

Northside
Community Center
3010 6th Ave
Des Moines, IA 50313
515-288-1524

April 2024

Site Supervisor
Nicole Ledvina
Program Aide
Parker Elwell

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Live 2B Healthy Exercise 10:00 Wii Bowling Tournament 1:00	2 Tai Chi 9:15 Karaoke 12:00	3 Parkinson Exercise Class 9:15 Live 2B Healthy Exercise 10:00 Computer Class 12:00 Crochet Club 12:00 Billiards Lessons 1:00	4 Crafts 9:30 Gwen & Deb Entertain 10:00 BLOOD PRESSURE 10:30-12:30 Bags 12:35 Cribbage 12:45	5 Eight Ball Tournament 9:00 Live 2B Healthy Exercise 10:00 Bingo 10:00 Jam Session 12:00
8 Live 2B Healthy Exercise 10:00 Wii Bowling Tournament 1:00	9 Tai Chi 9:15 Fresh Conversations 10:30 Wii Golf Tournament 12:30	10 Parkinson Exercise Class 9:15 Live 2B Healthy Exercise 10:00 Computer Class 12:00 Crochet Club 12:00 Billiards Lessons 1:00 Book Club 12:30	Nutrition Education 11 Mike Lane Entertains 10:00 Cribbage 12:45 Movie and Popcorn 1:00	12 Nine Ball Tournament 9:00 Live 2B Healthy Exercise 10:00 Bingo 10:00 Jam Session 12:00
15 Live 2B Healthy Exercise 10:00 Wii Bowling Tournament 1:00	16 Tai Chi 9:15 Karaoke 12:00	17 Parkinson Exercise Class 9:15 Live 2B Healthy Exercise 10:00 Computer Class 12:00 Crochet Club 12:00 Billiards Lessons 12:00	18 Jerry & Kay Entertain 10:00 Bags 12:35 Cribbage 12:45	19 Eight Ball Tournament 9:00 Live 2B Healthy Exercise 10:00 Bingo 10:00 Jam Session 12:00
22 Live 2B Healthy Exercise 10:00 Wii Bowling Tournament 1:00	23 Tai Chi 9:15 Wii Golf Tournament 12:30	FOOT NURSE 24 Parkinson Exercise Class 9:15 Live 2B Healthy Exercise 10:00 Computer Class 12:00 Crochet Club 12:00 Billiards Lessons 12:00	25 Roger Countryman Entertains 10:00 Cribbage 12:45 Movie and Popcorn 1:00	26 Nine Ball Tournament 9:00 Live 2B Healthy Exercise 10:00 Bingo 10:00 BLOOD PRESSURE 10:30-12:30 Jam Session 12:00
29 Live 2B Healthy Exercise 10:00 Wii Bowling Tournament 1:00	30 Tai Chi 9:15 Karaoke 12:00	SAVE THE DATE FOR SENIOR FEST!! WEDNESDAY, MAY 15TH AT THE IOWA STATE FAIRGROUNDS 9:00-2:00 MARK YOUR CALENDARS!		