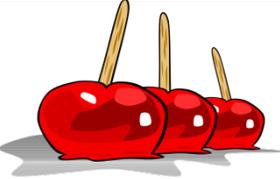


<p style="text-align: right;">3</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p>  <p>LUNCH 11:30</p>	<p style="text-align: right;">4</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>Blood Pressure LUNCH 11:30</p>	<p style="text-align: right;">5</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after Lunch</p> <p>Lunch 11:30</p>	<p style="text-align: right;">6</p> <p>David and Elli Winchester Knitting Class 12:15 – 2:00 Cards after lunch Andre Piano Flu Clinic 9:30 to 11:30 LUNCH 11:30</p>	<p style="text-align: right;">7</p> <p>Read to Me Program</p>  <p>Lunch 11:30</p>
<p style="text-align: right;">10</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00</p>  <p>LUNCH 11:30</p>	<p style="text-align: right;">11</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>Craft Class 9:00 LUNCH 11:30</p>	<p style="text-align: right;">12</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch Medicare Part D Check-up with SHIP</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">13</p> <p>Bingo 10:15 Knitting Class 12:15 – 2:00 Cards after lunch Andre Piano</p>  <p>Lunch 11:30</p>	<p style="text-align: right;">14</p> <p>Fresh Conversations</p>  <p>Lunch 11:30</p>
<p style="text-align: right;">17</p> <p>Exercise 11:15 Ceramics 9:30 /Exercise 11:15h Current Events 9:45-11:00 Blood Pressure</p> <p>Lunch 11:30</p>	<p style="text-align: right;">18</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>Talk with the Sherriff McCarthy LUNCH 11:30</p>	<p style="text-align: right;">19</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after Lunch Foot Clinic</p> <p>Lunch 11:30</p>	<p style="text-align: right;">20</p> <p>Band Cards after Lunch Knitting Class 12:15 – 2:00 Victorian &Edwardian Mens Clothing presentation</p>  <p>LUNCH 11:30</p>	<p style="text-align: right;">21</p>  <p>Annual Steak Grill YUM YUM LUNCH 11:30</p>
<p style="text-align: right;">24</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Foot Clinic</p>  <p>LUNCH 11:30</p>	<p style="text-align: right;">25</p> <p>Bingo 10:15 Cards after lunch Andre Piano</p>  <p>LUNCH 11:30</p>	<p style="text-align: right;">26</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch</p>  <p>Lunch 11:30</p>	<p style="text-align: right;">27</p> <p>Bingo 10:15 Andre Piano Cards after Lunch Knitting Class 12:15 – 2:00</p> <p>LUNCH 11:30</p>	<p style="text-align: right;">28</p>  <p>Come dressed up if you want!! Lunch 11:30</p>
<p style="text-align: right;">31</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Lunch 11:30</p>			<p>WESTSIDE SENIOR CENTER 274-0373 134TH 6TH STREET WEST DES MOINES, IA 5026</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN & FRIENDS</p>