

January 2015 Activities w/Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
Senior Activities / Meals at 4 mile Site is provided by Polk County. Located within the City of Des Moines, Scott 4 Mile Community Center-- at 3711 Easton Blvd.			1 HAPPY New YEAR 2015 (Holiday-Closed)	2 11:30 Lunch Choc Milk Friday Begins!!
5 10:45 Share Bingo	6 10:30 Stretch & Relax 11:40 Senior Medicare Patrol	7 **10:00 Crafts** 12:00 Cards	8 11 am Site Meeting 11:40 Nutrition Education	9 10:00 Blood Pressures:-VNS  10 45 Bingo 11:40 Health Education
12 10:45 Share Bingo	13 10:30 Stretch & Relax 11:40 Nutrition Education Fare thee Well Elder Clark	14 **10:00 Crafts** 11:40 Senior Outreach Health Education 12:00 Cards	15 National Wear a Hat Day Let's show off and share your hat!!	16 10:45 Fruit Bingo
19 10:MLKing Holiday Site Closed <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> **Activity Requires Pre-Registration** </div>	20 10:30 Stretch & Relax	21 11:30 ~ ~ Birthday's 12:00 Cards	22 10- 11 Blood Pressure Checks with Bonnie Bl	23 10:45 Bingo
26 10:45 Share Bingo	27 **8-12 Foot Care** 10:30 Stretch & Relax Choc Cake from/with the Shores	28 12:00 Cards	29	30 10:45 Bingo

Polk County provides this part-time Senior Meal / Activity Site Open: 9:30 am to 1 pm Monday – Friday
 Located within the multipurpose room at Scott 4 Mile Community Center. To learn more about: **Senior Activities or Meals at 4 mile**
 (Be sure to leave a voicemail if we are unable to answer your call) **Contact us at: 265-9977**
Additional City of Des Moines Services available: for Adults 60 years of age + include Fitness equipment, Gym, Computer lab. & FREE WiFi!. bring your device and use our connection,(not your program's). For information on building hours or rentals please call 248-6315 **City of Des Moines**
Open 8 am – 5 pm Monday-Friday 248-6315