
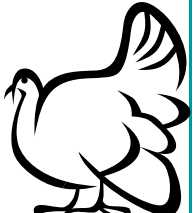


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises	2 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12-Caregivers Support Group 12:45 Wii Bowling 1-Scrabble	3 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	4 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	5 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 12:45-Bingo 1-Scrabble 5:45-Pool	6	
7 Pool- 5:45pm	8 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises	9 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:45 Wii Bowling 1-Scrabble	10 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	11 Commodities 10:00 am - 2:00 pm Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	12 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05Slim N Trim Exercises 12:45-Bingo 1-Scrabble 5:45-Pool	13	
14 Pool- 5:45pm	15 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises	16 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12 - Caregivers Support Group 12:45 Wii Bowling 1 -Scrabble	17 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	18 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge	19 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure 11:05-Slim N Trim Exercises 12:45-Bingo 1-Scrabble 5:30 Movie Night 5:45-Pool	20	
21 Pool- 5:45pm	22 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises	23 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:45 Wii Bowling 1-Scrabble	24 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	25 Center Closed 	26 Center Closed 	27	
28 Pool- 5:45pm	29 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Slim N Trim Exercises	30 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:45 Wii Bowling 1-Scrabble	Douglas Senior Citizens Center 340 1st Street West P.O. Box 192 358-4348 www.DouglasSeniors.com				
