








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

265-8461

AUGUST

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|---|---|---|--|---|
| <p>MUSIC BY DAVE & ELLIE WINCHESTER</p> <p>10:30 A.M. THURSDAY, AUGUST 15</p>  | | <p>DMARC MOBILE FOOD PANTRY</p> <p>AUGUST 5 & 19 12:00 – 2:00 P.M.</p> | | <p>1 9:00 CERAMICS 10:30 SENIOR STRETCH 11:30 LUNCH CARDS/GAMES</p> | <p>2 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> |  <p>IOWA STATE FAIR AUG. 8-18</p> |
|  | <p>5 10:45 FRESH CONVERSATIONS 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> | <p>6 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES</p> | <p>7 FOOT CLINIC 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> | <p>8 9:00 CERAMICS 10:30 SENIOR STRETCH 11:30 LUNCH CARDS/GAMES</p> | <p>9 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> | |
|  <p>S.A.L.T. SENIORS AND LAWYERS TOGETHER</p> <p>TUESDAY AUG. 20 10:30 A.M.</p> <p>MAINTAINING GOOD MENTAL HEALTH</p> | <p>12 BLOOD PRESSURES 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> | <p>13 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES</p> | <p>14 10:00 EXERCISE 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES</p> | <p>15 9:00 CERAMICS 10:30 MUSIC BY DAVE & ELLIE WINCHESTER 11:30 LUNCH</p> | <p>16 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> |  |
| | <p>19 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY CARDS/GAMES</p> | <p>20 9:30 CRAFTS 10:30 SALT 11:30 LUNCH 12:30 MOVIE CARDS/GAMES</p> | <p>21 10:30 BINGO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p>  | <p>22 9:00 CERAMICS 10:30 SENIOR STRETCH 11:30 LUNCH CARDS/GAMES</p> | <p>23 10:30 POKENO 11:30 LUNCH 12:30 LIVE 2B HEALTHY</p> |  |
| | <p>26 10:30 POKENO 11:30 LUNCH CARDS/GAMES</p> | <p>27 FOOT CLINIC 9:30 CRAFTS 10:30 BINGO 11:30 LUNCH CARDS/GAMES</p> | <p>28 10:00 EXERCISE 11:30 LUNCH CARDS/GAMES</p> | <p>29 9:00 CERAMICS 10:30 SENIOR STRETCH 11:15 SITE COUNCIL 11:30 LUNCH</p> | <p>30 10:30 POKENO 11:30 LUNCH CARDS/GAMES</p> | <p>RESERVATIONS OR QUESTIONS CALL KRIS OR RANAE AT 265-8461</p> |