

**North Senior Center**  
 100 Euclid Ave, Suite 5  
 Des Moines, IA 50313  
 288-1524

**NOVEMBER 2015**

**Diana Savage**  
 Supervisor  
**Nicole Ledvina**  
 Program Aide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Little Mo Wii Bowling 1 Game Shoot Out 9:30 Enhanced Fitness 10:00  Social Bridge 12:30	3 Arthritis Exercise 10:00  Duplicate Bridge 12:30	4 Enhanced Fitness 10:00  Crochet Club 12:30 Line Dancing 12:30	5 Blood Pressure Crafts 9:30 Jerry & Kay Briggs Entertain 10:15 Cribbage 12:30 Bags 12:30	6 Eight Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00 Jam Session 12:30 Cribbage Tourney 12:30
9 Enhanced Fitness 10:00  Social Bridge 12:30	10 Arthritis Exercise 10:00 Senior Outreach Counseling  Duplicate Bridge 12:30	11 CLOSED 	12 Crafts 9:30 Jerry Mercer Entertains 10:15  Cribbage 12:30 Bags 12:30	13 Nine Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00  Jam Session 12:30
16 Enhanced Fitness 10:00 S.A.L.T. 12:30 <small>What is S.A.L.T.? Seniors And Law Enforcement Together working to promote safety in our community.</small> Social Bridge 12:30	17 Arthritis Exercise 10:00  Duplicate Bridge 12:30	18 SMP News Enhanced Fitness 10:00  Crochet Club 12:30 Line Dancing 12:30	19 Crafts 9:30 Larry and Mary Entertain 10:15  Cribbage 12:30 Bags 12:30	20 Eight Ball 9:00 Enhanced Fitness 10:00 Bingo 10:00  Jam Session 12:30
23 Foot Nurse NO Enhanced Fitness 10:00  Social Bridge 12:30	24 Arthritis Exercise 10:00  Duplicate Bridge 12:30	25 NO Enhanced Fitness 10:00  Crochet Club 12:30 Line Dancing 12:30	26 CLOSED 	27 CLOSED 
30 Enhanced Fitness 10:00  Social Bridge 12:30	<p><b>ANNUAL PANCAKE BREAKFAST FUNDRAISER</b></p> <p><b>SATURDAY, NOVEMBER 14<sup>TH</sup></b>        8:00-11:00 AM        \$6.00 ADULTS        \$4.00 CHILDREN 10 &amp; UNDER</p>  <p><b>MENU</b>        PANCAKES - ALL YOU CAN EAT        SAUSAGE • EGGS        MILK • JUICE • COFFEE        (ADDITIONAL SAUSAGE AND EGGS AVAILABLE FOR PURCHASE)</p> <p><b>Flex Meals</b>        11/4        11/18        11/25</p>			