

# MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>EASTSIDE SENIOR CENTER</b> 1231 E. 26<sup>th</sup> St. Des Moines, Iowa 50317 <b>Phone: 515-265-8461</b> Hours: 8:00-5:00 M-F Building Attendant: Lisa Turner</p>		<p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b></p>	<p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles</p>	<p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b></p>
<p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b></p>	<p>10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga</p>	<p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b></p>	<p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles</p>	<p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b></p>
<p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b> <b>BLOOD PRESSURE</b></p>	<p>10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga <b>FRESH CONVERSATION</b></p>	<p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b> <b>SENIOR FEST</b></p>	<p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles <b>1:00 Popcorn and Movie</b></p>	<p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games <b>1:00 Live 2B Healthy Exercise</b></p>
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