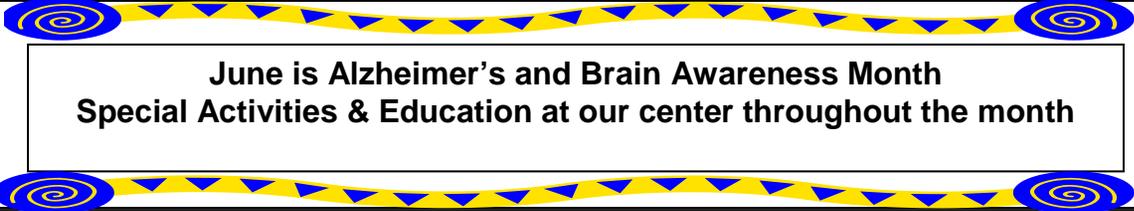


JUNE 2015 Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:45 Share Bingo 	2 11:30 Ia Legal Aid "Senior Legal IssuesU Need"	3 10:30 YAHTZEE!  NO CARDS TODAY	4 11:40 Nutrition Education	5 10:45 Bingo
8 10:45 Share Bingo	9 10:30 Stretch & Relax  11 ish Sharing Humor	10 10:30 YAHTZEE! 11:40 Senior Outreach Health Education 12:30 Cards	11 Corn on Cob Day 10:30 Trivia Games- PRIZES!  Staci w/ Prairie Vista Village 11:40 Senior Companion Program	12 10:00 Blood Pressures:-VNS 10:45 Bingo  11:40 Health Education
15 **8:00 Foot Clinic/Tim** <div style="border: 1px solid black; padding: 2px; width: fit-content;"> ** Pre Registration Required ** </div> 10:45 Share Bingo	16 10:30 Stretch & Relax SMILE POWER DAY 	17 10:30 YAHTZEE! 11:30 ~ JUNE ~ Birthday's 12:30 Cards	18 11:00 Senior Medicare Patrol 11:30 Polk County Supplemental Foods Update	19 10:45 FRUIT BINGO 
22 10:45 Share Bingo	23 10:30 Stretch & Relax 10:30 Ice Cream w/ The Shores & Monica 	24 10:30 YAHTZEE! 12:30 Cards	25 10-11 Blood Pressure Checks with Bonnie B 	26 10:45 Bingo 11:40 Nutrition Education
29 10:45 Share Bingo 	30 10:30 Stretch & Relax	 <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>June is Alzheimer's and Brain Awareness Month Special Activities & Education at our center throughout the month</p> </div>		

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, updated-June 2, 2015