

Dad's Belgian Waffles

All You Can Eat



Serving:
Waffles
Sausages
Flavored Syrups
Drink

Saturday, September 9

7:30 ~ 11:30

Take Outs Available!!

Cost: \$8.00 in advance, \$9.00 at the door, age 5 and under \$3.00
"Corporate Deal" ~ 12 tickets for \$84.00

Silent Auction from 8:00 ~ 11:00

Proceeds benefit the Delano Fire Relief Association and the Delano Senior Center

Tuesday, September 26: 10 a.m. HomeFit: The Lifelong Home The vast majority of people age 50+ want to stay in their homes as long as possible. The AARP HomeFit Guide was created to help people stay in the homes they love by turning their home into a "lifelong home," suitable for themselves and others in their household.

Thursday, September 28: 11 a.m. How Does the Crow Flow? How much do you know about our Crow River? Diane Sandler, director of the Crow River Organization of Water, will teach us all about the Crow River watershed, including the river's geography, its aquatic life, its history, and its future.



SAVE THE DATE!

Delano's Old-Fashioned Christmas
Saturday, December 2

Senior Center Boutique of Christmas items, jewelry, and a bake sale

HALOS Group (Helpers of Aging Loved Ones) Meets the second Tuesday of each month at 6:30 p.m. at the Senior Center

This new group is for caregivers and relatives caring for aging loved ones. We'll have a monthly topic, as well as time for open discussion among participants. All are welcome to attend.

Possible topics might include:

- Legal and end-of-life issues
- Dealing with memory loss
- Understanding long-term care options
- Hospice care
- How to help seniors stay safe in their homes
- Caretaker self-care
- Downsizing and moving



Please RSVP interest to senior@delano.mn.us or 763-972-0574

Tai Chi

Tai Chi is sometimes called "moving meditation." This ancient form of movement helps improve balance by moving your body slowly, gently, and precisely, while breathing deeply.

This form of tai chi can be done standing or sitting and is suitable for people of all ages and abilities.

Tuesdays ~ 9:00-10:00 a.m.
starting September 5 at
Delano Senior Center