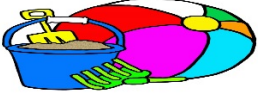



















<p><b>WESTSIDE SENIOR CENTER</b>  <b>134<sup>TH</sup> 6<sup>TH</sup> STREET</b>  <b>WEST DES MOINES, IA 50265</b>  <b>274-0373</b></p> 		<p><b>Mary Clare Cox, Supervisor</b>  <b>Linda Mason, Program Aide</b>  <b>COME AND JOIN US for</b>  <b>some</b>  <b>FOOD, FUN &amp; FRIENDS</b></p>	<p>Cards after lunch <b>1</b>          Bingo 10:15          LUNCH 11:30\ Farmers Market</p>	<p>Live 2B Healthy 12:15 – 1:15 <b>2</b></p>  <p>Lunch 11:30</p>
<p>Exercise 11:15 <b>5</b>          Ceramics 9:30          Current Events 9:45-11:00          Live 2B Healthy 12:15 – 1:15</p>  <p>LUNCH 11:30</p>	<p>Bingo 10:15 <b>6</b>          Cards after lunch            Blood Pressure            LUNCH 11:30</p>	<p>History Class 9:45-11:00 <b>7</b>          Exercise 11:15          Cards after lunch          Live 2B Healthy 12:15 – 1:15          Foot Clinic          LUNCH 11:30</p>	<p>Cards after lunch <b>8</b>          David and Ellie Winchester          IOWA STATE FAIR STARTS.....          Farmers Market VJ            LUNCH</p>	<p>Live 2B Healthy 12:15 – 1:15 <b>9</b>          POPCORN DAY!!!!!!!!!!!!!!!!!!!!!!</p>  <p>Lunch 11:30</p>
<p>Exercise 11:15 <b>12</b>          Ceramics 9:30          Current Events 9:45-11:00          Live 2B Healthy 12:15 – 1:15</p>  <p>LUNCH 11:30</p>	<p>Bingo 10:15 <b>13</b>          Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>Exercise 11:15 <b>14</b>          Cards after lunch          History Class 9:45          Live 2B Healthy 12:15 – 1:15            LUNCH 11:30</p>	<p>Cards after Lunch <b>15</b>          Iowa Country Oprey Band            LUNCH 11:30 Farmers Market</p>	<p><b>16</b></p>  <p>Live 2B Healthy 12:15 – 1:15          LUNCH 11:30</p>
<p>Exercise 11:15 <b>19</b>          Ceramics 9:30          Current Events 9:45-11:00          Live 2B Healthy 12:15 – 1:15          Blood Pressure</p> <p>LUNCH 11:30</p>	<p>Music with Valerie <b>20</b>          Cards after lunch</p>  <p>LUNCH 11:30</p>	<p>History Class <b>21</b>          9:45-11:00          Exercise 11:15          Cards after lunch            Live 2B Healthy 12:15 – 1:15          Foot Clinic          LUNCH 11:30</p>	<p>Bingo 10:15 <b>22</b>          Cards after Lunch          Farmers Market VJ            LUNCH 11:30</p>	<p>Fresh Conversation with Bambi <b>23</b></p>  <p>Live 2B Healthy 12:15 – 1:15          Lunch 11:30</p>
<p>Ceramics 9:30 <b>26</b>          Exercise 11:15          Current Events 9:45-11:00          Lunch 11:30</p>	<p>Bingo 10:15 <b>27</b>          Cards after lunch</p> <p>LUNCH 11:30</p>	<p>History Class 9:45-11:00 <b>28</b>          Exercise 11:15          Cards after lunch          LUNCH 11:30</p>	<p>Bingo 10:00 <b>29</b>          Cards after Lunch          Farmers Market VJ          LUNCH 11:30</p>	<p><b>30</b></p> <p><b>Music with Jack</b></p>  <p>LUNCH 11:30</p>