


Defiance County Senior Services

February 2011

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>For more Information call Dawn at 419-782-3233</p>	<p>1 9- Quilting 9:30 Chair Stretches 9:45 Audi's 10- Literature Study 10:30 Cards 12:15 Choir 3:30-4:30 Yoga with Sue</p>	<p>2 9-Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's 3-3:45 Aerobics with Mona</p>	<p>3 9:30 Quilting 10-11 Zumba/ Blood Press. By Interim 10:30 Cards 12:30 Shop at Meijer's 12:30 Bingo by Brookview 1:30 Alzheimer's Group 3:30-4:30 Yoga with Sue</p>	<p>4 9:30 Chair Exercise 10-Defiance Remembers 10:30 Crafts/Cards</p>	5
6	<p>7 9:30- Sit down dancing 10-Cards 12:30 Bingo by Twin Rivers 3:30-4:30 Zumba</p>	<p>8 9-Quilting 9:30-Chair Stretches 9:45 Shop at Audi's 10-Literature Study 10:30- Cards 3:30-4:30 Yoga with Sue</p>	<p>9 9-Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's 3-3:45 Low Key Aerobics by Mona</p>	<p>10 9:30 Quilting 10-11 Zumba Class 10:30 cards 12:30 Shop at Meijer's 12:30 Bingo by Kingsbury 1:30 Alzheimer's Group 3:30-4:30 Yoga with Sue</p>	<p>11 9:30 Chair Exercise 10-1pm Crafts 10:30 Cards 10-9pm- Health Expo at the North Towne Mall</p>	<p>12 10am-9pm Health Expo at North Towne Mall</p>
13	<p>14 Valentines Day 9:30 Sit down dancing 10- Trip to Dollar Tree 12:30 Bingo by Ameri_Care 1:30 Euchre 3:30-4:30 Zumba</p>	<p>15 9-Quilting 9:30 Chair Stretches 9:45 Shop at Audi's 10-Literature Study 10:30 Cards 12:15 Choir 3:30-4:30 Yoga Senior's Nite Out to Pepper Mill In Napoleon</p>	<p>16 9- Bowling 10-Reader's group 10:30 Cards 12:30 Shop at Kroger's 3-3:45 Aerobics with Mona</p>	<p>17 9:30 Quilting 10-11 Zumba Class 10:30 Cards 12:30 Shop at Meijer's 3:30-4:30 Yoga with Sue</p>	<p>18 9:30 Chair Exercise 10-1 Crafts 10:30- Cards</p>	19
20	<p>21 Defiance County Senior Services will be Closed for Presidents Day</p> 	<p>22 9- Quilting 9:30 Chair Stretches 9:45 Shop at Audi's 10-Literature Study 3:30- 4:30 Yoga with Sue</p>	<p>23 9-Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's 1-1:45 Speaker - Randy Buchman 3-3:45 Low Key Aerobics with Mona 5-8pm Game Nite</p>	<p>24 9:30 Quilting 10-11- Zumba Class 10:30 Cards 12:30 Shop at Meijer's 3:30-4:30- Yoga with Sue</p>	<p>25 9:30 Chair Exercise 10-1pm Crafts 10:30 Cards</p>	26
27	<p>28 9:30 Sit down Dancing 10-Trip to Dollar Store 12:30- Bingo by Senior Center 3:30 -4:30 Zumba</p>	<p>A BIG THANK YOU to all our Volunteers who help with the different programs at Senior Services . Your time and efforts are greatly appreciated!!</p>				