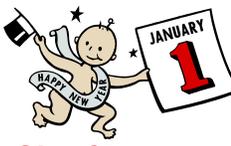


Runnells  
Senior Center  
108 Brown ST  
Runnells, IA 50237



Eliz Rockwell  
Site Coordinator  
515-966-2427

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 <b>Site Closed</b>	<b>2</b> 9:30 Cards 11:30 Lunch	<b>3</b>
<b>4</b>	<b>5</b> 9:30 Cards 11:30 Lunch	<b>6</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch	<b>7</b> 9:30 Cards 11:30 Lunch	<b>8</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch	<b>9</b> 9:30 Cards 11:30 Lunch	<b>10</b>
<b>11</b>	<b>12</b> 9:30 Cards 11:30 Lunch	<b>13</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch <b>12:00 BINGO</b>	<b>14</b> 9:30 Cards 11:30 Lunch	<b>15</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch Top Health	<b>16</b> 9:30 Cards 11:30 Lunch <b>Biscuits &amp; Gravy</b>	<b>17</b>
<b>18</b>	<b>19</b> <b>Martin Luther King Jr. Birthday</b>  <b>Site Closed</b>	<b>20</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch <b>Senior Outreach</b>	<b>21</b> 9:30 Cards 11:30 Lunch	<b>22</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch News U Can Use <b>Blood Pressure</b>	<b>23</b> 9:30 Cards 11:30 Lunch	<b>24</b>
<b>25</b>	<b>26</b> 9:30 Cards 11:30 Lunch	<b>27</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch <b>12:00 BINGO</b>	<b>28</b> 9:30 Cards 11:30 Lunch	<b>29</b> 9:30 Cards 10:30 Chair Exercise 11:30 Lunch	<b>30</b> 9:30 Cards 11:30 Lunch	<b>31</b> 