

**HILLS & DALES LIFETIME CENTER**  
**3505 Stoneman Road,**  
**Dubuque, IA**  
**MAY 2024**

**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  
11:30 Lunch  
12:15 - 4:00 Open Euchre

**Thursdays**

11:30 Lunch  
12:00 - 5:00 Sit and Sew Club  
10.30-11:30 Memory Café 9<sup>th</sup> and 23<sup>rd</sup>

**Fridays**

10:00 - 11:00 Senior Fitness Exercise Class  
11.30 Lunch