

# JULY 2015 Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Stay tuned as our Senior Activities</b> evolve with your input. Calendar current as of July 9, 2015</p> <p><b>Do YOU have a Talent or Gift to Share?</b> We'd Love to hear from you and discuss how we can offer new Senior experiences with you.</p>		<p><b>1</b> <b>10:30 YAHZEE!</b> Easy to drop in and play or just hang out and enjoy the fun! 12:00 Cards</p>	<p><b>2</b> <b>10 # Wii PLAY #</b> <i># Learn the fundamentals of playing with the popular Wii Games# (Every Thursday)</i></p>	<p><b>3</b> <b>Holiday Independence Day</b> <b>Site closed</b></p>
<p><b>6</b> 10:45 Share Bingo</p>	<p><b>7</b> 10:30 Stretch &amp; Relax</p>	<p><b>8</b> <b>10:30 YAHZEE!</b> <b>11:40 Senior Outreach Health Education</b> <i>Mike K</i> 12:00 Cards</p>	<p><b>9</b> <b>10 # Wii PLAY #</b> 11:40 SNAP Program Cindy Jones</p>	<p><b>10</b> <b>10 Blood Pressure Ck</b> VNS <b>10:45 Bingo</b>  11:40 Health Education</p>
<p><b>13</b> <b>**8 a Foot Clinic/Tim**</b>  <b>** Requires Pre-Registration**</b> 10:45 Share Bingo</p>	<p><b>14</b> <b>10 a Wii Party!</b> <i>Staci @ Prairie Vista Village</i> <b>11:40 Heart Attack? Chest Pain?</b> <i>David Keenan, Unity Point ER Staff</i></p>	<p><b>15</b> <b>10:30 YAHZEE!</b> 11:30 ~JULY~ <b>Birthday's</b> 12:00 Cards</p>	<p><b>16</b> <b>10 # Wii PLAY #</b> 11:40 Senior Medicare Patrol</p>	<p><b>17</b> <b>10:45 Bingo w/Michelle</b> <i>UnionPark Health Service (Giftcard Coverall Prize)</i></p>
<p><b>20</b> 10:45 Share Bingo</p>	<p><b>21</b> 10:30 Stretch &amp; Relax</p>	<p><b>22</b> <b>10:30 YAHZEE!</b> Easy to drop in and play or just hang out and enjoy the fun! 12:00 Cards</p>	<p><b>23</b> <b>10 # Wii PLAY #</b>  10-11 Blood Pressure w/ Bonnie B</p>	<p><b>24</b> <b>10:45 FRUIT BINGO</b> <i>Provided by City of DSM &amp; Bev C + Bernie P</i> 11:40 Nutrition Educ</p>
<p><b>27</b> 10:45 Share Bingo</p>	<p><b>28</b> <b>**9 Foot Clinic/Tim**</b>  <b>** Requires Pre-Registration**</b> 10:30 Stretch &amp; Relax</p>	<p><b>29</b> <b>10:30 YAHZEE!</b> 12:00 Cards</p>	<p><b>30</b> <b>10 # Wii PLAY #</b> 11:30 <b>Age Friendly Des Moines Program</b> - Barb McClintock</p>	<p><b>31</b> <b>10:45 Bingo</b></p>

Polk County provides this **part-time Senior Meal / Activity Site-- 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)* **265-9977**  
**City of Des Moines operates--Scott 4 mile Community Center, Mon-Friday 8 am – 5 pm :**  
**Rentals or Recreational Activities—248-6315**