

The Immigrant's Story: Found in Translation by Arna Rennan



Wednesday, November 8

11:00 a.m. – 12:00 p.m.

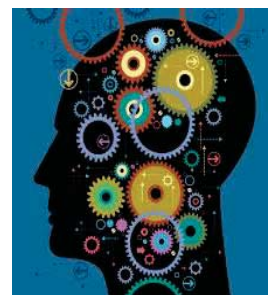
As a child of immigrants, Arna has studied in-depth the music and culture of Norway. Join us as she shares immigrants' stories that have been set to song. She includes music from a variety of genres, including the simple four-lined poems, broadsides, waltz tunes, and vaudeville songs.

Presented in partnership with the Delano Library and the Legacy grant.

AARP Presents:

“Staying Sharp: Brain Games”

Thursday, November 9 12:45 p.m.



The risk of memory loss and serious cognitive decline advance with age. However, there are many steps we can take to stay mentally sharp and it takes a holistic approach with exercise, learning, stress management, diet, and connecting with others. During this workshop, we will discuss the five pillars of brain health and play some challenging brain teasers to get our neurons firing.

Animal Ambassadors

**Thursday,
October 26
11:00**

Get up-close and personal with some wild animals at the senior center! The Animal Ambassadors present small exotic animals – entertainment and comfort are at the forefront of their mission. This program is free and open to all ages.

First Thursday Fireside Chat

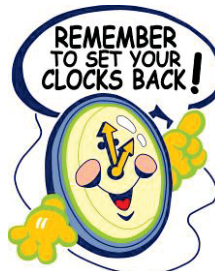


Oct. 5-Wright County
Commissioner Charlie
Borrell

Nov. 2-The Estates at
Delano – Jammie Hernandez
& Leah Schreder

Dec. 7-Delano School Board
Member Amy Johnson

**Sunday,
November 5
2:00 a.m.**



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

Delano
AREA COMMUNITY FOUNDATION



Book & Puzzle Sale



Wed., Thur. & Fri.

Nov. 15, 16, 17

**Please bring donations
beginning November 1**

Ready Readers Book Club

Meets the 3rd Wednesday

of the month at 10:30

Upcoming Titles:

October 18: *Of Mice and Men* by John Steinbeck

November 15: *Run* by Ann Pachett

December 20: *The Mistletoe Murders* by P.D. James

January 17: *The River Wife* by Jonis Agee

- LEGAL AID HELP** - 1st Monday of every month 1:00 Call for appointment 763-972-0574
- EYEGLOSS 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
- TAI CHI** – 9:00 every Tuesday. Suggested donation- \$3-\$5 per class
- 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)
- HALO’s (Helpers of Aging Love Ones)** – 6:30 p.m. every 2nd Tuesday of the month

