

AUGUST 2015

SOUTHSIDE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards	4 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards	5 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads	6 9:00 Chair Yoga 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards	7 8:30 Enhanced Fitness 10:15 Bingo 10:50 Fresh Conversations 11:30 Lunch 12:30 Afternoon Cards
10 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards	11 11:30 Lunch 12:30 Afternoon Cards	12 8:30 Enhanced Fitness 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads	13 11:00 Site Council Meeting 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards	14 8:30 Enhanced Fitness 8:30 Adult Health 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards
17 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards	18 9:30 Blood Pressure 11:30 Lunch 11:45 Health Ed. 12:30 Afternoon Cards	19 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch & Birthdays 12:30 Afternoon Cards 2:00 Golden Threads	20 9:00 Chair Yoga 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards	21 8:30 Enhanced Fitness 10:30 Bingo 11 Senior Outreach Counseling 11:30 Lunch 12:30 Afternoon Cards
24 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards	25 9:30 Arthritis Exercise 11:30 Lunch 12:30 Afternoon Cards	26 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards 2:00 Golden Threads	27 9:30 Arthritis Exercise 11:30 Lunch 12:30 Line Dance 12:30 Afternoon Cards	28 8:30 Enhanced Fitness 10:30 Bingo 11:30 Lunch 12:30 Afternoon Cards
31 11:30 Lunch 12:30 Ceramics 12:30 Afternoon Cards			Southside Senior Center 100 Payton Des Moines, Iowa 50315 515.287.0092	JaNeil – Supervisor Carole – Program Aide

