

HILLS & DALES LIFETIME CENTER

3505 Stoneman Road, Dubuque, IA
August 2021
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 - 3:00 Open Canasta

Tuesdays:

11:30 Lunch
12:00 Needlework Group
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
10:30 - 11:30 Blood Pressure Screening (Aug 4th & Aug 18th) by Paramount
11:30 Lunch
12:15 - 4:00 Open Euchre

Thursdays

11:30 Lunch
12:00 - 5:00 Sit and Sew Club

Fridays

10:00 - 11:00 Senior Fitness Exercise Class
11:30 Lunch
12:00 Birthday/Anniversary Party – (Aug 27th) ☺