

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

# February - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>“ Peace is a journey of a thousand miles and it must be taken one step at a time.”</i> - Lyndon B. Johnson</p>		<p>1 9:30 Cards <b>10:00 Crafts with Andrea</b> 12:30 Kroger Shop <b>5-8 Open Mic Night!</b></p>	<p>2 9:30 Cards 9:45 Blood Pressures 10:00 - Zumba <b>10:00 Stretch Band Exercise</b> 12:30 Bingo with Brookview 12:30 - Meijer Shop 1:30 Alzheimer Support 3:30- Yoga with Sue</p>	<p>3 9:30 - Cards 10:00 Tai Chi <b>11:30 Birthday Celebration</b> 11:30 Music with Kim Tracy in Café</p>
<p>6 9:30 - Cards 10:00 - Zumba 12:00 TeleHealth with Ameri-Care 12:45 Bingo with Ameri-Care 3:00 - Yoga with Sue</p>	<p>7 9:45 Aldi Shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 3:30 Yoga <b>4:00 Senior's Night Out</b></p>	<p>8 9:30 Cards <b>10:00 Crafts with Andrea</b> 10:00 Corn Hole 10:45 Speaker from Twin Rivers 12:30 Kroger Shop</p>	<p>9 9:30 Cards 10:00 - Zumba <b>10:00 Stretch Band Exercise</b> 12:30 - Meijer Shop 3:30- Yoga with Sue</p>	<p>10 9:30 - Cards 10:00 Tai Chi 10:00 Crafts</p>
<p>13 9:30 - Cards 10:00 - Zumba 3:00 - Yoga with Sue</p>	<p>14 9:45 Aldi Shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 12:30 Valentine Bingo 3:30 Yoga</p>	<p>15 9:30 Cards <b>10:00 Crafts with Andrea</b> 10:00 Corn Hole 12:30 Kroger Shop</p>	<p>16 9:30 Cards 9:45 Blood Pressures 10:00 Zumba <b>10:00 Stretch Band Exercise</b> 12:30 Bingo with Twin Rivers 12:30 Meijer Shop 3:30 Yoga</p>	<p>17 <b>9:30 - 2:00pm Card Club Party</b> 10:00 Tai Chi</p>
<p>20 <b>Defiance County Senior Services will be closed in observance of President's Day</b></p>	<p>21 9:45 Aldi Shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards <b>12:00 Chief Todd Shaffer speaks on traffic safety</b> 3:30 Yoga</p>	<p>22 9:30 Cards <b>10:00 Crafts with Andrea</b> 10:00 Corn Hole 10:00 Hearing Aid Checks 12:30 Kroger Shop <b>1:00 - 2:30 Food for Seniors</b></p>	<p>23 9:30 Cards 10:00 Zumba <b>10:00 Stretch Band Exercise</b> 12:30 Bingo with Allcaring 12:30 Meijer Shop 3:30 Yoga</p>	<p>24 9:30 - Cards 10:00 Tai Chi 10:00 Crafts <b>11:30 Music in the café with Alan Seibert</b></p>
<p>27 9:30 - Cards 10:00 - Zumba <b>10:00 Nails and Tales with Dawn</b> 1:00 Euchre Tournament 3:00pm- Yoga</p>	<p>28 9:45 Aldi Shop 10:00 Tai Chi 10:00 Cards 10:00 Bible Study 3:30 Yoga</p>	<p>The C.S.F.P. Program provides eligible seniors a monthly box of nutrient-rich food. <b>The next distribution is February 22nd - 1:00 pm -2:30 pm.</b> Questions - contact Ginny at 419-782-3257.</p> 		