

JUNE 2015

SOUTHSIDE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>8:30 Enhanced Fitness 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p style="text-align: right;">2</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p style="text-align: right;">3</p> <p>8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p style="text-align: right;">4</p> <p>9:00 Chair Yoga 10:00 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p style="text-align: right;">5</p> <p>10:15 Bingo 10:50 Fresh Conversations 11:30 Lunch 12:30 Afternoon Cards</p>
<p style="text-align: right;">8</p> <p>8:30 Enhanced Fitness 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p style="text-align: right;">9</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p style="text-align: right;">10</p> <p>8:30 Enhanced Fitness 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p style="text-align: right;">11</p> <p>9:30 Arthritis Exercise 10:00 Crafts 11:00 Site Council Meeting 11:15 Bets Off Program 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p style="text-align: right;">12</p> <p>8:30 Adult Health 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards</p>
<p style="text-align: right;">15</p> <p>8:30 Enhanced Fitness 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p style="text-align: right;">16</p> <p>9:30 Arthritis Exercise 9:30 Blood Pressure 11:30 Lunch 11:45 Health Ed. Noon-4 Safe Driving 12:30 Afternoon Cards</p>	<p style="text-align: right;">17</p> <p>8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch & Birthdays 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p style="text-align: right;">18</p> <p>9:00 Chair Yoga 10:00 Crafts 10:15 Frank Strong 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p style="text-align: right;">19</p> <p>Father's Day Party 10:30 Bingo 11 Senior Outreach 11:30 Lunch 12:30 Afternoon Cards</p>
<p style="text-align: right;">22</p> <p>8:30 Enhanced Fitness 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p style="text-align: right;">23</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>	<p style="text-align: right;">24</p> <p>8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads</p>	<p style="text-align: right;">25</p> <p>9:30 Arthritis Exercise 10:00 Crafts 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards</p>	<p style="text-align: right;">26</p> <p>10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards</p>
<p style="text-align: right;">29</p> <p>8:30 Enhanced Fitness 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards</p>	<p style="text-align: right;">30</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards</p>		<p>Southside Senior Center 100 Payton Des Moines, Iowa 50315 515.287.0092</p>	<p>JaNeil – Supervisor Carole – Program Aide</p>