

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

July - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 Cards 10:00 Zumba 12:00 TeleHealth with AmeriCare 12:45 - 1:15 Bingo 3:00 Yoga</p>	<p>4 Defiance County Senior Services will be Closed in observance of Independence Day</p>	<p>5 9:30 Cards 9 - 11 Nail Clinic 10:00 Crafts w/ Andrea 12:30 Nail Clinic 12:30 Kroger's Shop 5 -8 Open Mic Night</p>	<p>6 9:30 Cards 9:45 Blood Pressures 10:00 Band Stretch 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo 1:30 Alzheimer Support Group 3:30 Yoga</p>	<p>7 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch</p>
<p>10 9:30 Cards 10:00 Zumba 3:00 Yoga</p>	<p>11 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>12 9:30 Cards 10:00 Crafts w/ Andrea 10:45 Speaker from Twin Rivers 12:30 Kroger's Shop</p>	<p>13 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>14 9:30 Cards 10:00 Tai Chi</p>
<p>17 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 1:00 Euchre Tourney 3:00 Yoga 6:00 Alzheimer Support</p>	<p>18 9:45 Aldi Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Seniors Night Out Mystery Trip!?</p>	<p>19 9:30 Cards 10:00 Crafts w/ Andrea 12:00 Speaker: Virginia Zuniga - HEAP 12:30 Kroger's Shop</p>	<p>20 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 10:45 Blood Pressures 12:30 Bingo 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>21 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>24 9:30 Cards 10:00 Zumba 10:00 Nails & Tails with Dawn of Genesis 3:00 Yoga</p>	<p>25 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>26 9:30 Cards 10:00 Crafts w/ Andrea 12:30 Kroger's Shop 1:00 - 2:30 CSFP Commodities Program 5:00 Evening Meal and BINGO!!</p>	<p>27 9:30 Cards 10:00 Zumba 10:00 Band Stretch 12:30 Bingo with Allcaring 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>28 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>31 9:30 Cards 10:00 Zumba 12:30 Bingo with Dawn 3:00 Yoga</p>	<p>Evening Meal - Wednesday, July 26th At 5:00pm - Enjoy Oven Fried Chicken, Mashed Potatoes, Corn, a Side Salad, Fruit Juice and Banana Whip for dessert! YUM!!</p>			