

JULY 2016

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>1 Adult Exercise 12:30 - 1:30  PARTY!!!!!! LUNCH 11:30</p>
<p>4  CLOSED / Enjoy the Fireworks!!!!</p>	<p>5 Bingo 10:00 Cards after lunch Andre Piano Spam first appeared in 1937 on this day YUM YUM LUNCH 11:30</p>	<p>6 History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH Adult Exercise 12:30 - 1:30 LUNCH 11:30</p>	<p>7 Bingo 10:00 Knitting class - 12:15 Andre Piano Farmers Market  Lunch 11:30</p>	<p>8 Adult Exercise 12:30 - 1:30  LUNCH 11:30</p>
<p>11 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Adult Exercise 12:30 - 1:30 LUNCH 11:30</p>	<p>12 Bingo 10:00 Cards after lunch  Andre Piano LUNCH 11:30</p>	<p>13 Adult Exercise 12:30 - 1:30 History Class 10:00-11:00  Exercise 11:15 CARDS AFTER LUNCH LUNCH 11:30</p>	<p>14 Andre Piano Knitting class - 12:15 BINGO 10:00  Farmers Market Lunch 11:30</p>	<p>15 Adult Exercise 12:30 - 1:30 NATIONAL GUMMI WORM DAY  LUNCH 11:30</p>
<p>18 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Blood pressure Adult Exercise 12:30 - 1:30</p>	<p>19 Bingo 10:00 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>20 History Class 10:00-11:00 Exercise 11:15 CARDS AFTER LUNCH FOOT CLINIC Adult Exercise 12:30 - 1:30 BIRTHDAYS! LUNCH 11:30</p>	<p>21 Andre Piano Knitting class - 12:15 Iowa Oprey Country Band Farmers Market LUNCH 11:30</p>	<p>22 Adult Exercise 12:30 - 1:30 Fresh Conversations  LUNCH 11:30</p>
<p>25 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Adult Exercise 12:30 - 1:30</p>	<p>26 Bingo 10:00 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>27 Adult Exercise 12:30 - 1:30 History Class 10:00 – 11:00 CARDS AFTER LUNCH Exercise 11:15 LUNCH 11:30</p>	<p>28 BINGO 10:00 ANDRE' PIANO Farmers Market Knitting class - 12:15 LUNCH 11:30</p>	<p>29 Adult Exercise 12:30 - 1:30  LUNCH 11:30</p>