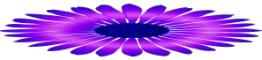
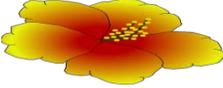


AUGUST

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

<p>3</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>4</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>LUNCH 11:30</p>	<p>5</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after Lunch CROCHET CLASS 12:30 Fitness Class 12:30 – 1:30 Lunch 11:30</p>	<p>6</p> <p>KAY AND JERRY BAND Knitting Class 12:15 – 2:00 Cards after lunch Andre Piano</p> <p>LUNCH 11:30</p>	<p>7</p> <p>National Root Beer Float Or Black Cow Day</p> <p>Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>
<p>10</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p>  <p>LUNCH 11:30</p>	<p>11</p> <p>Bingo 10:15 Cards after lunch Andre Piano Yoga 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>12</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch CROCHET CLASS 12:30 LUNCH 11:30</p>	<p>13</p> <p>Bingo 10:15 Knitting Class 12:15 – 2:00 Cards after lunch Andre Piano Iowa State Fair Starts YEA!! Lunch 11:30</p>	<p>14</p> <p>National Creamsicle Day</p>  <p>Lunch 11:30</p>
<p>17</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Blood Pressure Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>18</p> <p>Bingo 10:15 Cards after lunch Andre Piano Yoga 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>19</p> <p>History Class 9:45-11:00 Exercise 11:15 Foot Clinic / Birthday's Cards after lunch CROCHET CLASS 12:30 Fitness Class 12:30 – 1:30 LUNCH 11:30</p>	<p>20</p> <p>Andre Piano Cards after Lunch Knitting Class 12:15 – 2:00 IOWA COUNTRY OPREY BAND 10:00</p> <p>LUNCH 11:30</p>	<p>21</p> <p>Happy Birthday Hawaii Come join us for some Hawaiian fun!!!!</p>  <p>Fitness Class 12:30 – 1:30 LUNCH 11:30</p>
<p>24</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Foot Clinic Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>25</p> <p>Bingo 10:15 Cards after lunch Andre Piano Yoga 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>26</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch CROCHET CLASS 12:30 Fitness Class 12:30 – 1:30</p> <p>LUNCH 11:30</p>	<p>27</p> <p>Bingo 10:15 Andre Piano Cards after Lunch Knitting Class 12:15 – 2:00</p> <p>LUNCH 11:30</p>	<p>28</p> <p>Come join us for a camp out day and enjoy some toasted marshmallows</p> <p>Fitness Class 12:30 – 1:30 LUNCH 11:30</p>
<p>31</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>WESTSIDE SENIOR CENTER 134TH 6TH STREET WEST DES MOINES, IA 274-0373</p> 	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN & FRIENDS</p>