

December Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:45 Share Bingo	2 10:30 Stretch & Relax	3 **10:00 Crafts** 12:00 Cards (RP mtg 1-3)	4 11:40 "Safe at Home Program ~Rebuilding Together-Clay~" To start learning more, take home info packet & be ready to ask your questions about how it works.	5 10:45 Bingo
8 10:45 Share Bingo	9 Music! 10:30 Senior Singers Concert	10 **10:00 Crafts** 11:40 Senior Outreach Health Education 12:00 Cards	11 11:40 Nutrition Education	12 10:00 Blood Pressures:-VNS  10:45 FRUIT Bingo 11:40 Health Education
15 **8:00 Foot Care/Tim** 10:45 Share Bingo	16 10:30 Stretch & Relax (9-12 word class)	17 11:30 December Birthday's 12:00 Cards (9-12 word class)	18 SENIOR MEDICARE PATROL	19 Holiday Celebration 10:15 Treats from The Shores 10:45 Early Lunch Service!! 11:30 St Joseph's School Music Performance
22 10:45 Share Bingo	23 <i>10-11 Blood Pressure checks with Bonnie B ?</i> 10:30 Stretch & Relax	24 12:00 Cards	25 Merry Christmas Meal Site Closed	26 Merry Christmas Meal Site Closed
29 10:45 Share Bingo	30 **8:00 Foot Care/Tim** (Replaces Jan 12, 2015 clinic) 10:30 Stretch & Relax	31 11:00 New Year Wishes And Remembrances 12:00 Cards	JANUARY 1, 2015 Happy New Year Meal Site Closed	JANUARY 2, 2015 Yes we are open!! 11:30 Lunch ! Happy 2015

****Activity Requires Pre-Registration****

Polk County provides this part-time Senior Meal / Activity Site Open: 9:30 am to 1 pm Monday – Friday
in 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

City of Des Moines operates--Scott 4 mile Community Center:

Building is open **Mon-Friday 8 am – 5 pm Rentals or Recreational Activities—248-6315**

All Activities subject to change, printed 11-24-14