

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:30 Stretch & Relax	<b>2</b> 10:30 YAHZEE! 12:00 Cards	<b>3</b> 10 am <b>Wii Play</b> <i>Swap Ideas Day</i>	<b>4</b> 10:45 <b>Bingo</b> Giftcard for 1 <sup>st</sup> Black out Winner!)
<b>7</b> Closed for National Labor Day Holiday	<b>8</b> 10:30 Stretch & Relax	<b>9</b> 10:30 YAHZEE! 11:40 <b>Senior Outreach Health Education</b> 12:00 Cards	<b>10</b> 10 am <b>Wii Play</b> Annual Volunteer Recognition Dinner	<b>11</b> 10:00 <b>Blood Pressures</b>  10:45 <b>Bingo</b>  11:40 Health Education
<b>14</b> **9:00 Foot Clinic/Tim** <div style="border: 1px solid black; padding: 2px; display: inline-block;">** Requires Pre-Registration**</div> 10:45 Share Bingo	<b>15</b> 10:30 Stretch & Relax	<b>16</b> 10:30 YAHZEE! 11:30 ~ ~ <b>Birthday's</b> 12:00 Cards	<b>17</b> 10 am <b>Wii Play</b> <i>Citizenship Day—What's your Heritage? Where is your family's history?</i>	<b>18</b> 10:45 <b>UnionParkBingo</b> w/ Michelle (Giftcard Coverall Prize)
<b>21</b> 10:45 Share Bingo International Peace & Gratitude Day	<b>22</b> **9:00 Foot Clinic/Tim** <div style="border: 1px solid black; padding: 2px; display: inline-block;">** Requires Pre-Registration**</div> 10:30 Stretch & Relax	<b>23</b> 10:30 YAHZEE! <i>National Checkers Day!</i> 12:00 Cards	<b>24</b> 10 am <b>Wii Play</b> 10-11 Blood  Pressure with Bonnie B	<b>25</b> <b>10:45 FRUIT BINGO</b> 11:40 Nutrition Education
<b>28</b> 10:45 Share Bingo	<b>29</b> 10:30 Stretch & Relax <i>"Confucius Says"....Day</i>	<b>30</b> 10:30 YAHZEE! 12:00 Cards	<b>31</b> 10 am <b>Wii Play</b>	<b>Stay tuned .... Senior Activities</b> evolve w/ your input.- Calendar current : Aug 10,2015

**Do YOU have a Talent or Gift to Share?** We'd Love to discuss how we can offer new Senior experiences with you.

Polk County provides this part-time **Senior Meal / Activity Site Hours: 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 is open **Mon-Friday 8 am – 5 pm Rentals or Recreational Activities—248-6315..** All Activities subject to change, current 8-10-2015