

## Events @ the Senior Center 301 Military Road ~ 605-780-0400

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p><i>The Center is open week days from 9a-1:30p so you can enjoy coffee, read the paper or watch the news ... for free.</i></p>					1
2	3 12p Sr Meal	4 Sr Center Closed Happy 4th of July!	5 12p Sr Meal	6 12p Sr Meal Chair Yoga 1:30-2:30 p Humana Root Beer Float Day 12:30-1:30 p	7 12p Sr Meal	8
9	10 12p Sr Meal	11 12p Sr Meal	12 12p Sr Meal Birthday Meal	13 12p Sr Meal Chair Yoga 1:30-2:30 p	14 12p Sr Meal	15
16	17 12p Sr Meal	18 12p Sr Meal	19 12p Sr Meal	20 12p Sr Meal Chair Yoga 1:30-2:30 p  "Open House" Free Picnic 11:30 a-3 p	21 12p Sr Meal	22
23	24	25 12p Sr Meal	26 12p Sr Meal	27 12p Sr Meal Chair Yoga 1:30-2:30 p Health Wise FREE blood pressure checks 11:30 a	28 12p Sr Meal	29
30	31					

Dakota Senior Meals are available Monday through Friday for home delivery or served at the Center. Reserve your spot by calling Tracy at 605-232-0808.