

October 2014

SOUTHSIDE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>100 Payton Ave. Des Moines 515.287.0092</p>	<p>JaNeil – Supervisor Carole – Program Aide</p>	<p>1 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>2 9 Chair Yoga 10 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>3 8:30 Enhanced Fitness 10-1 FLU SHOT CLINIC 10:30 Bingo 11:00 Fresh Conversations 11:30 Lunch 12:30 Afternoon Cards</p>
<p>6 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>7 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>8 8:30 Enhanced Fitness 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>9 11:00 Site Council Meeting 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards Treasure and Bake Sale</p>	<p>10 8:30 Adult Health (Foot Care) 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards Treasure and Bake Sale</p>
<p>13 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>14 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>15 8:30 Enhanced Fitness 9:30 Chair Yoga 10:30 Bingo 11:30 Lunch & Birthdays 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>16 9:00 Chair Yoga 10 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>17 8:30 Enhanced Fitness 10:30 Bingo 11 Senior Outreach Counseling 11:30 Lunch 12:30 Afternoon Cards</p>
<p>20 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>21 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>22 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>23 9:30 Arthritis Exercise 10 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>24 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards</p>
<p>27 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>28 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>29 8:30 Enhanced Fitness 9-4 SHIPP Medicare Event 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>30 9:30 Arthritis Exercise 10 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>31 8:30 Enhanced Fitness 9:30 Halloween Party 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards</p>

