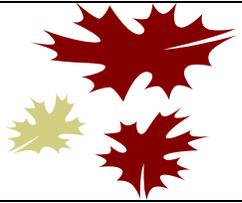


EASTSIDE SENIOR CENTER
 1231 E. 26TH STREET
 DES MOINES, IA 50317

PHONE: 265-8461



Ranae, Supervisor
 Kris, Program Aide

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Site Closed November 11 for Veteran's Day November 27 – 28 for Thanksgiving				Tai Chi starts Nov. 3 at 1:30 p.m.		1 Welcome to Medicare 10:00 a.m. – Noon
2 Daylight Savings Time Ends 	3 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	4 10:30 BINGO 11:30 LUNCH CARDS	5 FOOT CLINIC 11:00 FRESH CONVERSATIONS 11:30 LUNCH 12:30 FITNESS	6 9:00 CERAMICS 11:30 LUNCH CARDS	7 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	
	10 BLOOD PRESSURES 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	11 VETERAN'S DAY  CLOSED	12 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	13 9:00 CERAMICS 11:30 LUNCH CARDS	14 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	
	17 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	18 10:30 BINGO 11:30 LUNCH CARDS	19 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	20 9:00 CERAMICS 11:00 SITE COUNCIL 11:30 LUNCH CARDS	21 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	
	24 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	25 10:30 BINGO 11:30 LUNCH CARDS	26 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	27  CLOSED	28 CLOSED	