

<p>1</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Live 2B Healthy 12:15- 1:15 LUNCH 11:30</p>	<p>2</p> <p>Music - Side by Side 10:00 Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>3</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch Live 2B Healthy 12:15-1:15</p> <p>LUNCH 11:30</p>	<p>4</p> <p>CLOSED</p> 	<p>5</p>  <p>Live 2B Healthy 12:15 – 1:15 Lunch 11:30</p>
<p>8</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Live 2B Healthy 12:15-1:15</p>  <p>LUNCH 11:30</p>	<p>9</p> <p>Bingo 10:15 Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>10</p> <p>History Class 9:45-11:00 Exercise 11:15 Cards after lunch Live 2B Healthy 12:15-1:15</p> <p>LUNCH 11:30</p>	<p>11</p> <p>Music with David and Ellie Winchester Farmers Market Valley Junction Cards after lunch Blood Pressure/ Screenings By Mercy Nursing Students 10:30 to noon Lunch 11:30</p>	<p>12</p> <p>Fresh Conversations 10:15 Live 2B Healthy 12:15-1:15</p>  <p>Lunch 11:30</p>
<p>15</p> <p>Ceramics 9:30 Exercise 11:15 Current Events 9:45-11:00 Blood Pressure Live 2B Healthy 12:15-1:15</p> <p>Lunch 11:30</p>	<p>16</p> <p>BINGO 10:15 Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>17</p> <p>Live 2B Healthy 12:15-1:15 History Class 9:45 – 11:00 Exercise 11:15 Cards after Lunch Foot Clinic</p> <p>Lunch 11:30</p>	<p>18</p> <p>Iowa Country Oprey Band</p>  <p>Cards after Lunch Farmers Market Valley Junction LUNCH 11:30</p>	<p>19</p> <p>Live 2B Healthy 12:15-1:15</p>  <p>LUNCH 11:30</p>
<p>22</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Live 2B Healthy 12:15-1:15</p>  <p>LUNCH 11:30</p>	<p>23</p> <p>Bingo 10:15 Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>24</p> <p>History Class 9:45-11:00 Exercise 11:15</p>  <p>Live 2B Healthy 12:15-1:15 Cards after lunch</p> <p>Lunch 11:30</p>	<p>25</p> <p>Bingo 10:15 Cards after Lunch Farmers Market Valley Junction Health promotion projects By Mercy Nursing Students 10:30 to 12:00</p>  <p>LUNCH 11:30</p>	<p>26</p> <p>Live 2B Healthy 12:15-1:15</p>  <p>Lunch 11:30</p>
<p>29</p> <p>Exercise 11:15 Ceramics 9:30 Current Events 9:45-11:00 Live 2B Healthy 12:15-1:15 Lunch 11:30</p>	<p>30</p> <p>Music by Jack Hackett Cards after lunch</p> <p>LUNCH 11:30</p>	<p>31</p> <p>Live 2B Healthy 12:15-1:15 History Class 9:45 – 11:00 Exercise 11:15 Cards after Lunch LUNCH 11:30</p>	<p>WESTSIDE SENIOR CENTER 274-0373 134TH 6TH STREET WEST DES MOINES, IA 50266</p>	<p>Mary Clare Cox, Supervisor Linda Mason, Program Aide COME AND JOIN US for some FOOD, FUN & FRIENDS</p>