

# JUNE\_2015 Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:45 Share Bingo	<b>2</b> 10:30 Stretch & Relax 11:30 Ia Legal Aid "Impt Senior Legal Information"	<b>3</b> 12:30 Cards	<b>4</b> 11:30 Polk County Supplemental Foods Update	<b>5</b> 10:45 Bingo
<b>8</b> 10:45 Share Bingo	<b>9</b> 10:30 Stretch & Relax	<b>10</b> 11:40 Senior Outreach Health Education 12:30 Cards	<b>11</b> 11:30 Senior Companion Program-Julia VNS	<b>12</b> 10:00 Blood Pressures:-VNS  10:45 Bingo 11:40 Health Education
<b>15</b> **8:00 Foot Clinic/Tim** 10:45 Share Bingo	<b>16</b> 10:30 Stretch & Relax <b>11:40 Nutrition Education</b>	<b>17</b> 11:30 ~ JUNE ~ Birthday's 12:30 Cards	<b>18</b> <b>11:40 Senior Medicare Patrol</b>	<b>19</b> <b>10:45 FRUIT BINGO</b> 
<b>22</b> 10:45 Share Bingo	<b>23</b> 10:30 Stretch & Relax 10:30 Ice Cream with The Shores & 	<b>24</b> 12:30 Cards	<b>25</b> 10-11 Blood Pressure Checks with Bonnie B 	<b>26</b> 10:45 Bingo 11:40 Nutrition Education
<b>29</b> 10:45 Share Bingo	<b>30</b> 10:30 Stretch & Relax	<b>JULY 1</b> 12:30 Cards	<b>JULY 2</b>	<b>July 3</b> Site Closed 4 <sup>th</sup> Holiday 
<b>**Activity Requires Pre-Registration**</b>				

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 open: **Mon-Friday 8 am – 5 pm** **Rentals or Recreational Activities—248-6315** Activities subject to change, created 5-15-15 1:15 pm