

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

265-8461



Ranae, Site Supervisor
 Kris, Program Aide

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 DEC. 4 CHRISTMAS SING ALONG WITH THE MCCABES DEC. 18 GRANDVIEW CHRISTIAN CHOIR AND BAND WILL PERFORM 	1 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	2 10:30 BINGO 11:30 LUNCH CARDS	3 10:00 EXERCISE 11:00 FRESH CONVERSATIONS 11:30 LUNCH 12:30 FITNESS	4 9:00 CERAMICS 10:30 CHRISTMAS SING ALONG 11:30 LUNCH CARDS	5 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	 BAKE SALE AND SILENT AUCTION ON DEC. 12
	8 BLOOD PRESSURES 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	9 10:30 BINGO 11:30 LUNCH CARDS	10 FOOT CLINIC 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	11 9:00 CERAMICS 11:00 SITE COUNCIL 11:30 LUNCH CARDS	12 SILENT AUCTION AND BAKE SALE 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	
	15 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	16 10:30 BINGO 11:30 LUNCH CARDS	17 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	18 9:00 CERAMICS 10:30 CHRISTMAS PARTY 11:30 LUNCH CARDS	19 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	
JOIN US FOR OUR CHRISTMAS PARTY ON DEC. 18 	22 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	23 10:30 BINGO 11:30 LUNCH CARDS	24 11:30 LUNCH CHRISTMAS EVE	25 SITE CLOSED FOR CHRISTMAS CHRISTMAS DAY	26 SITE CLOSED FOR CHRISTMAS	SITE CLOSED DEC. 25 AND DEC. 26
	29 10:30 POKENO 11:30 LUNCH	30 10:30 BINGO 11:30 LUNCH CARDS	31 11:30 LUNCH NEW YEAR'S EVE			