

**EASTSIDE SENIOR CENTER**  
**1231 E. 26<sup>TH</sup> STREET**  
**DES MOINES, IOWA 50317**  
**265-8461**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p><b>Rock and Cinnamon Rolls</b>  <b>Friday, April 17 at 9:00 a.m.</b>  <b>Rick and Beth McReynolds Performing</b></p>			<b>1</b> 11:00 FRESH CONVERSATIONS 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	<b>2</b> 9:00 CERAMICS 11:30 LUNCH SUPERVISOR HOCKENSMITH CARDS/GAMES	<b>3</b> 10:30 POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	
Supervisor Hockensmith will be here on Thursday, April 2.	<b>6</b> 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI CARDS/GAMES	<b>7</b> 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES	<b>8</b> FOOT CARE CLINIC 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	<b>9</b> 9:00 CERAMICS 11:30 LUNCH CARDS/GAMES	<b>10</b> 10:30 POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	
	<b>13</b> 10:00 BLOOD PRESSURES 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI	<b>14</b> 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARD/GAMES	<b>15</b> 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	<b>16</b> 9:00 CERAMICS 11:30 LUNCH CARDS/GAMES	<b>17</b> 9:00 ROCK AND CINNAMON ROLLS 10:30 POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	
	<b>20</b> 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI CARDS/GAMES	<b>21</b> 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES	<b>22</b> 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	<b>23</b> 9:00 CERAMICS 11:30 LUNCH CARDS/GAMES	<b>24</b> 10:30 POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	
	<b>27</b> 10:30 POKENO 11:30 LUNCH 12:30 FITNESS 1:30 TAI CHI CARDS/GAMES	<b>28</b> 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES	<b>29</b> 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS CARDS/GAMES	<b>30</b> 9:00 CERAMICS 11:30 LUNCH CARDS/GAMES	<b>Eastside Senior Center</b> <b>1231 E. 26<sup>th</sup> Street</b> <b>Des Moines, Iowa 50317</b> <b>265-8461</b> <b>Ranae Nerem, Supervisor</b> <b>Kris McCaughey, Program Aide</b>	