

EASTSIDE SENIOR CENTER
1231 E. 26TH STREET
DES MOINES, IOWA 50317
265-8461



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
 Community Blood Profiles Offered March 24 8:00 – 10:00 a.m. See Bulletin Board for Information	2 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	3 10:30 BINGO 11:30 LUNCH CARDS	4 FOOT CLINIC 11:00 FRESH CONVERSATIONS 11:30 LUNCH 12:30 FITNESS	5 9:00 CERAMICS 11:30 LUNCH CARDS	6 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	 AARP Safe Driving Class March 19 1:00 – 5:00 p.m.	
	9 10:00 BLOOD PRESSURES 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	10 10:30 BINGO 11:30 LUNCH CARDS	11 FOOT CLINIC 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS	12 9:00 CERAMICS 11:30 LUNCH CARDS	13 10:30 POKENO 11:30 LUNCH 12:30 FITNESS		<u>FLEX MEALS</u> March 4 Liver and Onions March 11 Hot Dog
	16 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	17 10:30 BINGO 11:30 LUNCH CARDS ST. PATRICK'S DAY 	18 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS	19 9:00 CERAMICS 11:30 LUNCH CARDS 1-5 AARP SAFE DRIVING CLASS	20 10:30 POKENO 11:30 LUNCH 12:30 FITNESS		
	23 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	24 8-10 COMMUNITY BLOOD PROFILES 10:30 BINGO 11:30 LUNCH CARDS	25 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS	26 9:00 CERAMICS 11:00 SITE COUNCIL 11:30 LUNCH CARDS	27 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	March 18 7 Layer Salad March 25 BBQ Riblet	
	30 10:30 POKENO 11:30 LUNCH 12:30 FITNESS	31 10:30 BINGO 11:30 LUNCH CARDS				Eastside Senior Center 1231 E. 26th Street Des Moines, IA 50317 265-8461 Ranae Nerem, Supervisor Kris McCaughey, Program Aide	