

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Howie Van Schedule
 May 5 - May 11
 May 19 - May 25
 June 2 - June 8

Holidays
 4th Kentucky Derby
 12th Mother's Day
 27th Memorial Day

Birthdays
 Donna H. - 16th
 Rosemary R. - 22nd
 Mary S. - 20th
 Mary B. - 28th

May Day
 9a Chair Drumming
 10:15a Make May Baskets
 11a Catholic Mass
 12p Daily Trivia
 1:30p Fill Baskets
 2:30p Give Baskets

9a Strength Training
 11a Manicures
 12p Daily Trivia
 1:30p Beachball Soccer
 2:30p BINGO

9a Chair Yoga
 11a Left Right Horse Game
 12p Daily Trivia
 1:30p Horse Racing
 2:30p Mint Julips

KENTUCKY DERBY
 9a Exercise
 11a Coffee and Chat
 12p Daily Trivia
 1:30 Card Game
 2:30 Bible Fellowship
 6p Kentucky Derby

(Every other week)
 9a Sit 2B Fit
 11a Des Moines Read Along
 12p Daily Trivia
 1:30p Crossword Puzzle
 2:30p Church Service

9a Stretch Exercises
 11a Balloon Volleyball
 12p Daily Trivia
 1:30p Coloring to Music
 2:30p Movie Monday

9a Walking Exercise
 11a Garden Clean up
 12p Daily Trivia
 1:30 Pictionary
 2:30p BINGO

9a Chair Drumming
 11a Cribbage
 12p Daily Trivia
 1:30p Trip Madison County Bridges
 2:30p Word Search Puzzle

9a Strength Training
 10a Church Service
 11a Manicures
 12p Daily Trivia
 1:30p Chair Soccer
 2:30p BINGO

9a Chair Yoga
 11a Wheel of Fortune
 12p Daily Trivia
 1:30p Garden Planting Trip
 2:30p Word Find

9a Exercise
 11a Coffee and Chat
 12p Daily Trivia
 1:30p Mother's Day Tea
 2:30p Bible Fellowship

MOTHER'S DAY
 9a Sit 2B Fit
 11a Read Des Moines
 12p Daily Trivia
 1:30p Crossword Puzzle
 2:30p Church Service

9a Stretch Exercises
 11a Sing Along
 12p Daily Trivia
 1:30p Coloring to Music
 2:30p Movie Monday

9a Walking Exercise
 10a Betsy from West Des Moines Library
 11a Hearts Card Game
 12p Daily Trivia
 1:30p Hot Potato Game
 2:30p BINGO

9a Chair Drumming
 11a History of Kites
 12p Daily Trivia
 1:30p Kite Building
 2:30p Scrabble

9a Strength Training
 11a Manicures
 12p Daily Trivia
 1:30p Scattagories
 2:30p BINGO

9a Chair Yoga
 10a Church Service
 12p Daily Trivia
 1:30 Clothes Pin
 2:30p Spring Decoupage

9a Exercise
 11a Coffee and Chat
 12p Daily Trivia
 1:30p Card Game
 2:30p Bible Fellowship

9a Sit 2B Fit
 11a Des Moines Read Along
 12p Daily Trivia
 1:30p Crossword Puzzle
 2:30p Church Service

9a Stretch Exercises
 11a Coloring to Music
 12p
 1:30p Trip to Botanical Gardens (admission \$11)
 3:30p Movie Monday

9a Walking Exercise
 11a Bowling
 12p Daily Trivia
 1:30p Backyard Games
 2:30p BINGO

9a Chair Drumming
 11a Finish Kites
 12p Daily Trivia
 1:30p Trip to Grey's Lake Park (Fly Kites)
 2:30p

9a Strength Training
 10a Church Service
 11a Manicures
 12p Daily Trivia
 1:30p "Beer" Pong
 2:30p BINGO

9a Chair Yoga
 11a Wii Jeopardy
 12p Daily Trivia
 1:30p Bocci Ball
 2:30p Give me 5

9a Exercise
 11a Coffee and Chat
 12p Daily Trivia
 1:30p Card Game
 2:30p Bible Fellowship

9a Sit 2B Fit
 11a Des Moines Read Along
 12p Daily Trivia
 1:30p Crossword Puzzle
 2:30p Church Service

MEMORIAL DAY
 9a Stretch Exercises
 11a Party Set up
 12p Memorial Day Luncheon
 1:30p Patio Cleanup
 2:30p Movie Monday

9a Walking Exercise
 11a Tin Can Knock Out
 12p Daily Trivia
 1:30p Putt Putt Golf
 2:30p BINGO

9a Chair Drumming
 11a Yatzee
 12p Daily Trivia
 1:30p True/ False Game
 2:30p Musical Chairs

9a Strength Training
 10a Church Service
 11a Manicures
 12p Daily Trivia
 1:30p Balloon Tennis
 2:30p BINGO

9a Chair Yoga
 11a Skipbo
 12p Daily Trivia
 1:30p Wheel of Fortune
 2:30p Ice Cream Social

Hair Dresser
 Saturdays
 9am - 3pm