

April 2015

Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Activities / Meals at 4 mile Site, provided by Polk County. Located at 3711 Easton Blvd within the City of Des Moines, Scott 4 Mile Community Center (<i>Current as of March 10</i>)		1 **10:00 Crafts** 12:00 Cards	2 11:40 Senior Medicare Patrol	3 10:45 Bingo
6 10:45 Share Bingo 	7 10:30 Stretch & Relax 	8 **10:00 Crafts** 11:40 Senior Outreach Health Education 12:00 Cards	9 10:30 Site Meeting	10 10:00 Blood Pressures:-VNS  10:45 Bingo 11:40 Health Education
13 **8:00 Foot Clinic/Tim** (** Pre-Registration**) 10:45 Share Bingo	14! 10:30 Stretch & Relax 	15 11:30 ~APRIL ~ Birthday's 12:00 Cards	16 10:30 Ice Cream with Monica & Christie from the Shores <i>(cmf)</i>	17 10:45 FRUIT BINGO <i>(cmfm)</i>  11:40 Nutrition Education
20 10:45 Share Bingo 	21 10:30 Stretch & Relax	22 EARTH DAY  12:00 Cards	23 10-11 Blood Pressure Checks with Bonnie B 	24 10:45 Bingo <div style="border: 1px solid black; padding: 5px; display: inline-block;"> **Activity Requires Pre-Registration** </div>
27 10:45 Share Bingo	28 10:30 Stretch & Relax	29 12 Cards		

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, created March 10, 2015