

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED Happy New Year</p>	<p>2</p> <p>10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)</p>	<p>3</p> <p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise</p>	<p>4</p> <p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles</p>	<p>5</p> <p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>
<p>8</p> <p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>	<p>9</p> <p>10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)</p>	<p>10</p> <p>11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise</p>	<p>11</p> <p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles</p>	<p>12</p> <p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>
<p>15</p> <p>CLOSED MLK Birthday</p>	<p>16</p> <p>10:30 Fresh Conversations 10:30 Cribbage 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)</p>	<p>17</p> <p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise</p>	<p>18</p> <p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles</p>	<p>19</p> <p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>
<p>22</p> <p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>	<p>23</p> <p>10:00 Crafts 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)</p>	<p>24</p> <p>11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>	<p>25</p> <p>11:30-12:30 Lunch 12:30 Chair Yoga (Video Lead) 12:30 Games and Puzzles 3:00 Movie Day/ Pizza Party</p>	<p>26</p> <p>10:30- BINGO 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>
<p>29</p> <p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Cards and Games 1:00 Live 2B Healthy Exercise</p>	<p>30</p> <p>10:30 Cribbage and Pool 11:30-12:30 Lunch 12:30 Games and Puzzles 12:30 Chair Yoga (Video Lead)</p>	<p>31</p> <p>10:30 Word Searches and Coffee 11:30-12:30 Lunch 12:30 Eastside Library Activities 1:00 Live 2B Healthy Exercise</p>		<p>EASTSIDE SENIOR CENTER 1231 E. 26th 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</p>