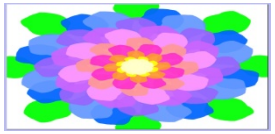
JULY 2015 Meals are called in by 1pm the day before For Reservations please call 274-0373

WESTSIDE SENIOR CENTER 134TH 6TH STREET DES MOINES, IA 50265 274-0373 	Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN & FRIENDS 	1 History Class 9:45-11:00 Exercise 11:15 Cards after Lunch Craft Class 9:00 Fitness Class 12:30 – 1:30 Lunch 11:30	2 Bingo 10:15 4th of July Celebration Cards after lunch Andre Piano Knitting 12:15 – 2:00 LUNCH 11:30	3 CLOSED For Independence Day
6 Exercise 11:15 Ceramics 9:30 Easter Party Fitness Class 12:30 – 1:30 LUNCH 11:30	7 Bingo 10:15 Cards after lunch Andre Piano Yoga 12:30 – 1:30 LUNCH 11:30	8 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Fitness Class 12:30 – 1:30 LUNCH 11:30	9 Bingo 10:15 Cards after lunch Andre Piano Knitting Class 12:15-2:00 Lunch 11:30	10 PICTURE DAY!!!!!!! Fitness Class 12:30 – 1:30 Lunch 11:30
13 Exercise 11:15 Ceramics 9:30 Fitness Class 12:30 – 1:30 LUNCH 11:30	14 Bingo 10:15 Cards after lunch Andre Piano Yoga 12:30 – 1:30 LUNCH 11:30	15 History Class 9:45-11:00 Exercise 11:15 Foot Clinic Cards after lunch Birthday's Fitness Class 12:30 – 1:30 LUNCH 11:30	16 Iowa County OPREY 10:00 Andre Piano Sea Shell Craft 12:15-2:00 Cards after lunch LUNCH 11:30	17 Fitness Class 12:30 – 1:30 LUNCH 11:30
20 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 BLOOD PRESSURE Fitness Class 12:30 – 1:30 LUNCH 11:30	21 Bingo 10:15 Cards after lunch Andre Piano Yoga 12:30 – 1:30 LUNCH 11:30	22 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Fitness Class 12:30 – 1:30 Lunch 11:30	23 Bingo 10:15 Adult Health Cards after lunch Andre Piano Knitting Class 12:15-2:00 LUNCH 11:30	24 Fitness Class 12:30 – 1:30 LUNCH 11:30
27 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 FOOT CLINIC LUNCH 11:30	28 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30	29 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Lunch 11:30	30 BINGO 10:15 CARDS AFTER LUNCH ANDRE PIANO KNITTING CLASS 12:15 -2:00 LUNCH 11:30	31  LUNCH 11:30