

# HILLS & DALES LIFETIME CENTER

## 3505 Stoneman Road, Dubuque, IA

### January 2019

### Activity Calendar

**CALL 556-3305 BEFORE 8 AM TO MAKE LUNCH RESERVATIONS**

**Mondays:** Closed December 31st and January 1<sup>st</sup> & 21<sup>st</sup> for Holidays  
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:** Closed December 31st and January 1<sup>st</sup> & 21<sup>st</sup> for Holidays  
10:30 - 11:30 Blood Pressure Screening (Jan 8th) 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 (1<sup>st</sup> & 3<sup>rd</sup> Wednesdays)  
12:15 - 4:00 Ladies Bridge (1<sup>st</sup> & 3<sup>rd</sup> Wednesday)

**Thursdays**  
11:30 - Lunch  
**12:30-1:30 Free Bingo**  
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 (Jan 18th) by: Paramount  
11:30 Lunch  
12:00 Birthday/Anniversary Party – Jan 25th ☺

- Closed for .New Year's Eve December 31<sup>st</sup>, New Year's Day January 1<sup>st</sup> & Martin Luther Jan 21<sup>st</sup>

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