

Defiance County

March 2010

For more Information

Senior Services

call Dawn at 419-782-3233

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Sit down and Dance 10:30 Cards 12:30 Bingo Twin Rivers	2 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10:00 Literature Study 12:30 Choir	3 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers 12:30 Toe Nail Clinic	4 9:00 Water Exercise @ YMCA 9:30 Quilting 10:00 Blood Pressures with Interim 10:30 Cards 12:30 Bingo by Brookview 1:30 Alzheimer Support Group	5 9:30 Chair Exercise 10:00 Defiance Remembers 11:30 Lunch	6 March is National Nutrition Month! Sappy Eating!
7	8 9:30 Sit down and Dance 10:00 Trip to Dollar Tree 12:00 Cards	9 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study 4:00 Seniors Nite Out - Golden Corral	10 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers	11 9:00 Water Exercise @ YMCA 9:30 Quilting 10:30 Cards 12:30 Shop at Meijers	12 9:30 Chair Exercise 10:00 Wii Bowling 1:00 - Visit with the Kids	13
14 <i>Spring Forward</i> Daylight Saving Time	15 9:30 Sit Down and Dance 10:00 Cards 1:30 Euchre Tournament	16 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study	17 9:00 Bowling 10:00 Book Club 10:30 Cards 11:30 Enjoy our St. Patrick's Day Party 12:30 Shop at Krogers	18 9:00 Water Ex 9:30 Quilting 10:30 - Vision Nutrition Speaker - by Interim 12:30 Shop at Wal-Mart	19 9:30 Chair Exercise 10:00 Trivia Trap with Dawn - Fun!! 12:00 Cards	20 March is also Save Your Vision Month
21	22 9:30 Sit down and Dance 10:00 Trip to Dollar General 12:30 Cards	23 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study 12:30 Choir	24 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers	25 8:30 60+ Screen 9:00 Water Exercise 10:30 Extension Nutrition Speaker 12:30 Meijer Shop 5:00 Evening Meal 6:00 Bingo	26 9:30 Chair Exercises 10:00 Wii Bowling 1:00 Visit with the Kids	27
28	29 9:30 Sit down and Dance 10:00 Cards 12:30 Bingo with Senior Center	30 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study	31 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers	Evening Meals - Thursday, March 11th, 5:00PM at The Hicksville Pavilion- Dinner & Music Thursday, March 25th, 5:00PM at The Defiance Center - a delicious Fish Fry and Bingo We hope you can Join Us!!		