

OCTOBER

MEALS ARE CALLED IN BY 1:00 THE DAY BEFORE. FOR RESERVATIONS PLEASE CALL 274-0373

<p>WESTSIDE SENIOR CENTER 134TH 6TH STREET DES MOINES, IA 50265 274-0373 Mary Clare Cox, Supervisor Linda Mason, Program Aide</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide </p>	<p>1 History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH LUNCH 11:30</p>	<p>2 Bingo 10:15 Andre Piano LUNCH 11:30</p>	<p>3  National Pizza Month LUNCH 11:30</p>
<p>6 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Better Choices Better Health Classroom 12:30-3:00 LUNCH 11:30</p>	<p>7 Craft Class 9:00 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>8 History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH LUNCH 11:30</p>	<p>9 Bingo 10:15 Andre Piano Lunch 11:30</p>	<p>10  NATIONAL POPCORN MONTH LUNCH 11:30</p>
<p>13 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Better Choices Better Health Classroom 12:30-3:00 LUNCH 11:30</p>	<p>14 Craft Class 9:00 Bingo 10:15 Cards after lunch  Andre Piano LUNCH 11:30</p>	<p>15 History Class 10:00-11:00 Exercise 11:15 Foot Clinic CARDS AFTER LUNCH  Birthday's LUNCH 11:30</p>	<p>16 Harry and the Hawkeye Band 10:00 Adult Health Andre Piano LUNCH 11:30</p>	<p>17 WEAR PINK FOR BREAST CANCER AWARENESS MONTH  LUNCH 11:30</p>
<p>20 Exercise 11:15 Ceramics 9:30 / Blood Pressure Current Events 9:45-11:00 LUNCH 11:30 </p>	<p>21 Craft Class 9:00 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>22 History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH LUNCH 11:30</p>	<p>23 Bingo 10:15 Andre Piano LUNCH 11:30</p>	<p>24 INTRODUCTION TO MINDFULL AWARENESS BY MAUREEN 10:30 LUNCH 11:30</p>
<p>27 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 FOOT CLINIC LUNCH 11:30</p>	<p>28 Flu Clinic 9:30-11:30 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>29 History Class 10:00 – 11:00 CARDS AFTER LUNCH Exercise 11:15 LUNCH 11:30</p>	<p>30 BINGO 10:15 ANDRE' PIANO LUNCH 11:30</p>	<p>31 <i>SCARY FRIDAY HAPPY HALLOWEEN PARTY</i></p>

				 <p>LUNCH 11:30</p>
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