

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

October - DCSS Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 9:30 Cards 10:00 Zumba 12:45 - 1:15 Bingo and Tele-Health with Americare 3:00 Yoga	3 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	4 9:30 Cards 10:00 Crafts 12:30 Kroger Shopping 5-8 Open Mic Night	5 9:30 Cards 9:45 Blood Pressure 10:00 Stretch Band Exercise 10:00 Zumba 12:30 Meijer Shopping 12:30 Bingo 1:30 Alzheimer Support 3:30 Yoga	6 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch
9 Defiance County Senior Services will be closed for Columbus Day	10 9:45 Aldi's Shopping 10 - 12 - Flu Shots 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Senior's Nite Out to Henry's in Ottawa	11 9:30 Cards 10:00 Crafts 10:30 Speaker from Twin Rivers 12:30 Kroger Shopping	12 9:30 Cards 10:00 Zumba 10:00 Stretch Band Exercise 12:30 Meijer Shopping 3:30 Yoga	13 9:30 Cards 10:00 Tai Chi 10:00 Crafts
16 9:30 Cards 10:00 Zumba 1:00 Euchre Tournament 3:00 Yoga 6:00 Alzheimer Support Group	17 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	18 9:30 Cards 10:00 Crafts 12:30 Kroger Shopping 2:30 - Fall Festival Bingo, Dinner & Music	19 9:30 Cards 10:00 Zumba 10:00 Stretch Band Exercise 10:45 Blood Pressures 12:30 Meijer Shopping 12:30 Bingo with Twin Rivers 3:30 Yoga	20 9:30 Cards 10:00 Tai Chi 10:00 Crafts
23 9:30 Cards 10:00 Zumba 10:00 Nails and Tales with Twin Rivers 3:00 Yoga	24 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	25 9:30 Cards 10:00 Crafts 10:00 Hearing Aid cleaning 12:30 Kroger Shopping 1:00 - 2:30 CSFP - Senior Food Commodities	26 9:30 Cards 10:00 Zumba 10:00 Stretch Band Exercise 12:30 Meijer Shopping 12:30 Bingo with All-caring 3:30 Yoga	27 9:30 Card Club Party 10:00 Tai Chi 10:00 Crafts
30 9:30 Cards 10:00 Zumba 12:30 Halloween Bingo with The Senior Center (dress in a Halloween costume and win a special prize!!) 3:00 Yoga	31 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga			our Thanksgiving Dinner is November 8th