











Pioneer Columbus
Senior Care
2100 SE 5th St
Des Moines, IA 50315
515-288-3734

July 2019



Site Manager: Anna Calisesi
Lunch Served Daily 11:30-12:00
Lunch reservation need to be made
by noon the day before by calling:
515-288-3734

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00	2	 Fruit Bingo 12:00_1:30 Ice cream sundae Senior Sneakers 9:30- 11:00	3	Chair Exercises 10:30-11:00 Wear Red White & Blue Senior Sneakers 9:30- 11:00	4	CLOSED INDEPENDENCE DAY 	5	 DMARC FOOD PANTRY9:30-11:30 Senior Sneakers 9:30- 11:00 Chair Exercise 10:00-10:30 Bingo 10:30- 11:00
8	Chair Exercises 10:30-11:00 Eyerly Ball-Mike 11:30 Senior Sneakers 9:30- 11:00	9	Ice cream sundae Senior Sneakers 9:30- 11:00	10	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00	11	Senior Sneakers 9:30- 11:00	12	 Senior Sneakers 9:30- 11:00 Chair exercise 10:00- 10:30 Bingo 10:30- 11:00
15	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00	16	 Fruit Bingo 12:00-1:30 Ice cream sundae Senior Sneakers 9:30- 11:00	17	Chair Exercises 10:30-11 Blood Pressure Check  Senior Sneakers 9:30- 11:00	18	Senior Sneakers 9:30- 11:00	19	 Senior Sneakers 9:30- 11:00 Chair exercise 10:00-10:30 Bingo 10:30-11:00
22	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00	23	Ice cream sundae Senior Sneakers 9:30- 11:00	24	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00	25	Foot Clinic 9:00-1:00  Senior Sneakers 9:30- 11:00	26	 Senior Sneakers 9:30- 11:00 Chair Exercise 10:00-10:30 Bingo 10:30-11:00
29	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00	30	Ice cream sundae Senior Sneakers 9:30- 11:00	31	Chair Exercises 10:30-11:00 Senior Sneakers 9:30- 11:00 Bingo 10:30 - 11:00				
				Notes  Now on FRIDAYS Every Tuesday- Ice cream Fun day Sundaes July 3rd wear red, white & blue for 4th July Holiday July 5th DMARC Food Pantry New: Senior Sneakers - Walkers					