

APRIL 2015

SOUTHSIDE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Southside Senior Center 100 Payton Avenue Des Moines, Iowa 50315 515.287.0092</p>	<p>JaNeil – Site Supervisor Carole – Program Aide</p>	<p>1 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>2 9:00 Chair Yoga 10:00 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>3 8:30 Enhanced Fitness 10:15 Bingo 10:50 Fresh Conversations 11:30 Lunch 12:30 Afternoon Cards</p>
<p>6 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>7 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>8 8:30 Enhanced Fitness 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>9 9:30 Arthritis Exercise 10:00 Crafts 11:00 Site Council Meeting 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>10 8:30 Adult Health 8:30 Enhanced Fitness 10:30 Brian Hutzell – Piano and Singing 11:30 Lunch 12:30 Afternoon Cards</p>
<p>13 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>14 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>15 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch & Birthdays 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>16 9:00 Chair Yoga 10:00 Crafts 10 Dave Winchester 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>17 8:30 Enhanced Fitness 10:30 Bingo 11 Senior Outreach Counseling 11:30 Lunch 12:30 Afternoon Cards</p>
<p>20 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>21 9:30 Arthritis Exercise 9:30 Blood Pressure 10:30 Marjorie - Violin 11:30 Lunch 12:30 Afternoon Cards</p>	<p>22 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p>23 9:30 Arthritis Exercise 10:00 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p>24 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards</p>
<p>27 8:30 Enhanced Fitness 9:30 Scrapbooking 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p>28 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p>29 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards</p>	<p>30 9:30 Arthritis Exercise 10 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	