

HILLS & DALES LIFETIME CENTER

3505 Stoneman Road, Dubuque, IA

February 2019

Activity Calendar

CALL 556-3305 BEFORE 8 AM TO MAKE LUNCH RESERVATIONS

Mondays:

10:00 – 11:00 Senior Fitness Exercise Class
11:30 Lunch
12:00 – 3:00pm Open Canasta
12:30 – 4:30 ACBL Duplicate Bridge
6:30 – 7:30 Yoga

Tuesdays:

10:30 – 11:30 Blood Pressure Screening (Feb 5th) by: Paramount
11:30 Lunch
12:00 Needlework Group –
12:15 – 3:30 Dominoes
12:15 – 3:00 Open Bridge
12:15 – 4:00 Duplicate Bridge
12:15 – 4:00 Ladies Bridge (dining room)
4:00 - 6:00 Fiber Arts Group (Fourth Tuesday of the month)

Wednesdays

10:00 – 11:00 Senior Fitness Exercise Class
11:30 Lunch
12:15 – 4:00 Open Euchre
12:15 – 4:00 Ladies Cards (1st & 3rd Wednesdays)
12:15 – 4:00 Ladies Bridge (1st & 3rd Wednesday)

Thursdays

11:30 - Lunch
12:00 – 5:00 Sit and Sew Club
6:30 – 7:30 Yoga

Fridays

10:00 – 11:00 Senior Fitness Exercise Class
10:30 – 11:30 Blood Pressure Screening (Feb 15th) by: Paramount
11:30 Lunch
12:00 Birthday/Anniversary Party – Feb 22nd ☺