

Pioneer Columbus
Senior Center
2100 SE 5th St
Des Moines, IA 50315
515-288-3734



May 2024



Program Aide: Anna Calisesi
Lunch Served Daily 11:00-12:00
Lunch reservation need to be made
by noon the day before by calling:
515-288-3734

Monday	Tuesday	Wednesday	Thursday	Friday
		<div style="border: 1px solid black; padding: 5px; text-align: center;">1</div> <p>Crafts 10:00-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">2</div> <p>Chair Yoga 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">3</div> <p>Bingo 10:15-11:00</p>
<div style="border: 1px solid black; padding: 5px; text-align: center;">6</div> <p>Exercises 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">7</div> <p>Fresh Conversations 10:15-10:45</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">8</div> <p>Fruit Bingo 10:00-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">9</div> <p>DM Art Center with Seniors 10:00-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">10</div> <p>Bingo 10:15-11:00</p>
<div style="border: 1px solid black; padding: 5px; text-align: center;">13</div> <p>Exercises 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">14</div>	<div style="border: 1px solid black; padding: 5px; text-align: center;">15</div> <p>SENIOR FEST</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">16</div> <p>Chair Yoga 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">17</div> <p>Bingo 10:15-11:00</p>
<div style="border: 1px solid black; padding: 5px; text-align: center;">20</div> <p>Exercises 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">21</div> <p>Blood Pressure 11:00-12:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">22</div> <p>Crafts 10:00-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">23</div> <p>Chair Yoga 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">24</div> <p>Bingo 10:15-11:00</p>
<div style="border: 1px solid black; padding: 5px; text-align: center;">27</div> <p>MEMORIAL DAY SENIOR CENTER CLOSED</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">28</div> <p>Foot Clinic 9:00-12:30</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">29</div> <p>Exercises 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">30</div> <p>Chair Yoga 10:15-11:00</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">31</div> <p>Bingo 10:15-11:00</p>
		Notes	Notes: Daily Activities Walking Coloring Wii Bowling Cards Games Puzzles	