

JANUARY

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

<p>WESTSIDE SENIOR CENTER 134TH 6TH STREET WEST DES MOINES, IA 50265 274-0373 Mary Clare Cox, Supervisor Linda Mason, Program Aide</p>			<p>Jump on for the ride of your life at the WDM Senior Center</p> 	<p style="text-align: right;">1</p> <p style="text-align: center;">CLOSED FOR NEWS YEARS DAY HAPPY NEW YEAR!!!!!!!</p>  <p>LUNCH 11:30</p>
<p style="text-align: right;">4</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Adult Exercise Class 12:30 -1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">5</p> <p>Bingo 10:15 Cards after lunch Yoga meditation 12:30-1:00 Andre Piano LUNCH 11:30</p>	<p style="text-align: right;">6</p> <p>History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH Adult Exercise Class 12:30 -1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">7</p> <p>Bingo 10:15</p> <p>Knitting class - 12:15 Andre Piano</p> <p>Lunch 11:30</p>	<p style="text-align: right;">8</p> <p>Adult Exercise Class 12:30 - 1:00 / Police chat on Fraud</p>  <p>LUNCH 11:30</p>
<p style="text-align: right;">11</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Adult Exercise Class 12:30 -1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">12</p> <p>Craft Class 9:00 Bingo 10:15 Cards after lunch Yoga meditation 12:30-1:00 Andre Piano LUNCH 11:30</p>	<p style="text-align: right;">13</p> <p>History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH Adult Exercise Class 12:30 - 1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">14</p> <p>Andre Piano BINGO 10:15</p>  <p>Knitting Class 12:15 Lunch 11:30</p>	<p style="text-align: right;">15</p> <p>Hat Day Talk on Alzheimers Adult Exercise Class 12:30 - 1:00 LUNCH 11:30</p>
<p style="text-align: right;">18</p> <p>CLOSED FOR MARTIN LUTHER KING DAY</p> 	<p style="text-align: right;">19</p> <p>Bingo 10:15 Cards after lunch Yoga meditation 12:30-1:00 Andre Piano LUNCH 11:30</p>	<p style="text-align: right;">20</p> <p>History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH FOOT CLINIC/ Birthdays Adult Exercise Class 12:30 -1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">21</p> <p>Iowa Country Oprey Band Cards after Lunch Andre Piano Knitting Class 12:15 LUNCH 11:30</p>	<p style="text-align: right;">22</p> <p>Adult Exercise Class 12:30 - 1:00</p>  <p>LUNCH 11:30</p>
<p style="text-align: right;">25</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Blood pressure Adult Exercise Class 12:30 -1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">26</p> <p>Bingo 10:15 Cards after lunch Andre Piano Yoga meditation 12:30-1:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">27</p> <p>Adult Exercise Class 12:30 -1:00 History Class 10:00 – 11:00 CARDS AFTER LUNCH Exercise 11:15</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">28</p> <p>BINGO 10:15 ANDRE' PIANO Adult Health/ knitting class Cards after lunch</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">29</p> <p>Adult Exercise Class 12:30 - 1:00</p>  <p>LUNCH 11:30</p>