

DECEMBER

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

<p>WESTSIDE SENIOR CENTER 134TH 6TH STREET WEST DES MOINES, IA 274-0373</p> 	<p>1 Bingo 10:15 Cards after lunch Andre Piano Yoga with John LUNCH 11:30</p>	<p>2 History Class 10:00-11:00 Exercise 11:15 Cards after Lunch Adult Exercise 12:30 – 1:30 Lunch 11:30</p>	<p>3 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>4 Come and get in the spirit of Christmas with us and join in with a sing a long Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>
<p>7 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p>  <p>Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>8 Bingo 10:15 Cards after lunch Andre Piano Yoga with John</p>  <p>LUNCH 11:30</p>	<p>9 History Class 10:00-11:00 Exercise 11:15 Cards after lunch Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>10 CHRISTMAS PARTY!!!! 9:30am</p> 	<p>11 SENIOR SINGERS</p>  <p>Adult Exercise 12:30 – 1:30 Lunch 11:30</p>
<p>14 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 23rd St Singers 10:30-11:00 Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>15 Bingo 10:15 Cards after lunch Andre Piano</p>  <p>Yoga with John LUNCH 11:30</p>	<p>16 Foot Clinic / Birthday's Cards after lunch</p>  <p>Joy to the World! Christmas Concert with Mark Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>17 </p> <p>Iowa Country Oprey Band LUNCH 11:30</p>	<p>18 COOKIE EXCHANGE</p>  <p>Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>
<p>21 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 BLOOD PRESSURE LUNCH 11:30</p>	<p>22 Bingo 10:15 Cards after lunch Andre Piano Yoga with John LUNCH 11:30</p>	<p>23 History Class 10:00-11:00 Exercise 11:15 Cards after lunch Lunch 11:30</p> 	<p>24 CLOSED FOR CHRISTMAS</p> 	<p>25 CLOSED FOR THE HOLIDAYS</p> 
<p>28 Adult Exercise 12:30 – 1:30 Ceramics 9:30 / Foot Clinic Current Events 9:45-11:00</p>  <p>LUNCH 11:30</p>	<p>29 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 LUNCH 11:30</p>	<p>30 History Class 10:00-11:00 Exercise 11:15 Cards after lunch Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>31 A HAPPY NEW YEAR</p>  <p>Bingo 10:15 LUNCH 11:30</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN & FRIENDS</p>