




MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		EASTSIDE SENIOR CENTER 1231 E. 26 th St. Des Moines, Iowa 50317 Phone: 515-265-8461 Hours: 8:00-5:00 M-F Building Attendant: Lisa Turner Program Aide: Sam Bounma Site Supervisor: Dan Sauser		<div>1</div> 10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise
<div>4</div> 10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise	<div>5</div> 10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)	<div>6</div> 11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise	<div>7</div> 11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles	<div>8</div> 10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise
<div>11</div> 10:30 Word Searches and Coffee 11:00- Blood Pressure 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise	<div>12</div> 10:00 Crafts 10:30 Cribbage 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)	<div>13</div> 10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise	<div>14</div> 10:30 Sr. Rule Trivia 11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles	<div>15</div> 10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise St Patrick's party wear Green and bring snacks to share
<div>18</div> 10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise	<div>19</div> 10:30 Fresh Conversations 10:00 Crafts 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)	<div>20</div> 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise Foot Clinic	<div>21</div> 11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles 1:00 Popcorn and Movie	<div>22</div> 10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise
<div>25</div> 10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise	<div>26</div> 10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)	<div>27</div> 10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise	<div>28</div> 11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles	<div>29</div> 10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise