

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

March - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Walking Club is back! Monday - Friday 7am - 3pm See details on the "Healthy You" page in this newsletter</p> 		<p>1 9:30 Cards 9-10:45 Toe Nail Clinic 10:00 Crafts w/ Andrea 12:30 Kroger's Shop 12:30 PM Nail Clinic 5:00 - 8:00 Open Mic Night</p>	<p>2 9:30 Cards 9:45 Blood Pressures 10:00 Band Stretch Exercises 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo 1:30 Alzheimer Support Group</p>	<p>3 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch 11:30 Music with Kim Tracy</p>
<p>6 9:30 Cards 10:00 Zumba 12:00 Tele-Health by AmeriCare 12:45 - 1:15 -Bingo 3:00 Yoga</p>	<p>7 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>8 9:30 Cards 10:00 Crafts w/ Andrea 10:00 Cornhole 10:45 Speaker from Twin Rivers 12:30 Kroger's Shop</p>	<p>9 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>10 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>13 9:30 Cards 10:00 Zumba 3:00 Yoga</p>	<p>14 9:45 Aldi Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Senior's Night Out - Red Lobster</p>	<p>15 9:30 Cards 10:00 Crafts w/ Andrea 10:00 Cornhole 12:30 Kroger's Shop</p>	<p>16 St Patrick's Day Celebration 9:30 Cards 10:00 Zumba 10:00 Band Stretch 10:45 Blood Pressures 11:30 music w/Kim Tracy 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>17 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>20 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 1:00 Euchre Tournament 3:00 Yoga 6:00 Alzheimer Support Group</p>	<p>21 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>22 9:30 Cards 10:00 Crafts w/ Andrea 10:00 Hearing Aid Check Up 12:30 Kroger's Shop 1:00 - 2:30 CSFP - Senior Commodities Food Box Pick Up</p>	<p>23 9:30 Cards 10:00 Zumba 10:00 Band Stretch 12:30 Shop @ Meijer 12:30 Bingo 3:30 Yoga</p>	<p>24 9:30 - 2:00 Card Club Party! 10:00 Tai Chi</p>
<p>27 9:30 Cards 10:00 Zumba 10:00 Nails & Tails 12:30 Bingo with the Senior Center 3:00 Yoga</p>	<p>28 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>29 9:30 Cards 10:00 Crafts w/ Andrea 12:30 Kroger's Shop</p>	<p>30 9:30 Cards 10:00 Zumba 10:00 Band Stretch 12:30 Shop @ Meijer 4:00 Evening Meal with Music from Clear Fork Bluegrass Quartet</p>	<p>31 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>