

August 2015 Activities w/ Polk County Seniors @ 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:45 Share Bingo	4 10:45 Site Meeting <i>National Night Out</i>	5 10:30 YAHZEE! Easy to drop in and play or just hang out and enjoy the fun! 12:00 Cards	6 10 # Wii PLAY # <i># Learn the fundamentals of playing with the popular Wii Games# (Every Thursday)</i>	7 10:45 Bingo
10 **9 a Foot Clinic/Tim** ** Requires Pre-Registration** 10:45 Share Bingo	11 11:40" Bet's Off Program Kirk N @Prelude e	12 10:30 YAHZEE! 11:40 Senior Outreach Health Education Mike K 12:00 Cards	13 10 # Wii PLAY # IA State Fair Begins	14 VNS 10 Blood Pressure Ck 10:45 FRUIT BINGO <i>City DSM & Bev C, Berni P</i> 11:40 Health Education IA State Fair
17 10:45 Share Bingo IA State Fair	18 10 a Wii Party! <i>With Staci from Prairie Vista Village</i> IA State Fair	19 10:30 YAHZEE! 11:30 ~Aug~ Birthday's 12:00 Cards Older Iowans Day @ Fair	20 10 # Wii PLAY # <i>11:40 Senior Medicare Patrol</i> IA State Fair	21 10:45 Bingo w/Michelle <i>UnionPark Health Service</i> {Giftcard Coverall Prize} IA State Fair
24 10:45 Share Bingo	25 10:30 Stretch&Relax 11:40 Foster Grandparent Program—Karen R	26 Summer Celebration! Ice cream with Monica from the Shores 12:00 Cards	27 10 # Wii PLAY #  10-11 Blood Pressure w/ Bonnie B	28 10:45 Bingo
31 10:45 Share Bingo	Stay tuned as our Senior Activities evolve with your input. Calendar current as of July 14, 2015 Check back, in early August for Updates Do YOU have a Talent or Gift to Share? We'd Love to hear from you and discuss how we can offer new Senior experiences with you.			

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