



Events @ the Senior Center

301 Military Road ~ 605-780-0400

Sun Mon Tue Wed Thu Fri Sat

The Center is open week days from 9a-1:30p so you can enjoy coffee, read the paper or watch the news ... for free.

					1 12p Sr Meal Chair Yoga 1:30-2:30 p	2 12p Sr Meal	3
4	5 12p Sr Meal	6 12p Sr Meal	7 12p Sr Meal		8 12p Sr Meal Chair Yoga 1:30-2:30 p Humana 12:30-2:00 p	9 12p Sr Meal	10
11	12 12p Sr Meal	13 12p Sr Meal	14 12p Sr Meal Birthday Meal		15 12p Sr Meal Chair Yoga 1:30-2:30 p	16 12p Sr Meal	17
18	19 12p Sr Meal	20 12p Sr Meal	21 12p Sr Meal		22 12p Sr Meal Chair Yoga 1:30-2:30 p	23 12p Sr Meal	24
25	26 12p Sr Meal	27 12p Sr Meal	28 12p Sr Meal		29 12p Sr Meal Chair Yoga 1:30-2:30 p Health Wise FREE blood pressure checks 11:30 a	30 12p Sr Meal	

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.