



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<p>Douglas Senior Citizen's Center 340 1st Street West P.O. Box 192</p> <p>358-4348</p>		<p>1 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool</p>	2
3 Pool- 5:45pm	4 Center Closed  Independence Day	5 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 1-Scrabble	6 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Slim N Trim Exercises 1-Pinochle 5:45-Pool 7- Jam Session	7 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	8 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool	9
10 Pool- 5:45pm	11 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 12:45 - Grocery Bingo	12 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12 - Caregivers Support Group 1 -Scrabble	13 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Slim N Trim Exercises 1-Pinochle 5:45-Pool 7- Jam Session	14 Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	15 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05-Slim N Trim Exercises 1-Scrabble 5:30-Movie Night 5:45-Pool	16
17 Pool- 5:45pm	18 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 12:45 - Grocery Bingo	19 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 1-Scrabble	20 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session	21 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	22 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 11:30 Dance Performance 1-Scrabble 5:45-Pool	23
24 Pool- 5:45pm 31 Pool 5:45pm	25 Adult Day Care 8:00 am-4:00 pm 10-Low Impact Aerobics 11-BL Pressure 11:05-Slim N Trim Exercises 12:45-Grocery Bingo	26 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 1-Scrabble	27 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session	28 Adult Day Care 8:00am-4:00pm 9-Wellness Breakfast 9-1 Commodities 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	29 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 1-Scrabble 5:45-Pool	30