



# JANUARY 2015 ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Polk City Senior Center</b> 309 Van Dorn, Polk City 515-984-6691 Mary Scaglione Site Coordinator			1 10:00 Exercise 11:30 Lunch 12:00 Bingo	2
5	6 9:30 Crafts 10:00 Exercise 11:30 Lunch <b>Senior Counselor</b>	7	8 10:00 Exercise 11:30 Lunch 12:00 Bingo <b>VNS Blood Pressure</b>	9
12	13 9:30 Crafts 10:00 Exercise 11:30 Lunch	14	15 <b>9:00 Foot Nurse</b> 10:00 Exercise 11:30 Lunch 12:00 Bingo	16
20	20 9:30 Crafts 10:00 Exercise 11:30 Lunch 	21	22 10:00 Exercise 11:30 Lunch 12:00 Bingo	23
26	27 9:30 Crafts 10:00 Exercise 11:30 Lunch	28	29 10:00 Exercise 11:30 Lunch 12:00 Bingo	30