

September 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 Cards after lunch Andre Piano Knitting 12:15 – 2:00</p>  <p>VJ Farmers Market LUNCH 11:30</p>	<p>2 FUN FOOD AND FRIENDS WESTSIDE SENIOR CENTER THE PLACE TO BE!!!!!!</p>  <p>Lunch 11:30</p>
<p>5 Closed for LABOR DAY</p> 	<p>6 Cards after lunch Music by James Kellerman Crafts 9:00 LUNCH 11:30</p>	<p>7 History Class 9:45-11:00 Exercise 11:15 Cards after lunch LUNCH 11:30</p>	<p>8 Cards after lunch Andre Piano Knitting Class 12:15-2:00 David and Ellie Winchester Lunch 11:30</p>	<p>9 Iowa vs Iowa State Game</p>  <p>Lunch 11:30</p>
<p>12 Current Events 9:45 – 11:00 Exercise 11:15 Ceramics 9:30</p>  <p>LUNCH 11:30</p>	<p>13 Cards after lunch Andre Piano Concert by Mark Challis</p>  <p>LUNCH 11:30</p>	<p>14 History Class 9:45-11:00 Exercise 11:15 Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>15 Iowa County OPREY 10:00 Andre Piano Cards after lunch No Knitting today Cards after lunch LUNCH 11:30</p>	<p>16</p>  <p>LUNCH 11:30</p>
<p>19 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 BLOOD PRESSURE</p> <p>LUNCH 11:30</p>	<p>20 Cards after lunch Andre Piano Bingo 10:15 LUNCH 11:30</p>	<p>21 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Foot Clinic Birthdays Lunch 11:30</p>	<p>22 Bingo 10:15 Adult Health Cards after lunch Andre Piano Knitting Class 12:15-2:00 LUNCH 11:30</p>	<p>23 Fresh Conversations</p>  <p>LUNCH 11:30</p>
<p>26 Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 LUNCH 11:30</p>	<p>27 Bingo 10:15 Cards after lunch Andre Piano LUNCH 11:30</p>	<p>28 History Class 9:45-11:00 Exercise 11:15 Cards after lunch Lunch 11:30</p>	<p>29 BINGO 10:15 CARDS AFTER LUNCH ANDRE PIANO No knitting today LUNCH 11:30</p>	<p>30 FALL IS COMING!!!!</p>  <p>LUNCH 11:30</p>