

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

265-8461



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>MAY 7 MOTHER'S DAY CELEBRATION SHANNA FORD-VIOLINIST WILL PERFORM</p>			<p>DIABETES EDUCATION CLASS STARTS TUESDAY, MAY 5 1:00 – 3:00 P.M.</p>		<p>1 10:30POKENO 11:30 LUNCH 12:30 FITNESS</p>	 <p>MAY 13 SENIOR FEST AT THE IOWA STATE FAIRGROUNDS SITE CLOSED</p>
	<p>4 10:30POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES</p>	<p>5 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH 1:00 DIABETES EDUCATION</p>	<p>6 FOOT CARE CLINIC 10:45 FRESH CONVERSATIONS 11:30 LUNCH 12:30 FITNESS</p>	<p>7 9:00 CERAMICS 10:30 MOTHERS DAY CELEBRATION 11:30 LUNCH</p>	<p>8 10:30POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES</p>	
<p>MAY 21 SPECIAL MUSIC BRASS TRIO WILL PERFORM AT 10:30 A.M.</p> 	<p>11 BLOOD PRESSURES 10:30POKENO 11:30 LUNCH 12:30 FITNESS</p>	<p>12 9:30 CRAFTS 9:45 NUTRITION COUNSELING 10:30 BINGO 11:30 LUNCH 1:00 DIABETES EDUCATION</p>	<p>13 SENIOR FEST SITE CLOSED</p>	<p>14 9:00 CERAMICS 11:30 LUNCH CARDS/GAMES</p>	<p>15 10:30POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES</p>	
	<p>18 10:30POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES</p>	<p>19 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH 1:00 DIABETES EDUCATION</p>	<p>20 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS CARD/GAMES</p>	<p>21 9:00 CERAMICS 10:30 BRASS TRIO 11:30 LUNCH CARDS/GAMES</p>	<p>22 10:30POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES</p>	<p>EASTSIDE SENIOR CENTER 1231 E. 26TH STREET DES MOINES IOWA PHONE: 265-8461 RANAE NEREM, SUPERVISOR KRIS MCCAUGHEY PROGRAM AIDE</p>
<p>SITE CLOSED MONDAY MAY 25 FOR MEMORIAL DAY</p>	<p>25 </p>	<p>26 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH 1:00 DIABETES EDUCATION</p>	<p>27 10:00 EXERCISE 11:30 LUNCH 12:30 FITNESS CARD/GAMES</p>	<p>28 9:00 CERAMICS 11:30 LUNCH CARDS/GAMES</p>	<p>29 10:30POKENO 11:30 LUNCH 12:30 FITNESS CARDS/GAMES</p>	