



Mon.	Tue.	Wed.	Thu.	Fri.
1	2	3	4	5
<p>Closed for New Year's Day</p>	<p>11:30 Eyeglass adjustment/small repair 12-2 B/P Clinic 1:00 Farkel NO MOVIE</p>	<p>8:00-Noon SCSU 4 hour driving refresher 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Cribbage 1:00 Mahjong</p>	<p>9:15 Basilica of St. Mary Tour 9 – 12 Knitters & crocheters 10:30 Writers' Group</p>	<p>11:20-11:40 Exercise 12:40 Bingo</p> <hr/> <p style="text-align: right;">Sat. Jan. 6 9:00-1:00 Health & Wellness Expo</p>
8	9	10	11	12
<p>10:00 Choir practice 11:15 Bingo 12:00 Celebrate January Birthdays 1:00 Golf-card game 1:00 Legal Aid available by appointment 1:00 Bridge 1:00-2:00 NAPS pickup</p>	<p>12-2 B/P Clinic 1:00 Mexican Train 1:00 Movie: <i>Maudie</i> 2:00-6:00 Wright County WOW Wellness Clinic</p>	<p>8:30 St. Cloud shopping trip 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Cards-500 1:00 Mahjong</p>	<p>9 – 12 Knitters & crocheters 9 – 10 Fireside Chat with Delano Mayor Dale Graunke 10 – 11 Tech help with Verizon of Delano 11:00 Music with "One-Man Band" Lyndon Peterson</p>	<p>11:20-11:40 Exercise 12:40 Bingo</p>
15	16	17	18	19
<p>Closed for Martin Luther King, Jr. Day</p>	<p>12-2 B/P Clinic 1:00 Farkel 1:00 Movie: <i>A Dog's Purpose</i></p>	<p>9:15 Chair Yoga 10:30 Book Club: <i>The River Wife</i> by Jonis Agee 11:20-11:40 Exercise 1:00 Cribbage 1:00 Mahjong 1:00 Alzheimer's & Dementia Caregivers Support Group</p>	<p>7:30 Treasure Island Casino trip 8:00-Noon AARP 4 hour driving refresher 9 – 12 Knitters & crocheters 1:00 Parkinson's Support Group</p>	<p>11:20-11:40 Exercise 12:40 Bingo</p>
22	23	24	25	26
<p>10:00 Choir Practice 11:15 Bingo 1:00 Golf-card game 1:00 Bridge</p>	<p>12:00-2:00 B/P Clinic 1:00 Mexican Train 1:00 Movie: <i>Tulip Fever</i></p>	<p>9:15 Chair Yoga 11:00-12:00 <i>Drive Smart: Aging Well Behind the Wheel</i> class 1:00 Cribbage 1:00 Mahjong</p>	<p>9:15 Trip to Museum of Russian Art in South Minneapolis 9 – 12 Knitters & crocheters 9:30-11:30 60-plus & Healthy Foot Clinic</p>	<p>11:20-11:40 Exercise 12:40 Bingo</p>
29	30	31		
<p>9:00 Monticello shopping trip 10:00 Choir Practice 11:15 Bingo 1:00 Golf-card game</p>	<p>12:00-2:00 B/P Clinic 1:00 Movie: <i>Extremely Loud & Incredibly Close</i></p>	<p>9:15 Chair Yoga 10:15 Lunch Around the World: Afghani Cuisine at Khyber Pass, St. Paul 11:20-11:40 Exercise 1:00 Cards-500 1:00 Mahjong</p>		



Delano's
6th Annual Health
and Wellness Expo



Saturday,
January 6
9 am ~ 1 pm

Delano Senior Center

234 2nd St. N

- FREE ADMISSION
- DOOR PRIZES
- GOOD FOOD
- ACTIVITIES FOR THE WHOLE FAMILY!
- GRAND PRIZE DRAWING

Enjoy samples and information about Health and Wellness businesses in the area!

If you have any questions, please call Delano Chiropractic at 763-972-2215 or info@delanochiropractic.com or Delano Senior Center at 763-972-0574 or senior@delano.mn.us



Delano, MN Health & Wellness Expo



Music with one-man band

Lyndon Peterson



Thursday, January 11

11:00 a.m.

RSVP's encouraged – 763-972-0574



Drive Smart:
Aging Well Behind
the Wheel

Wednesday, January 24 11:00

Nobody wants to give up their keys, but many of us may not be as safe behind the wheel as we think we are. Instructor Shawn Taylor will discuss topics including:

- When to stop driving at night
- When to limit daytime driving or out-of-town trips
- How to talk with a friend or loved one about their driving

Shawn has taught the AARP 55+ driving classes for four years and has been a professional in conservatorship for 38 years

Delano Senior Center 763-972-0574



Thanks to a generous grant from Delano Area Community Foundation, Delano Senior Center will now have fresh fruit and veggies available to snack on for those joining us throughout the day.

Delano
AREA COMMUNITY FOUNDATION

Building Community Spirit **DELANO** Through Lifelong Learning
—Community Education—

Have you received the new Delano Community Ed brochure? This brochure contains the upcoming senior center programs and trips through April 2018. Registration for activities offered through Delano Senior Center will begin at 8 a.m. on **Thursday, December 28**

AARP Tax Aide

This service is available to all age group persons that have low to middle income, with special attention given to those ages 60 or older. You do not have to be a member of AARP to take advantage of this tax assistance program. Tax Aide counseling will be offered at the Delano Senior Center on Wednesdays and Thursdays from 9 a.m. – 12 p.m. starting February 1.

Appointments for tax counseling are required! We will begin scheduling appointments Tuesday, January 16.

Interested persons can make an appointment by calling 763-972-0574 weekdays.

AARP Tax Aide is a free service that prepares tax returns and answers questions about taxes. The scope of our training sometimes makes it necessary to refer more complicated tax returns to paid preparers. Example of tax assistance beyond the scope of our training include: farm taxes, business taxes, and complicated investment taxes. You will be advised at your appointment if you should seek paid tax preparer services.

Verizon Tech Help – 2nd Thursday of the month, 10:00-11:00. How do I transfer pictures from my phone to my computer? Why does my phone do this? Can my iPad “talk” to my phone? Staff from Verizon will be here to assist you with common questions about your gadgets.



Bring your gadgets and sit one on one with Jed Angell, manager of Delano Verizon.

Thank you to Delano Verizon for this free service.



The **60+ and Healthy Clinics** provided by Wright County Public Health provides foot care for the Senior Citizens of Wright County. We trim toenails to meet the needs of those seniors who have a health condition such as diabetes or are unable to trim toenails themselves. We will check blood pressures if needed and as time allows. The 60+ and Healthy Clinics charges a \$15 Fee for foot care services. This fee is necessary because our clinics are no longer being funded by grant money. However, if you are unable to pay the \$15 Fee, you will not be turned away from our clinic. Clinic is scheduled at Delano Senior Center the 4th Thursday of every odd number month from 9:30 to 11:30:

January 25	March 22	May 24
July 26	September 27	*November 29 (*5th Thursday)



LEGAL AID HELP - 1st Monday of every month 1:00 Call for appointment 763-972-0574

EYEGLASS SMALL REPAIR & ADJUSTMENT – 1st Tuesday of every month at 11:30

BLOOD PRESSURE CLINIC – Tuesdays from 12:00-2:00

Wright County WOW Wellness Clinic – Every 2nd Tuesday of the month from 2:00-6:00 p.m.

60+ & Healthy Foot Clinic – 4th Thursday of every odd numbered month from 9:30-11:30

NAPS pickup – Every 2nd Monday of the month from 1:00-2:00

CHAIR YOGA – 9:15 am every Wednesday. Suggested donation- \$3-\$5 per class

EXERCISE – Wed & Fri from 11:20-11:40

CHOIR – practice 10:00 Mondays

BINGO—11:15 Monday & 12:40 Friday

“500” CARDS – 2nd & 4th Wednesday at 1:00

BRIDGE—2nd & 4th Monday at 1:00

CRIBBAGE – 1st & 3rd Wednesday at 1:00

MOVIE – 1:00 every Tuesday

BOOK CLUB – 3rd Wednesday of the month at 10:30

WRITERS’ GROUP – 1st & 3rd Thursday at 10:30

KNITTING/CROCHETING GROUP – 9:00 every Thursday

“MEXICAN TRAIN” DOMINOES – 1:00 every 2nd & 4th Tuesday

FARKEL – 1:00 every 1st & 3rd Tuesday

STORY THEATER – will practice as performances require

BIRTHDAYS CELEBRATED – 2nd Monday of each month at 12:00

ALZHEIMER/DEMENTIA SUPPORT GROUP – 3RD Wednesday at 1:00 (unless otherwise noted)

PARKINSON’S SUPPORT GROUP – 3rd Thursday at 1:00 (unless otherwise noted)



~Delano Senior Center ~

Find us at www.delanoseniorcenter.com

Delano Senior Center

