

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch served daily at 12:00pm Must call day ahead by 1pm for meal reservations	Call Matt or Samantha if you have any questions 515-286-3677	1 11:00 L2BHEALTHY 11:00 Lunch 12:15 Bingo 3:30-Until Gone Evening Meal	2 8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Apple Pie	3 11:00 L2BHEALTHY 11:00 Lunch 1:00 Bridge 3:30-Until Gone Evening Meal
6 11:00 Lunch 1:00-3:00 Quilting 101 3:30-Until Gone Evening Meal	7 8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	8 11:00 Lunch 12:15 Fresh Conversations 3:30-Until Gone Evening Meal	9 8:00-11:30 Foot Clinic 8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Pumpkin Pie	10 11:00 Lunch 1:00 Bridge 3:30-Until Gone Evening Meal
13 11:00 L2BHEALTHY 11:00 Lunch 1:00-3:00 Quilting 101 3:30-Until Gone Evening Meal	14 8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	15 Senior Fest 2024 @ The Varied Industries Building, 9:00-2:00	16 8:00 LSI 11:00 Chair Yoga 11:00 Lunch 11:00 Blood Pressure Pecan Pie	17 11:00 L2BHEALTHY 11:00 Lunch 1:00 Bridge 3:30-Until Gone Evening Meal
20 11:00 L2BHEALTHY 11:00 Lunch 1:00-3:00 Quilting 101 3:30-Until Gone Evening Meal	21 8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	22 11:00 L2BHEALTHY 11:00 Lunch 3:30-Until Gone Evening Meal	23 8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft Boston Cream Pie	24 11:00 L2BHEALTHY 11:00 Lunch 1:00 Bridge 3:30-Until Gone Evening Meal
27 Closed	28 8:00 LSI 11:00 Thi Chi 11:00 Lunch 12:30 Bridge	29 11:00 L2BHEALTHY 11:00 Lunch 3:30-Until Gone Evening Meal	30 8:00 LSI 11:00 Chair Yoga 11:00 Lunch 12:00 Coloring Craft ?	31 11:00 L2BHEALTHY 11:00 Lunch 1:00 Bridge 3:30-Until Gone Evening Meal

Central Senior Center

May 2024