


ADRC RURAL VAN SCHEDULE—November 2024

The ADRC van has room for one wheelchair and 3 additional individuals for no cost non-medical trips. The van is available for seniors 60+ and adults living with a disability in Eau Claire County. Contact Dave, Transportation Coordinator to schedule at 715-225-0975. **Priority given to individuals who live rurally.**



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Open date call to schedule trip.
4 Open date call to schedule trip.	5 Open date call to schedule trip.	6 Open date call to schedule trip.	7 Open date call to schedule trip.	8 St. John's—Walmart trip. Pickup at 9AM
11 Open date call to schedule trip.	12 Open date call to schedule trip.	13 Open date call to schedule trip.	14 Open date call to schedule trip.	15 Open date call to schedule trip.
18 Open date call to schedule trip.	19 Open date call to schedule trip..	20 Open date call to schedule trip.	21 Open date call to schedule trip.	22 St. John's—Woodman's trip. Pick up at 9AM
25 Open date call to schedule trip.	26 Open date call to schedule trip.	27 Open date call to schedule trip.	28 CLOSED Happy Thanksgiving	29 CLOSED

Augusta Senior Center Featured Activities—616 W. Washington St.

No-Bake Haystack Cookie Class



Join Registered Dietitian Katelin Maidment to make No-Bake Haystack Cookies from her new cookbook, *Recipes For Longevity*.

This recipe is free from refined flours and sugars found in traditional cookies and baked goods, while providing a balance of healthy fats, protein, and fiber for a blood-sugar balancing sweet treat. You'll learn about the benefits of ingredients used, the importance of balancing blood sugars for optimal health and cognitive function, and of course enjoy samples of the cookies!

Location: Augusta Senior Center
616 W. Washington St., Augusta, WI 54722

When: Wednesday, November 6th

Time: 1:30 p.m.

Please register by Noon on Monday, November 4th by calling the Center at 715-286-2953.



Coloring therapy can improve motor skills. The act of coloring can increase dexterity, grip control, and focus. Take a break and join us for a relaxing coloring session with complimentary coffee & tea. Unwind, socialize and explore your creativity!

When: Wednesday, November 6th
at the Augusta Senior Center

Time: 12:30 p.m.

