

May 2015

Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Polk County Senior Activities / Meals at 4 mile. 3711 Easton Blvd within the City of Des Moines, Scott 4 Mile Community Center Parking Lot on-East side, Main Entrance faces Easton BLVD (North) Senior Meal Site meets in- Multipurpose room.				1 10:45 Bingo
4 10:45 Share Bingo 	5 10:30 Stretch & Relax 	6 **10:00 Crafts** 11:40 Senior Outreach Health Education 12:00 Cards	7 10:30 Ice Cream with Monica & Christie from the Shores Senior Fest Ticket Pick up 10 am – 1 pm	8 10:00 Blood Pressures:-VNS  10:45 Bingo 11:40 Health Education
11 **8:00 Foot Clinic/Tim** (** Pre-Registration**) 10:45 Share Bingo	12! 10:30 Stretch & Relax	13 No Meal at 4 mile Senior Fest At State Fair Grounds	14	15 10:45 FRUIT BINGO (cmim)  11:40 Nutrition Education
18 10:45 Share Bingo 	19 10:30 Stretch & Relax 	20 11:40 Senior Medicare Patrol 12:00 Cards	21 10-11 Blood Pressure Checks with Bonnie B 	22 10:45 Bingo
25 Site Holiday Closed Memorial Day	26 8-1 Foot Care = VNS Tim 10:30 Stretch & Relax	27 12:00 Cards	28 	29 

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, to bypass voicemail info/greeting, press 0) **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 April 10