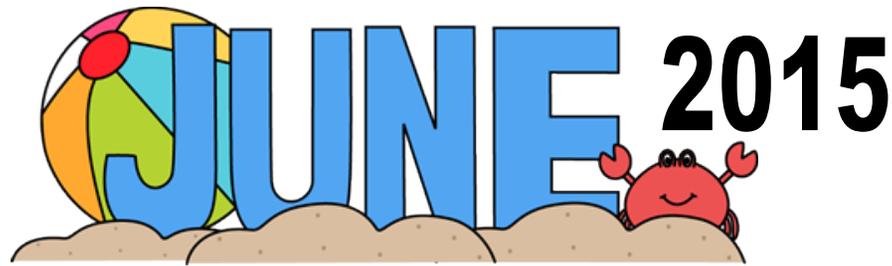


**North Senior Center**  
 100 Euclid Ave, Suite 5  
 Des Moines, IA 50313  
 288-1524



**Diana Savage**  
 Supervisor  
**Nicole Ledvina**  
 Program Aide

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| 1<br>Enhanced Fitness Video 10:00<br><br>Social Bridge 12:30  | 2<br>Arthritis Exercise 10:00<br><br>Duplicate Bridge 12:30                               | 3<br>Nutrition Education<br>Enhanced Fitness 10:00<br><br>Crochet Club 12:30<br>Line Dancing 12:30   | 4<br>Fruit Forest<br>Blood Pressure<br>Crafts 9:30<br>Dave and Ellie Entertain 10:15<br>Kirk with Bets Off 12:00<br>Cribbage 12:30<br>Bags 12:30 | 5<br>Fishing Derby<br>Eight Ball 9:00<br>Enhanced Fitness 10:00<br>Bingo 10:00<br>Cribbage Tournament 12:30<br>Jam Session 12:30 |
| 8<br>Enhanced Fitness Video 10:00<br><br>Social Bridge 12:30  | 9<br>Arthritis Exercise 10:00<br>Senior Outreach Counseling<br><br>Duplicate Bridge 12:30 | 10<br>Top Health<br>Enhanced Fitness 10:00<br><br>Crochet Club 12:30<br>Line Dancing 12:30   | 11<br>Cherry<br>Drake Health Screenings 9-11:30<br>Larry and Mary Entertain 10:15<br>Cribbage 12:30<br>Bags 12:30                                | 12<br>Nine Ball 9:00<br>Enhanced Fitness 10:00<br>Bingo 10:00<br>Jam Session 12:30   |
| 15<br>Enhanced Fitness Video 10:00<br><br>Social Bridge 12:30 | 16<br>Arthritis Exercise 10:00<br><br>Duplicate Bridge 12:30                              | 17<br>SMP News<br>Enhanced Fitness 10:00<br><br>Crochet Club 12:30<br>Line Dancing 12:30   | 18<br>Pumpkin<br>Crafts 9:30<br>Jerry & Kay Briggs Entertain 10:15<br><br>Cribbage 12:30<br>Bags 12:30   | 19<br>Eight Ball 9:00<br>Enhanced Fitness 10:00<br>Bingo 10:00<br>Father's Day Floats 12:15<br>Jam Session 12:30                 |
| 22<br>Enhanced Fitness Video 10:00<br><br>Social Bridge 12:30 | 23<br>Arthritis Exercise 10:00<br><br>Duplicate Bridge 12:30                              | 24<br>Enhanced Fitness 10:00<br><br>Crochet Club 12:30<br>Line Dancing 12:30   | 25<br>Dutch Apple<br>Foot Nurse<br>Crafts 9:30<br>Jerry Mercer Entertains 10:15<br>Cribbage 12:30<br>Bags 12:30                                  | 25<br>Blood Pressure<br>Enhanced Fitness 10:00<br>Nine Ball 9:00<br>Bingo 10:00<br>Jam Session 12:30                             |
| 29<br>Enhanced Fitness Video 10:00<br><br>Social Bridge 12:30 | 30<br>Arthritis Exercise 10:00<br><br>Duplicate Bridge 12:30                              | <p><b>THE 1<sup>ST</sup> ANNUAL<br/>         NORTHSIDE SENIOR CENTER<br/>         WII BOWLING TOURNAMENT<br/>         JUNE 20<sup>TH</sup><br/>         8AM - 4 PM</b></p>  <ul style="list-style-type: none"> <li>◆ 32 (2) person teams-no handicap-60 years or older</li> <li>◆ 16 First round winners will go to championship bracket</li> <li>◆ All other teams go to consolation bracket</li> <li>◆ Lunch available for \$5.00</li> <li>◆ MC announcing game play, results and prize winners</li> <li>◆ Random prizes drawn throughout the day</li> <li>◆ Trophies awarded to top 4 places of both brackets</li> <li>◆ Medals awarded to all participants</li> <li>◆ Register by June 12th - 4pm</li> </ul> |  |  |

**Flex Meals**  
 6/3 Hot Dog  
 6/10 liver & onions  
 6/17 bbq riblet  
 6/24 harvest  
 Chicken salad