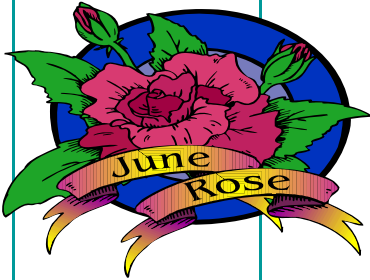


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05 Slim N Trim Exercises 1-Pinochle 5:45-Pool 7-Jam Session	2 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible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