

JUNE 2016

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 50265 274-0373</p> 	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN & FRIENDS</p> 	<p>1 History Class 9:45-11:00 Exercise 11:15 Cards after Lunch Craft Class 9:00 Adult Exercise 12:30 – 1:30 AARP Driver Class speaker Lunch 11:30</p>	<p>2 Dave and Elli Winchester Cards after lunch Andre Piano Knitting 12:15 – 2:00</p>  <p>LUNCH 11:30</p>	<p>3  Adult Exercise 12:30 – 1:30 Lunch 11:30</p>
<p>6 Exercise 11:15 Ceramics 9:30 Adult Exercise 12:30 – 1:30 Current Events 9:45 – 11:00 LUNCH 11:30</p>	<p>7 Bingo 10:15 Cards after lunch Andre Piano BLOOD PRESSURE LUNCH 11:30</p>	<p>8 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>9 Bingo 10:15 AARP Driver Class 12:30 Cards after lunch Andre Piano Knitting Class 12:15-2:00 Lunch 11:30</p>	<p>10  Adult Exercise 12:30 – 1:30 Lunch 11:30</p>
<p>13 Current Events 9:45 – 11:00 Exercise 11:15 Ceramics 9:30 Adult Exercise 12:30 – 1:30 LUNCH 11:30</p> 	<p>14 Bingo 10:15 Cards after lunch Andre Piano</p>  <p>LUNCH 11:30</p>	<p>15 History Class 9:45-11:00 Exercise 11:15 Foot Clinic Cards after lunch Birthday's Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>16 Iowa County OPREY 10:00 Andre Piano KNITTING CLASS 12:15-2:00 Cards after lunch Victorian & Edwardian Unmentionables Tea 1:00 LUNCH 11:30</p>	<p>17  Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>
<p>20 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 BLOOD PRESSURE Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>21 Bingo 10:15 Cards after lunch Andre Piano</p>  <p>LUNCH 11:30</p>	<p>22 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Adult Exercise 12:30 – 1:30 Mobile Lab Lunch 11:30</p>	<p>23 Bingo 10:15 Adult Health Cards after lunch Andre Piano Knitting Class 12:15-2:00 LUNCH 11:30</p>	<p>24 Fresh Conversations  Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>
<p>27 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Adult Exercise 12:30 – 1:30 LUNCH 11:30</p>	<p>28 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>29 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Adult Exercise 12:30 – 1:30 Lunch 11:30</p>	<p>30 BINGO 10:15 CARDS AFTER LUNCH ANDRE PIANO KNITTING CLASS 12:15 -2:00 LUNCH 11:30</p>	