



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

May - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Cards 10:00 Zumba 12:00 Tele-Health by AmeriCare 12:45 - 1:15 -Bingo 3:00 Yoga	2 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	3 9:00 - 10:45 - Nail Clinic 930 Cards 10:00 Crafts w/ Andrea 12:30 Kroger's Shop 12:30 - 2:15 Nail Clinic 5:00 - 8:00 Open Mic	4 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 3:30 Yoga	5 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch 11:30 Music with Kim Tracey
8 9:30 Cards 10:00 Zumba No Yoga Today	9 9:00am - 1:00pm The "For The Health Of It" Senior Health Fair 3:30 Yoga	10 9:30 Cards 10:00Crafts w/ Andrea 10:45 Speaker from Twin Rivers 12:30 Kroger's Shop	11 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 12:30 Shop @ Meijer 3:30 Yoga	12 9:30 - 2:00 Card Club Party!  Sunday, May 14
15 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 1:00 Euchre Tournament 3:00 Yoga 6:00 Alzheimer Support Group	16 9:45 Aldi Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	17 9:30 Cards 10:00Crafts w/ Andrea 12:30 Kroger's Shop 4:00pm - 8:30pm The Senior Prom	18 9:30 Cards 10:00 Zumba 10:00 Band Stretch 10:45 Blood Pressures 12:30 Bingo 12:30 Shop @ Meijer 3:30 Yoga	19 9:30 Cards 10:00 Crafts 10:00 Tai Chi
22 9:30 Cards 10:00 Zumba 12:30 Nails & Tails with Twin Rivers 12:30 Bingo with Senior Center 3:00 Yoga	23 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Senior's Night Out to The Log Cabin 	24 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	25 9:30 Cards 10:00 Zumba 10:00 Band Stretch 12:30 Shop @ Meijer 12:30 Bingo with Allcaring 3:30 Yoga	26 9:30 Cards 10:00 Crafts 10:00 Tai Chi
29 Defiance County Senior Services will be closed in observance of Memorial Day	30 9:45 Aldi's Shop 10:00 Cards 10:00 Bible Study 10:00 Tai Chi No Yoga Today	31 9:30 Cards 10:00Crafts w/ Andrea 12:30 Kroger's Shop	Wednesday, May 17th Our Senior Prom 4pm - 8:30pm at The Defiance Eagles Enjoy a baked Spaghetti Dinner and The <i>All Night Posse</i> . Suggested donation is just \$5.00 per person. Registration ticket are on sale now - 419-782-3233	