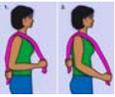


# March 2015

## Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:45 Share Bingo	<b>3</b> 10:30 Stretch & Relax  <b>"National Anthem Day"</b>	<b>4</b> <b>**10:00 Crafts**</b> 12:00 Cards	<b>5</b> <b>11:40 Senior Medicare Patrol</b>	<b>6</b> 10:45 Bingo
<b>9</b> <b>**8:00 Foot Clinic/Tim**</b> <b>(** Pre-Registration**)</b> 10:45 Share Bingo	<b>10</b> 10:30 Stretch & Relax  <b>"Middle Name Pride Day"</b>	<b>11</b> <b>**10:00 Crafts**</b> <b>11:40 Senior Outreach Health Education</b> 12:00 Cards	<b>12</b> <b>10:30 Site Meeting</b>  <b>"Popcorn Lovers Day"</b>	<b>13</b> <b>10:00 Blood Pressures:-VNS</b>  10:45 Bingo 11:40 Health Education
<b>16</b> 10:45 Share Bingo	<b>17 St. Patrick's Day !</b> <b>Doesn't matter if you're not Irish, Let's play it for a day!</b> 10:30 Stretch & Relax	<b>18</b> 11:30 ~MARCH ~ Birthday's 12:00 Cards	<b>19</b> <b>10:30 Ice Cream with Monica &amp; Christie from the Shores</b> <i>(cmf)</i>	<b>20</b> <b>10:45 FRUIT BINGO (cmfm)</b>  11:40 Nutrition Education
<b>23</b> 10:45 Share Bingo	<b>24</b> <b>**8:00 Foot Clinic/Tim**</b> <b>(** Pre-Registration**)</b> 10:30 Stretch & Relax	<b>25 Waffle Day</b> 10 ish Enjoy a <i>wee bit O Waffle</i>  12:00 Cards	<b>26</b> <b>10-11 Blood Pressure Checks with Bonnie B</b> 	<b>27</b> 10:45 Bingo <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>**Activity Requires Pre-Registration**</b> </div>
<b>30</b> 10:45 Share Bingo	<b>31</b> 10:30 Stretch & Relax	<b>Senior Activities / Meals at 4 mile Site, provided by Polk County.</b> Located at 3711 Easton Blvd within the City of Des Moines, Scott 4 Mile Community Center <i>(Current as of Feb 23-15)</i>		

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 Feb 23, 2015