

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

# August 2019



Program Aide: 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		2	
						MARC FOOD PANTRY 9:30-11:30 Senior Sneakers 9:30-11:00		Senior Sneakers 9:30-11:00 Chair Exercise 9:45- 10:50 Bingo 10:55	
5		6		7		8		9	
Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00		Senior Sneakers 9:30-11:00 Fruit Bingo 12:00-1:30 		Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00		Senior Sneakers 9:30-11:00		Senior Sneakers 9:30-11:00 Chair Exercise 9:45- 10:50 Bingo 10:55	
12		13		14		15		16	
Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00 Eyerly Ball -Mike 11:30		Senior Sneakers 9:30-11:00		Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00		Senior Sneakers 9:30-11:00		Senior Sneakers 9:30-11:00 Chair Exercise 9:45- 10:50 Bingo 10:55	
19		20		21		22		23	
Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00		Senior Sneakers 9:30-11:00 Fruit Bingo 12:00- 1:30 		Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00 lood Pressure Check		Senior Sneakers 9:30-11:00 Foot Clinic 9:00-1:00 		Senior Sneakers 9:30-11:00 Chair Exercise 9:45- 10:50 Bingo 10:55	
26		27		28		29		30	
Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00		Senior Sneakers 9:30-11:00		Senior Sneakers 9:30-11:00 Chair Exercise 10:30-11:00 Bingo 10:30-11:00		Senior Sneakers 9:30-11:00		Senior Sneakers 9:30-11:00 Chair Exercise 9:45- 10:50 Bingo 10:55	
				<b>Notes</b> Every Tuesday 10:00-10:45 Ice cream Sundaes Everyday available -Play cards, puzzles, wii bowling, board games, and coloring					