


for information, please call Dawn at 419-782-3233

August - DCSS Activities

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
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| 1 9:30 cards 10:00 zumba! 12:30 bingo by Okuley's 3:00 yoga | 2 9:45 Aldi's shop 10:00 tai chi 10:00 bible study | 3 9:30 cards 10:00 crafts 10:00 chair exercises with Visiting Angels 12:30 Krogers 5:00 open mic | 4 9:30 cards 9:45 BP readings 10:00 zumba 10:00 chair exercise 12:30 - Meijer shop 12:30 bingo by Bview 1:30 Alzheimer group 3:30- yoga with Sue 4:30 ice cream social | 5 9:30 cards 10:00 tai chi 11:30 Birthday celebration 11:30 music with Kim Tracy |
| 8 9:30 cards 10:00 zumba 12:30 bingo with CHP 3:00 yoga | 9 9:45 Aldi shop 10:00 Bible study 10:00 cards 10:00 tai chi 3:30 yoga 4:00 seniors night out - Henry's | 10 9:30 cards 10:00 crafts 10:45 speaker from Twin Rivers 12:30 Kroger shop | 11 9:30 cards 10:00 zumba 10:30 trivia with Brookview 12:30 - Meijer shop 3:30- yoga with Sue | 12 9:30 - cards 10:00 tai chi 10:00 crafts |
| 15 9:30 cards 10:00 zumba 12:30 bingo with Kingsbury Place 1:00 euchre tournament 3:00 yoga with Sue 6:00 Alzheimer support group | 16 9:45 Aldi shop 10:00 tai chi 10:00 Bible study 10:00 cards 3:30 yoga | 17 9:30 cards 10:00 crafts 10:00 chair exercises with Visiting Angels 10:00 pepper with the Laurels 12:30 Kroger shop | 18 Defiance County Senior Services is closed for a Staff Training Day | 19 9:30 - card club party 10:00 tai chi |
| 22 9:30 - cards 10:00 - zumba 3:00 - yoga | 23 9:45 Aldi shop 10:00 tai chi 10:00 Bible study 10:00 cards 3:30 yoga | 24 9am - 4pm Senior Day & Veteran's Day at The Defiance County Fair | 25 9:30 cards 10:00 zumba 12:30 bingo with all-caring 12:30 Meijer shop 1:00 fine arts class with JBO 3:30 yoga | 26 9:30 cards 10:00 tai chi 11:30 Alan Seibert - "The Music Man" in the cafe |
| 29 9:30 - cards 10:00 - zumba 12:30 bingo with the Senior Center 3:00pm- yoga | 30 9:45 Aldi shop 10:00 tai chi 10:00 cards 10:00 Bible study 3:30 yoga | 31 9:30 cards 10:00 crafts 10:00 Hearing Aid checks & cleaning 12:30 Kroger shop | <i>Check out your newsletter, stay cool and join us!</i> |  |