

OCTOBER

MEALS ARE CALLED IN BY 1:00 THE DAY BEFORE. FOR RESERVATIONS PLEASE CALL 274-0373

<p>WESTSIDE SENIOR CENTER 134TH 6TH STREET DES MOINES, IA 50265 274-0373 Mary Clare Cox, Supervisor Linda Mason, Program Aide</p>			<p style="text-align: right;">1</p> <p>Bingo 10:15 Flu Shots 9 - 11 Knitting class - 12:15 Andre Piano Lunch 11:30</p>	<p style="text-align: right;">2</p> <p>Anniversary of the Debut of the Peanuts comic strip  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>
<p style="text-align: right;">5</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">6</p> <p>Craft Class 9:00 Bingo 10:15 Cards after lunch Meditation with John Andre Piano LUNCH 11:30</p>	<p style="text-align: right;">7</p> <p>Active Adult Exercise 12:30 -1:30 History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH Health Screening - Nora LUNCH 11:30</p>	<p style="text-align: right;">8</p> <p>Bingo 10:15 Knitting class - 12:15 Andre Piano Lunch 11:30</p>	<p style="text-align: right;">9</p> <p>National Angel Food Cake Day  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>
<p style="text-align: right;">12</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">13</p> <p>Craft Class 9:00 Bingo 10:15 Cards after lunch Bet's Off talk with Kirk Andre Piano Meditation with John LUNCH 11:30</p>	<p style="text-align: right;">14</p> <p>History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">15</p> <p>Andre Piano Iowa Country Oprey Band Knitting Class 12:15 Lunch 11:30</p>	<p style="text-align: right;">16</p> <p>Steak Grill Out Hearing Presentation with  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>
<p style="text-align: right;">19</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Blood Pressures  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">20</p> <p>Craft Class 9:00 Bingo 10:15 Cards after lunch Meditation with John Andre Piano LUNCH 11:30</p>	<p style="text-align: right;">21</p> <p>History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH FOOT CLINIC BIRTHDAYS!!!!!!! Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">22</p> <p>Bingo 10:15 Adult Health Knitting Class 12:15  Andre Piano LUNCH 11:30</p>	<p style="text-align: right;">23</p> <p>Reading Program 10- 11 LUNCH 11:30  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>
<p style="text-align: right;">26</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Foot Clinic Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">27</p> <p>Bingo 10:15 Cards after lunch Andre Piano Meditation with John LUNCH 11:30</p>	<p style="text-align: right;">28</p> <p>History Class 10:00 – 11:00 CARDS AFTER LUNCH Exercise 11:15 Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>	<p style="text-align: right;">29</p> <p>BINGO 10:15 Knitting Class 12:15 ANDRE' PIANO LUNCH 11:30</p>	<p style="text-align: right;">30</p> <p>Halloween Party  Active Adult Exercise 12:30 -1:30 LUNCH 11:30</p>