

November

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

<p>2</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Active Exercise 12:30-1:30 LUNCH 11:30</p>	<p>3</p> <p>Bingo 10:15 Cards after lunch Andre Piano Meditation yoga with John LUNCH 11:30</p>	<p>4</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after Lunch Active Exercise 12:30-1:30 Lunch 11:30</p>	<p>5</p> <p>Bingo 10:15 Knitting Class 12:15 – 2:00 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>6</p> <p>NATIONAL NACHOS DAY!!!!  RAFFLE DRAWING Active Exercise 12:30-1:30 Lunch 11:30</p>
<p>9</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Active Exercise 12:30-1:30  LUNCH 11:30</p>	<p>10</p> <p>Bingo 10:15 Cards after lunch Andre Piano MEDICARE PART D check up Meditation yoga with John LUNCH 11:30</p>	<p>11</p> <p>CLOSED FOR VETERANS DAY </p>	<p>12</p> <p>Iowa Country Oprey Band Knitting Class 12:15 – 2:00 Cards after lunch Andre Piano Presentation on Grotosque's right after lunch Lunch 11:30</p>	<p>13</p> <p>Active Exercise 12:30-1:30 Happy Friday the 13th!  Lunch 11:30</p>
<p>16</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Active Exercise 12:30-1:30 Blood Pressure LUNCH 11:30</p>	<p>17</p> <p>Bingo 10:15 Cards after lunch Andre Piano Meditation yoga with John LUNCH 11:30</p>	<p>18</p> <p>History Class 9:45-11:00 Exercise 11:15 Foot Clinic Cards after lunch Birthday's Active Exercise 12:30-1:30 LUNCH 11:30</p>	<p>19</p> <p>Andre Piano Cards after Lunch Knitting Class 12:15 – 2:00 Band 10:00 LUNCH 11:30</p>	<p>20</p> <p>Active Exercise 12:30-1:30 NATIONAL PEANUT BUTTER FUDGE DAY!!!  LUNCH 11:30</p>
<p>23</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00  LUNCH 11:30</p>	<p>24</p> <p>Bingo 10:15 Cards after lunch Andre Piano Meditation yoga with John LUNCH 11:30</p>	<p>25</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch Lunch 11:30 </p>	<p>26</p> <p>CLOSED FOR THANKSGIVING!!!!!! </p>	<p>27</p> <p>CLOSED FOR THE HOLIDAYS!!!! ENJOY THE TURKEY LEFTOVERS!!!! </p>
<p>30</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Active Exercise 12:30-1:30 LUNCH 11:30</p>			<p>WESTSIDE SENIOR CENTER 134TH 6TH 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 & FRIENDS</p>