Krogers | 14 9 - Water Ex 9:30 Quilting 10 - Blood Pressures 10:30 Cards 12:30 Shop at Meijers | 15 9:30 Chair Exercises 10 - NEW!!!! Wii Bowling 12:30 Cards | 16 |
| 17 | 18 Senior Services will be Closed in observance of Martin Luther King Jr. Day 1:30 Euchre Tournament | 19 9 - Quilt 9:30 Chair Stretch 9:45 Shop at Aldi's 10 - Lit Study 11:30 Lunch & Learn | 20 9- Bowl 10 - Book Club 10:30 Cards 12:30 Shop at Krogers | 21 9- Water Ex 9:30 Quilting 10 - Nutrition Speaker 12:30 Shop at Wal-Mart 5:00 Evening Meal | 22 9:30 Chair Exercises 10 - NEW!!!! Wii Bowling 1pm - Visit with the Kids | 23 |
| 24 | 25 10 - Sit down and Dance 10:30 Cards 12:30 Bingo with Senior Center | 26 9 - Quilt 9:30 Chair Stretch 9:45 Shop at Aldi's 10 - Lit Study 12:30 Choir | 27 9- Bowl 10 - Book Club 10:30 Cards 12:30 Shop at Krogers | 28 60+ Screen 9 -Water Ex 9:30 Quilting 10:30 Laurels Speaker 12:30 Shop at Meijers | 29 9:30 Chair Exercises 10 - Trivia with Dawn 12:30 Cards | 30 |

Evening Meals - Thursday, January 7th, 5:00PM at The Hicksville Pavilion- Dinner & Music

Thursday, January 21st, 5:00PM at The Defiance Center - a delicious Fish Fry

We hope you can Join Us!!