

# November Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45 Share Bingo <b>2</b>	<b>Sr Fundraiser 3</b> <b>Gift and Bake Sale</b> <b>9 am-6 pm</b>  Primary Elections	Sr Fundraiser <b>4</b> <b>10-NOON Silent Auction</b> **10 am Crafts-Stenciled Canvas Bag** 10:30 YAHZEE! 12:00 Cards	<b>10:00am Wii Bowling 5</b>	10:45 Bingo <b>6</b>
<b>**9:00 Foot Clinic/Tim** 9</b> (**Requires Pre-registration**)  10:45 Share Bingo	<b>10:15 Senior Singers 10</b> <b>Concert</b>	<b>Closed for Veterans Day 11</b> <b>Fly Your Flags!!!!</b>	<b>10:00am Wii Bowling 12</b>	<b>10:00 Blood Pressure 13</b> <b>VNS</b>   <b>10:45 FRUIT Bingo</b> 11:40 Health Education
10:45 Share Bingo <b>16</b>	<b>10:30 Stretch &amp; Relax 17</b>	10:30 YAHZEE! <b>18</b>  November Birthdays 12:00 Cards	<b>10:00am Wii Bowling 19</b>	<b>10:45 Bingo with Staci, 20</b> PrairieVistaVillage
10:45 Share Bingo <b>23</b>	<b>**9:00 Foot Clinic/Tim** 24</b> (**Requires Pre-registration**)  10:30 Stretch & Relax	<b>10:30 YAHZEE! 25</b> <b>10:30 Bonnie VNS Blood</b> <b>Pressure Check</b> 12:00 Cards	<b>26</b> <b>Closed for</b> <b>Thanksgiving Day</b> <b>Eat Dinner With Your</b> <b>Favorite Turkey</b>	<b>27</b> <b>Closed for the</b> <b>Thanksgiving Holiday</b> <b>Have Alka Seltzer on</b> <b>hand for day after effects</b>
10:45 Share Bingo <b>30</b>				

**Polk County** provides the part-time **Senior Meal / Activity Site.** **Hours: 9:30 am to 1 pm Monday – Friday** within 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 10-12-2015**