




September 2018



Delano Senior Center



763-972-0574

Mon.	Tue.	Wed.	Thu.	Fri.
<p align="right">3</p> <p>Closed - Labor Day</p> 	<p align="right">4</p> <p>8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 11:30 Eyeglass adjustment/small repair 12-2:00 B/P Clinic 12:30-1:30 Tech Help w/ Delano Library 1:00 Movie: <i>Brad's Status</i></p>	<p align="right">5</p> <p>9:15 Chair Yoga 11:00 Hennepin County Bus 11:20-11:40 Exercise 1:00 Cribbage 1:00 Mahjong 1:00-3:00 "Paint, Paper Scissors" make & take art event</p>	<p align="right">6</p> <p>9 – 10 Fireside Chat with Delano Fire Chief Bob Van Lith 9:00 Frederick R. Weisman Art Museum Tour 9 – 12 Knitters & crocheters 10:30 Writers' Group</p>	<p align="right">7</p> <p>11:20-11:40 Exercise 12:40 Bingo</p> <hr/> <p align="right">8</p> <p>7:30-11:30 Dad's Belgian Waffle Breakfast & silent auction fundraiser for Sr. Ctr. & Fire Dept.</p>
<p align="right">10</p> <p>11:15 Bingo 11:00 Hennepin County Bus 12:00 Celebrate September Birthdays 1:00 Golf-card game 1:00 Legal Aid available by appt. 1:00-2:00 NAPS pickup</p>	<p align="right">11</p> <p>8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12-2:00 B/P Clinic 1:00 Movie: <i>Unsane</i> 1:30 Downtown Excelsior & Farmers' Market trip 2:00-6:00 Wright County WOW Wellness Clinic</p>	<p align="right">12</p> <p>8:45 MN Landscape Arboretum trip 9:15 Chair Yoga 11:20-11:40 Exercise 1:00 Mahjong 1:00 Cards-500</p>	<p align="right">13</p> <p>8 – 12 AARP 4 hr. driving refresher 9 – 12 Knitters & crocheters 10 – 11 Tech help with Verizon of Delano 12:30 Medicare 101 workshop</p>	<p align="right">14</p> <p>11:00 Hennepin County Bus 11:20-11:40 Exercise 12:40 Bingo</p>
<p align="right">17</p> <p>9:00 Monticello shopping trip 11:15 Bingo 1:00 Golf-card game 1:00 Bridge</p>	<p align="right">18</p> <p>8-4:30 Scrapbooking/Craft Day 8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12-2:00 B/P Clinic 1:00 Movie: <i>Please Stand By</i></p>	<p align="right">19</p> <p>8-4:30 Scrapbooking/Craft Day 9:15 Chair Yoga 10:30 Book Club: <i>The Art of Racing in the Rain</i> by Garth Stein 11:00 Hennepin County Bus 11:20-11:40 Exercise 1:00 Cribbage 1:00 Mahjong</p>	<p align="right">20</p> <p>9 – 12 Knitters & crocheters 10:30 Writers' Group 11:30 <i>The Church Basement Ladies</i>: YOU SMELL BARN at Ames Center in Burnsville 1:00 Parkinson's Support Group</p>	<p align="right">21</p> <p>11:00 Hennepin County Bus 11:20-11:40 Exercise 12:40 Bingo</p>
<p align="right">24</p> <p>11:00 Hennepin County Bus 11:15 Bingo 1:00 Golf-card game</p>	<p align="right">25</p> <p>8:30 Tai Chi-Yang 10 (beginners) 9:30 Health & Wellness speaker 10:15 Tai Chi-Yang 24 (intermediate) 12:00-2:00 B/P Clinic 12:00 "Two-Buck Tuesday" Lunch 1:00 Movie: <i>Crooked House</i></p>	<p align="right">26</p> <p>9:15 Chair Yoga 9:00 Advisory Board meeting 11:20-11:40 Exercise 1:00 Cards-500 1:00 Mahjong 1:15 <i>The Johnny Cash Story</i> in St. Michael</p>	<p align="right">27</p> <p>9 – 12 Knitters & crocheters 9:30-11:30 60+ & Healthy Foot Clinic 12:30 Bell Museum of Natural History & Planetarium tour</p>	<p align="right">28</p> <p>11:20-11:40 Exercise 12:40 Bingo</p>

Dad's Belgian Waffles

All
You
Can
Eat



Serving:
Waffles
Sausages
Flavored Syrups
Drink

Saturday, September 8

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**

Medicare 101 workshop

**Thursday, September 13
12:30 p.m.**

Take this opportunity to get up to speed with changes taking place in Medicare for next year. This workshop, presented by Humana, is a chance to ask questions about Medicare plans and to learn about recent changes to the program. Open to new and current Medicare enrollees.

2nd Annual Delano Oktoberfest



Saturday, September 22

12 p.m.-11 p.m.

**River Street North
Family Fun & Music**

Scrapbook & Craft Days

Sept. 18-19

Oct. 29-30

Nov. 26-27

8 a.m. – 4:30 p.m.



Get crafty with us at the senior center! Take an opportunity to work on your scrapbooks, art project, knitting, or other handiwork. You can leave your work set up on our big tables overnight. Meet up with friends or come on your own – work with others on creative projects.

2 Buck Tuesday

Co-sponsored by The Estates at Delano

Tuesday, September 25

11:00 Entertainment

**12:00 Enjoy lunch at the Delano Senior
Center for a cost of \$2.00!!**

Paint*Paper*Scissors

Make & Take Art Events

YOU can paint! Yes, YOU!

Wednesday, September 5 – 1:00-3:00 p.m.

Paint, Paper, Scissors is a mobile art studio.

We provide the instruction and all the materials needed.

No experience necessary. \$25/per person

Sign up at the senior center-763-972-0574

BOOK CLUB

Ready Readers Book Club meet the third Wednesday of the month at 10:30. All are welcome, whether you've read the book or not! Upcoming titles include:

Sept. 19: *The Art of Racing in the Rain* by Garth Stein

Oct. 17: *Founding Mothers* by Cokie Roberts

Nov. 21: *American Heiress* by Daisy Goodwin

Dec. 19: *Poems & Christmas Stories* – personal selections

Delano Senior Center



~Delano Senior Center ~

Find us at www.delanoseniorcenter.com