

SEPTEMBER

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

	<p>1</p> <p>Bingo 10:15 Cards after lunch Andre Piano Chair Yoga – 12:30 LUNCH 11:30</p>	<p>2</p> <p>History Class 9:45-11:00 Fitness Class 12:30 – 1:30 Cards after Lunch <b>Crocheting</b> 12:30 Exercise / Lunch 11:30</p>	<p>3</p> <p>Bingo 10:15 Cards after lunch  LUNCH 11:30</p>	<p>4</p> <p>Fitness Class 12:30 – 1:30 National Cheese Pizza Day  YUM YUM LUNCH 11:30</p>
<p>CLOSED 7</p> 	<p>8</p> <p>Bingo 10:15 Cards after lunch Andre Piano Chair Yoga – 12:30 LUNCH 11:30</p>	<p>9</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch <b>Crocheting</b> 12:30 LUNCH 11:30</p>	<p>10</p> <p>David Winchester music Cards after lunch Andre Piano  Lunch 11:30</p>	<p>11</p> <p>Fitness Class 12:30 – 1:30  Lunch 11:30</p>
<p>14</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Fitness Class 12:30 – 1:30 Blood Pressure LUNCH 11:30</p>	<p>15</p> <p>Bingo 10:15 Cards after lunch Andre Piano Chair Yoga – 12:30  LUNCH 11:30</p>	<p>16</p> <p>History Class 9:45-11:00 Exercise 11:15 Foot Clinic / <b>Crocheting</b> Cards after lunch Birthday's Fitness Class 12:30 – 1:30 LUNCH 11:30</p>	<p>17</p> <p>Andre Piano Cards after Lunch Iowa Country Oprey Band  <b>RUMMAGE SALE</b> LUNCH 11:30</p>	<p>18</p> <p>Fitness Class 12:30 – 1:30 <b>RUMMAGE SALE</b>  LUNCH 11:30</p>
<p>21</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>22</p> <p>Bingo 10:15 Chair Yoga – 12:30 Cards after lunch Andre Piano  LUNCH 11:30</p>	<p>23</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch Fitness Class 12:30 – 1:30 Crocheting 12:30 LUNCH 11:30</p>	<p>24</p> <p>ICE CREAM SOCIAL at <b>Farmers Market 5:00</b> Bingo 10:15 Andre Piano Cards after Lunch  LUNCH 11:30</p>	<p>25</p> <p>Fitness Class 12:30 – 1:30  Johnny Applesed day Lunch 11:30</p>
<p>28</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>29</p> <p>Bingo 10:15 Cards after lunch Andre Piano Chair Yoga – 12:30 LUNCH 11:30</p>	<p>30</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after Lunch Crocheting 12:30 Lunch 11:30</p>	<p>WESTSIDE SENIOR CENTER 134<sup>TH</sup> 6<sup>TH</sup> STREET WEST DES MOINES, IA 50265 274-0373</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN &amp; FRIENDS</p>