

**June** Meals are called in by 1pm the day before For Reservations please call 274-0373

<p>1</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p> <p>LUNCH 11:30</p>	<p>2</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p> <p>LUNCH 11:30</p>	<p>3</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after Lunch Lunch 11:30</p>	<p>4</p> <p>Bingo 10:15 Basket making 12:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>5</p> <p>The Brass Trio 10:00</p>  <p>LUNCH 11:30</p>
<p>8</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p>  <p>LUNCH 11:30</p>	<p>9</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>LUNCH 11:30</p>	<p>10</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch</p> <p>LUNCH 11:30</p>	<p>11</p> <p>Bingo 10:15 Basket making 12:15 Cards after lunch Andre Piano</p> <p>Lunch 11:30</p>	<p>12</p> <p>Fire Prevention &amp; Fall Prevention Talk</p>  <p>Lunch 11:30</p>
<p>15</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>16</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>LUNCH 11:30</p>	<p>17</p> <p>History Class 9:45-11:00 Exercise 11:15 Foot Clinic Cards after lunch Birthday's Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>18</p> <p>Andre Piano Cards after Lunch Knitting Class 12:15 – 2:00 Band 10:00</p> <p>LUNCH 11:30</p>	<p>19</p> <p>MUSIC - PIANO Mix tunes and old time favorites!!!!!!! Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>
<p>22</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Foot Clinic Blood Pressure Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>23</p> <p>Bingo 10:15</p>  <p>Cards after lunch Andre Piano LUNCH 11:30</p>	<p>24</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch Fitness Class 12:30 – 1:30</p>  <p>LUNCH 11:30</p>	<p>25</p> <p>Bingo 10:15 Andre Piano Cards after Lunch 4<sup>th</sup> of July Craft</p> <p>LUNCH 11:30</p>	<p>26</p> <p><b>NATIONAL CHOCOLATE PUDDING DAY!</b> Fitness Class 12:30 – 1:30</p> <p>Lunch 11:30</p>
<p>29</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Fitness Class 12:30 – 1:30 LUNCH 11:30</p>	<p>30</p> <p>Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>		<p>WESTSIDE SENIOR CENTER 134<sup>TH</sup> 6<sup>TH</sup> STREET WEST DES MOINES, IA 50265 / PH: 274-0373</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide JOIN US for Some FOOD, FUN &amp; FRIENDS</p>