

NORTHWEST MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE RESERVE YOUR LUNCH BY NOON THE DAY BEFORE</p> <p>515-279-2767</p>	<p>SITE SUPERVISOR LISA MCDONALD PROGRAM AIDE WENDY LANDSKRON</p>	<p>1. 10:00 Chair Yoga 11:00 LUNCH 2:00 Live 2B Healthy</p>	<p>2. 10:00 ARTHRITIC EXERCISE 11:00 LUNCH 1:00 GAME DAY (BAGS)</p>	<p>3. 10:00 Chair Yoga 11:00 LUNCH 12:00 BINGO 2:00 Live 2B Healthy</p>
<p>6. 10:00 Chair Yoga 11:00 LUNCH NO Live 2B Healthy 3:00 BOOK CLUB</p>	<p>7. 9:00 Billiard Tournament 10 ARTHRITIC EXERCISE 11:00 LUNCH 2:00 Tai Chi</p>	<p>8. 9:30 CRAFT CLASS 10:00 Chair Yoga 11:00 LUNCH 11:00 BLOOD PRESSURE NO Live 2B Healthy</p>	<p>9. 10:00 ARTHRITIC EXERCISE 11:00 LUNCH 1:00 Nail day</p>	<p>10. 10:00 Chair Yoga 11:00 LUNCH 12:00 BINGO NO Live 2B Healthy</p>
<p>13. 10:00 Chair Yoga 11:00 LUNCH 2:00 Live 2B Healthy</p>	<p>14. 9:00 Billiard Tournament 10 ARTHRITIC EXERCISE 11:00 LUNCH 2:00 Tai Chi</p>	<p>15. CLOSED SENIOR FEST TODAY SO NORTHWEST COMMUNITY CENTER IS CLOSED 😊</p>	<p>16. 10:00 ARTHRITIC EXERCISE 11:00 LUNCH 12:00 Fresh Conversation 1:00 MOVIE "WALK THE LINE"</p>	<p>17. 10:00 Chair Yoga 11:00 LUNCH 12:00 BINGO 2:00 Live 2B Healthy</p>
<p>20. 10:00 Chair Yoga 11:00 LUNCH 2:00 Live 2B Healthy</p>	<p>21. 9:00 Billiard Tournament 10 ARTHRITIC EXERCISE 11:00 LUNCH 2:00 Tai Chi</p>	<p>22. 10:00 Chair Yoga 11:00 LUNCH 2:00 Live 2B Healthy</p>	<p>23. 10:00 ARTHRITIC EXERCISE 11:00 LUNCH</p>	<p>24. 10:00 Chair Yoga 11:00 LUNCH 12:00 BINGO 2:00 Live 2B Healthy</p>
<p>27. CLOSED FOR MEMORIAL DAY</p>	<p>28. 9:00 Billiard Tournament 10 ARTHRITIC EXERCISE 11:00 LUNCH 2:00 Tai Chi</p>	<p>29. 10:00 Chair Yoga 11:00 LUNCH 2:00 Live 2B Healthy</p>	<p>30. 10:00 ARTHRITIC EXERCISE 11:00 LUNCH</p>	<p>31 10:00 Chair Yoga 11:00 LUNCH 12:00 BINGO 2:00 Live 2B Healthy</p>