







EASTSIDE SENIOR CENTER
 1231 E. 26TH STREET
 DES MOINES IOWA 50317



265-8461

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DMARC MOBILE FOOD PANTRY JULY 1 JULY 15 12:00 – 2:00 P.M.	1 10:45 FRESH CONVERSATIONS 11:30 LUNCH 12:30 LIVE 2B HEALTHY	2 9:30 CRAFTS 10:30 RED WHITE AND BLUE BINGO 11:30 LUNCH CARDS/GAMES	3 FOOT CLINIC 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY		5 10:30 POKENO 11:30 LUNCH	 PLAY BALL WED. JULY 31 10:30 A.M.
 S.A.L.T. TUESDAY JULY 16 10:30 A.M. “MOBILE CRISIS RESPONSE TEAM”	8 BLOOD PRESSURES 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY	9 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES	10 10:00 EXERCISE 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES	11 9:00 CERAMICS 10:30 SENIOR STRETCH 11:30 LUNCH CARDS/GAMES	12 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY	13 WELCOME TO MEDICARE WORKSHOP 10-12
	15 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES	16 9:30 CRAFTS 10:30 S.A.L.T. 11:30 LUNCH 12:30 MOVIE CARDS/GAMES	17 10:30 BINGO 11:30 LUNCH 12:30 LIVE 2B HEALTHY 	18 9:00 CERAMICS 10:30 SENIOR STRETCH 11:30 LUNCH CARDS/GAMES	19 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY	 NEW ACTIVITY!!
	22 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES	23  FOOT CLINIC 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH	24 BLOOD PROFILES 10:00 EXERCISE 11:30 LUNCH 12:30 LIVE 2B HEALTHY	25 9:00 CERAMICS 10:00 MERCY STUDENTS 11:30 LUNCH	26 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY	LEARN HOW TO PLAY BAGS
	29 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES	30 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES	31 10:30 BASEBALL 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES		RESERVATIONS OR QUESTIONS CALL KRIS OR RANAE AT 265-8461	