


**September 2010 DAYTON SENIOR CENTER Activities**  
 320 Old Dayton Valley Road (775) 246-6210

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>*This Calendar is subject to change without notice.</b>			<b>1 Lucky Plate Pinochle 9:30</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11 Quilting/ Knitting 12:30	<b>2 Hand and Foot 9:00</b> Bingo 12:30	<b>3 Breakfast 9-10</b> Resistance Exercise 10 – 11	
<b>MEETINGS:</b> 2 <sup>nd</sup> & 4 <sup>th</sup> MONDAY: 7:00 pm – 9:00 pm LIONS CLUB Kiwanis 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> WEDNESDAY: 6:30 pm – 8:00 pm	<b>6</b> <b>Labor Day Closed</b>	<b>7 Morning Strut 9:00</b> Bridge 12:30 <b>Hand and Foot 9:00</b> USDA Commodities 11:15- 11:45 <b>Smith's Trip 1:15 – 2:15</b> Tai Chi 6:30- 8:00	<b>8 Lucky Plate Pinochle 9:30</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11 Quilting/ Knitting 12:30	<b>9 Morning Strut 9:00</b> <b>Hand and Foot 9:00</b> Bingo 12:30	<b>10 Breakfast 9-10</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11	<b>Morning Strut is for anyone who wants to go for a walk on Tue and Thu.</b>
4 <sup>th</sup> THURSDAY: VFW 5:30 pm – 9:00 pm EVERY SUNDAY: AA 10:00 am – 12:00 pm	<b>13 Hand and Foot 9:00</b> Resistance exercise 10-11 Bingo 12:30	<b>14 Hand and Foot 9:00</b> <b>Bridge 12:30</b>  Morning Strut 9:00 Tai Chi 6:30- 8:00	<b>15 Lucky Plate Pinochle 9:30</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11 Quilting/ Knitting 12:30 <b>Birthday Lunch</b>	<b>16 Hand and Foot 9:00</b> Bingo 12:30 Morning Strut 9:00  <b>Food Bank 3:00 – 5:00 pm</b> <b># 4 Enterprise Way (775) 220-2749</b>	<b>17 Breakfast 9-10</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11	Birthday Lunch is the 3 <sup>rd</sup> Wednesday September 15th
	<b>20 Resistance exercise 9:30 – 10:30</b> Chat w/ Denise 10:30 Bingo 12:30	<b>21 Hand and Foot 9:00</b> <b>Bridge 12:30</b> Morning Strut 9:00 Tai Chi 6:30- 8:00	<b>22 Lucky Plate Pinochle 9:30</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11 Quilting/ Knitting 12:30	<b>23</b>  <b>Senior Picnic Dayton State Park</b>	<b>24 Breakfast 9-10</b> Resistance Exercise 10 – 11 <b>Hand and Foot 9:00</b>	
<b>Please check the new times on the Menu and Activities Sheet</b>	<b>27 Hand and Foot 9:00</b> <b>Resistance exercise 10-11</b> Bingo 12:30	<b>28 Hand and Foot 9:00</b> <b>Bridge 12:30</b> Morning Strut 9:00 Tai Chi 6:30- 8:00	<b>29 Lucky Plate Pinochle 9:30</b> <b>Hand and Foot 9:00</b> Resistance Exercise 10 – 11 Quilting/ Knitting 12:30	<b>30 Hand and Foot 9:00</b> Morning Strut 9:00 Bingo 12:30		

**Hours of Operation:**

7:00 am – 5:30 pm Monday – Thursday  
 7:30 am - 3:00 pm Friday

**Denise Earp, Dayton Senior Center Manager**

Lunch served 11:30 am – 12:30 pm  
 Breakfast served 9:00am- 10:00 am

Suggested Donation \$2.00