

September Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed for Labor Day h	2 10:30 Stretch & Relax Arthritis Exercise class	3 12:00 Cards	4	5 10:45 Bingo
8 8:00 Foot Clinic/Tim 10:45 Share Bingo	9 10:30 Stretch & Relax Arthritis Exercise class	10 11:40 Senior Outreach Health Education 12:00 Cards	11 SENIOR MEDICARE PATROL	12 10:00 Blood Pressures:-VNS  10:45 Bingo 11:40 Health Education
15 10:45 Share Bingo	16 10:30 Stretch & Relax Arthritis Exercise class	17 Citizenship Day! 11:00 Patriotic Songs- Group Sing a long Song Lyrics Provided 12:00 Cards	18	19 10:45 Bingo
22 10:45 Share Bingo	23 8:00 Foot Clinic/Tim 10:30 Stretch & Relax Arthritis Exercise class	24 “CHECKERS” Day! Come enjoy a game or two Dress the part if you wish--Wear Red, Black, Checks, or make your own creation 12:00 Cards	25 10-11 Blood pressure checks w/ Bonnie B	26 10:45 FRUIT BINGO 11:40 Nutrition Education
29 10:45 Share Bingo	30 10:30 Stretch & Relax Arthritis Exercise class		Scott 4 mile Senior Meal Site is located in City of Des Moines Scott 4 mile Community Center 3711 Easton Blvd For Information on these activities or senior meals, please call us at 265-9977. If you need info regarding 4 mile Rentals or Recreational Activities—248-6315,	