

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

JULY 2016

Diana Savage
 Supervisor
Nicole Ledvina
 Program Aide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Flex Meals</u> 7/6 Liver & Onions 7/13 Hot Dog 7/20 BBQ Riblet 7/27 Chicken Caesar Salad</p>	<p>Free Weekend Events in July</p> <p>Downtown Farmers Market – Saturday mornings from 7am-12pm</p> <p>Exercise at Union Park Yoga – Saturday mornings from: 9:00 AM to 10:00 AM Tai Chi – Saturday mornings from: 10:30 AM to 11:15 AM</p> <p>Sizzlin' Side Walk Sale – Friday, July 15th and Saturday, July 16th - Historic Valley Junction</p>		<p>Jazz In July Saturday July 9th 5:30-8:00pm @ Evelyn K. Davis Park Saturday July 16th 5:30-8:00pm @ Waveland Golf Course Saturday July 17th 5:30-8:00pm @ Central Library Saturday July 23rd 6:30-8:00pm @ 6th Ave and Washington</p> <p>Sounds of Summer Outdoor Concert – Prairie Meadows Racetrack July 2nd, 3rd, 9th, 23rd around 5:00pm after the races.</p> <p>Prairie Meadows Stable Tours – Saturday, July 23rd 8-10am</p>	<p>1</p> <p>Eight Ball 9:00 Bingo 10:00 Active Adults Exercise 10:15 Jam Session 12:30 Cribbage Tourney 12:30</p>
<p> 4</p>	<p>5</p> <p>Duplicate Bridge 12:30</p>	<p>6</p> <p>Active Adults Exercise 10:15 SMP News</p> <p>Crochet Club 12:30 Line Dancing 12:30</p>	<p>7</p> <p> Blood Pressure Crafts 9:30 Jerry Mercer Entertains 10:15 Cribbage 12:30 Bags 12:30</p>	<p>8</p> <p>Nine Ball 9:00 Bingo 10:00 Active Adults Exercise 10:15</p> <p>Jam Session 12:30</p>
<p>11</p> <p>Little Mo Wii Bowling 9:30 Active Adults Exercise 10:15</p> <p>Social Bridge 12:30 Movie Monday 1:00</p>	<p>12</p> <p>Senior Outreach Counseling</p> <p>Duplicate Bridge 12:30</p>	<p>13</p> <p>Active Adults Exercise 10:15</p> <p>Crochet Club 12:30 Line Dancing 12:30</p>	<p>14</p> <p> Crafts 9:30 Larry and Mary Entertain 10:15 Supplemental Foods Speaker 12:00 Cribbage 12:30 Bags 12:30</p>	<p>15</p> <p>Eight Ball 9:00 Bingo 10:00 Active Adults Exercise 10:15</p> <p>Jam Session 12:30</p>
<p>18</p> <p>Active Adults Exercise 10:15</p> <p>Social Bridge 12:30 Movie Monday 1:00</p>	<p>19</p> <p>S.A.L.T. 12:30 – Topic: Home Security. Presented by DMPD. Duplicate Bridge 12:30</p>	<p>20</p> <p>Active Adults Exercise 10:15 Nutrition Education</p> <p>Crochet Club 12:30 Line Dancing 12:30</p>	<p>21</p> <p> Crafts 9:30 Kay & Jerry Briggs Entertain 10:15</p> <p>Cribbage 12:30 Bags 12:30 </p>	<p>22</p> <p>Blood Pressure Nine Ball 9:00 Bingo 10:00 Active Adults Exercise 10:15 Jam Session 12:30</p>
<p>25</p> <p>Active Adults Exercise 10:15</p> <p>Social Bridge 12:30 Movie Monday 1:00</p>	<p>26</p> <p>Duplicate Bridge 12:30</p>	<p>27</p> <p>Active Adults Exercise 10:15</p> <p>Crochet Club 12:30 Line Dancing 12:30</p>	<p>28</p> <p> Foot Nurse Crafts 9:30 Jerry Mercer Entertains 10:15 Cribbage 12:30 Bags 12:30</p>	<p>29</p> <p> Eight Ball 9:00 Bingo 10:00 Active Adults Exercise 10:15 Jam Session 12:30 Cribbage Tourney 12:30</p>