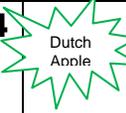
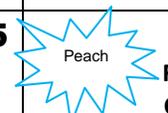


North Senior Center
 100 Euclid Ave, Suite 5
 Des Moines, IA 50313
 288-1524



Diana Savage
 Supervisor
Nicole Ledvina
 Program Aide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Enhanced Fitness 10:00 Social Bridge 12:30	3 Arthritis Exercise 10:00 Duplicate Bridge 12:30	4 Enhanced Fitness 10:00 Crochet Club 12:30 Line Dancing 12:30	5  Blood Pressure Crafts 9:30 Jerry Mercer Entertains 10:15 Cribbage 12:30 Bags 12:30	6 Nine Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00 Cribbage Tournament 12:30 Jam Session 12:30
9 Enhanced Fitness 10:00 Social Bridge 12:30	10 Arthritis Exercise 10:00 Senior Outreach Counseling Duplicate Bridge 12:30	11 Top Health Enhanced Fitness 10:00 Crochet Club 12:30 Line Dancing 12:30	12  Crafts 9:30 Larry and Mary Entertain 10:15 Cribbage 12:30 Bags 12:30	13 Eight Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00 Jam Session 12:30
16 Enhanced Fitness 10:00 Social Bridge 12:30	17 St. Patrick's Day Party 10:00 Irish Entertainment by the McCabes 10:00   Duplicate Bridge 12:30	18 Nutrition Education Enhanced Fitness 10:00 Crochet Club 12:30 Line Dancing 12:30	19  Crafts 9:30 Jerry & Kay Briggs Entertain 10:15  Cribbage 12:30 Bags 12:30	20 Nine Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00 Jam Session 12:30
23 Enhanced Fitness 10:00 Social Bridge 12:30	24 Arthritis Exercise 10:00 Duplicate Bridge 12:30	25 SMP News Enhanced Fitness 10:00 Crochet Club 12:30 Line Dancing 12:30	26  Foot Nurse Crafts 9:30 Jerry Mercer Entertains 10:15 Cribbage 12:30 Bags 12:30	27  Blood Pressure Eight Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00 Jam Session 12:30
30 Enhanced Fitness 10:00 Social Bridge 12:30	31 Arthritis Exercise 10:00 Duplicate Bridge 12:30	<p>Pizza Party! Sunday, March 8th 12-3p Join us for an afternoon pizza party! We will eat pizza catered from</p> <p>BABY PHOTO GUESSING GAME Bring in a photo of yourself as a baby. We will post all the photos we receive on Monday, 3/16. Study the photos all week and make your final guesses on Friday, 3/20. The babies will be revealed at lunch and a prize</p>		
<p>Flex Meals 3/4 Liver & onions 3/11 hot dog 3/18 7 layer salad 3/25 bbq riblet</p>				