

NOVEMBER

Meals are called in by 1pm the day before For Reservations please call 274-0373

<p>3</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p> <p>LUNCH 11:30</p>	<p>4</p> <p>Bingo 10:15 Cards after lunch</p>  <p>Andre Piano</p> <p>LUNCH 11:30</p>	<p>5</p> <p>History Class 10:00-11:00</p>  <p>Exercise 11:15 Cards after Lunch Lunch 11:30</p>	<p>6</p> <p>Bingo 10:15</p> <p>Cards after lunch Andre Piano</p> <p>LUNCH 11:30</p>	<p>7</p> <p>LUNCH 11:30</p> <p>PARTY</p>
<p>10</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p> <p>LUNCH 11:30</p>	<p>11</p> <p>Craft Class 9:00 Bingo 10:15 Cards after lunch</p> <p>Andre Piano</p> <p>LUNCH 11:30</p>	<p>12</p> <p>History Class 10:00-11:00 Exercise 11:15 Cards after lunch</p> <p>LUNCH 11:30</p>	<p>13</p> <p>Bingo 10:15</p> <p>Cards after lunch Andre Piano</p> <p>Lunch 11:30</p>	<p>14</p> <p>Lunch 11:30</p> <p>PARTY</p>
<p>17</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 BLOOD PRESSURE</p> <p>LUNCH 11:30</p>	<p>18</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p> <p>LUNCH 11:30</p>	<p>19</p> <p>History Class 10:00-11:00 Exercise 11:15 Foot Clinic Cards after lunch Birthday's</p> <p>LUNCH 11:30</p>	<p>20</p> <p>Bingo 10:15 Andre Piano</p> <p>LUNCH 11:30</p>	<p>21</p> <p>PARTY</p> <p>LUNCH 11:30</p>
<p>24</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p> <p>LUNCH 11:30</p>	<p>25</p> <p>Bingo 10:15 Cards after lunch</p> <p>Andre Piano</p> <p>LUNCH 11:30</p>	<p>26</p> <p>History Class 10:00-11:00</p>  <p>Exercise 11:15 Cards after lunch Lunch 11:30</p>	<p>27</p> <p>CLOSED FOR THANKSGIVING</p> 	<p>28</p> <p>CLOSED - ENJOY YOUR FAMILY!!!!!! TRY NOT TO EAT TO MUCH!!!!!!</p>
			<p>WESTSIDE SENIOR CENTER 134TH 6TH STREET DES MOINES, IA 50265 274-0373</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide</p> <p>COME AND JOIN US for some FOOD, FUN & FRIENDS</p>

