


Defiance County Senior Services

May 2009

Call Down for Info
419-782-3233

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 9:30 Chair Exercise 10:00 Defiance Remembers 11:30 Birthday Lunch 12:00 Cards	2
3	4 10:00 Sit Down & Dance 10:30 Trip to Dollar Gen. 12:30 Bingo by Twin Rivers	5 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 10:00 Literature Study 12:30 Choir / Pinochle 1:00 Earth Day Helpers Join Us!!	6 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger 12:30 Toe Nail Clinic	7 9:00 Water Exercise 10:00 Blood Pressures 10:30 Cards 12:30 Bingo with Brookview 12:30 Shop @ Meier's 1:30 Alzheimer Support	8 Mother's Day Celebration 9:00 Chair Exercise 10:00 Speaker on Calcium Rich Foods 12:00 Cards	9
10 <i>Happy Mother's Day</i>	11 10:00 Sit Down & Dance 10:30 Trip to Big Lots 12:30 Bingo with Ameri-care	12 9:00 Quilting 9:30 Chair Stretch 10:00 Literature Study 12:30 Pinochle	13 9:00 Bowling 10:00 Movie - complaint's of a Dutiful Daughter 12:30 Shop at Kroger	14 Osteoporosis Day 9:00 Water Exercise 9:30 Quilting 10:00 Speaker on Osteoporosis <i>Senior Prom</i>	15 9:30 Chair Exercise 10:00 Trivia Trap with Dawn 12:00 Cards	16 9am Senior Shuffle @ Defiance High School
17	18 10:00 Sit Down & Dance with Dawn! 10:30 Trip to Dollar Tree 1:30 Euchre Tournament	19 9:00 Quilting 9:30 Chair Stretch 10:00 Literature Study 12:30 Choir / Pinochle 4:00 Senior's Night Out at The Cracker Barrel in Ft. Wayne	20 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	21 9:00 Water Exercise 9:30 Quilting 10:00 Clothes Closet 10:30 Cards 12:30 Shop @ Wal-Mart	22 9:30 Chair Exercise 10:00 Trivia Trap with Dawn 12:00 Cards	23
24 	25 Defiance County Senior Services will be Closed in Observance of Memorial Day	26 9:00 Quilting 9:30 Chair Stretches 10:00 Literature Study 12:30 Pinochle 12:30 speaker Bryan Heck - VA pensions	27 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Kroger	28 Blood Pressure Day 8:30 Blood Pressures 9:00 Water Exercise 9:30 Quilting 10:00 Speaker on Blood Pressure 12:30 Bingo with V. N.	29 9:30 Chair Exercise 10:00 Trip to Hospital Thrift Shop 12:00 Cards	30