

**WADENA COUNTY PUBLIC HEALTH  
2010 SENIOR HEALTH CLINIC SCHEDULE**

1 <sup>st</sup> Wed. 2 <sup>nd</sup> month each quarter	9:00-11:00 am	Fair Oaks Apartments	631-1163
2 <sup>nd</sup> Mon. every other month	2:00-4:00 pm	Nimrod Senior Center	472-3405
2nd Fri of each month	9-12N	Sebeka Senior Center	837-5068
3rd Fri of each month	9:00-11:00am	Humphrey Manor Dining Room	631-7723
4th Wed of each month	9-12N	Menahga Family Center	564-6115
4 <sup>th</sup> Fri of each month	9:30-11:00 am	Verndale Senior Center	445-5510

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<u>SITE</u>	<u>PUBLIC HEALTH NURSE</u>	<u>VOLUNTEER</u>	<u>Telephone</u>
Fair Oaks	Margie Wateland	Linda Moore (Contact)	631-1163
Nimrod	Margie Wateland	Sue LaRue (Contact)	472-3468
Sebeka	Margie Wateland	Lila Savela	837-5668
Wadena	Margie Wateland	Maria Marthaler 631-7723	(Contact)
Menahga	Julie Brink	Marcia Cole	472-3445
Verndale	Margie Wateland	Patti Desrocher Agnes Winkels	445-5103 445-5864

JANUARY

Fri	Jan 08	9:00-12:00 N	Sebeka Senior Center
Fri	Jan 15	9:00-11:00am	Humphrey Manor-Dining Room
Wed	Jan 27	9:00-12:00 N	Menahga Family Center
Fri	Jan 22	9:30 11:00 am	Verndale Senior Center

FEBRUARY

Wed	Feb 03	9:00-11:00 am	Fair Oaks Apartments
Mon	Feb 08	2:00-4:00 pm	Nimrod Senior Center
Fri	Feb 12	9:00-12:00 N	Sebeka Senior Center
Fri	Feb 19	9:00-11:00 am	Humphrey Manor-Dining Room
Wed	Feb 24	9:00- 12:00 N	Menahga Family Center
Fri	Feb 26	9:30-11:00 am	Verndale Senior Center

MARCH

Fri	Mar 12	9:00-12:00 N	Sebeka Senior Center
Fri	Mar 19	9:00-11:00 am	Humphrey Manor-Dining Room
Wed	Mar 24	9:00- 12:00 N	Menahga Family Center
Fri	Mar 26	9:30-11:00 am	Verndale Senior Center

APRIL

Fri	Apr 09	9:00-11:00 am	Sebeka Senior Center
Mon	Apr 12	2:00-4:00 pm	Nimrod Senior Center
Fri	Apr 16	9:00-11:00 am	Humphrey Manor- Dining Room
Wed	Apr 21	9:00-12:00 N	Menahga Family Center
Fri	Apr 23	9:30-11:00 am	Verndale Senior Center

MAY

Wed	May 05	9:00-11:00 am	Fair Oaks Apartments
Fri	May 14	9:00-12:00 N	Sebeka Senior Center
Fri	May 21	9:00-11:00 am	Humphrey Manor-Dining Room
Wed	May 26	9:00-12:00 N	Menahga Family Center
Fri	May 28	9:30-11:00 am	Verndale Senior Center

JUNE

Fri	June 11	9:00-12:00 N	Sebeka Senior Center
Mon	June 14	2:00-4:00 pm	Nimrod Senior Center
Fri	June 18	9:00-11:00 am	Humphrey Manor-Dining Room
Wed	June 23	9:00-12:00 N	Menahga Family Center
Fri	June 25	9:30-11:00 am	Verndale Senior Center

JULY

Fri	July 09	9:00-12:00 N	Sebeka Senior Center
Fri	July 16	9:00-11:00 pm	Humphrey Manor –Dining Room
Wed	July 28	9:00-12:00 N	Menahga Family Center
Fri	July 23	9:30- 11:00 am	Verndale Senior Center

AUGUST

Wed	Aug 04	9:00-11:00 am	Fair Oaks Apartments
Mon	Aug 09	2:00-4:00 pm	Nimrod Senior Center
Fri	Aug 13	9:00-12:00 N	Sebeka Senior Center
Fri	Aug 20	9:00-11:00 am	Humphrey Manor-Dining Room
Wed	Aug 25	9:00-12:00 N	Menahga Family Center
Fri	Aug 27	9:30- 11:00 am	Verndale Senior Center

SEPTEMBER

Fri	Sept 10	9:00-12:00 N	Sebeka Senior Center
Fri	Sept 17	9:00-11:00 am	Humphrey Manor Dining Room
Wed	Sept 22	9:00-12:00 N	Menahga Family Center
Fri	Sept 24	9:30-11:00 am	Verndale Senior Center

OCTOBER

Fri	Oct 08	9:00-12:00 N	Sebeka Senior Center
Mon	Oct 11	2:00-4:00 pm	Nimrod Senior Center
Fri	Oct 15	9:00-11:00 am	Humphrey Manor-Dining Room
Wed	Oct 27	9:00-12:00 N	Menahga Family Center
Fri	Oct 22	9:30-11:00 am	Verndale Senior Center

NOVEMBER

Wed	Nov 03	9:00-11:00 am	Fair Oaks Apartments
Mon	Nov 08	2:00-4:00 pm	Nimrod Senior Center
Fri	Nov 12	9:00-12:00 N	Sebeka Senior Center
Fri	Nov 20	9:00-11:00 am	Humphrey Manor – Dining Room
Wed	Nov 24	9:00-12:00 N	Menahga Family Center
Tues	Nov 23	9:30-11:00 am	Verndale Senior Center <u>changed for Thanksgiving</u>

DECEMBER

Fri	Dec 10	9:00-12:00 N	Sebeka Senior Center
Mon	Dec 13	2:00-4:00 pm	Nimrod Senior Center
Fri	Dec 17	9:00-11:00 am	Humphrey Manor – Dining Room
Wed	Dec 22	9:00-12:00 N	Menahga Family Center
Tues	Dec 21	9:30-11:00 am	Verndale Senior Center <u>changed for Christmas</u>

Services for use of all older people regardless of race, color, sex, religion, disability or national origin.