

January Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year 2016 Smile It Could Be A Lot Colder Emergency Closure INFO: If Des Moines Public Schools are Closed (children are NOT going to school) We are closed. Later in the Tv's ticker tape, you will see "Polk County Congregate Meal Sites closed" this is what we are called. Please call in any lunch or bus changes to voicemail by 10:30 the closed day.				Closed for a New Day 
 4 10:45 Share Bingo	5 *Wii Play Available* (*Want to play Wii? Let us know, we'll get it out*) National Bird Day	6 10a *Crafts-Snowperson Photo holder *Preregistration  12:30 Cards	LIVE MUSIC!! 7 10:30 Carlos! Vocals & Guitar 	8 10:00 Blood Pressure checks-VNS 10:45 Center Bingo 11:30 Health Educ
11 9-1 Ft Care Clinic-VNS 10:45 Share Bingo	12 10:30 Armchair Adventures 	13 10a Crafts Con't from last wk 11:40 Sr. Outreach-Mike 12:30 Cards	14 *Wii Play Available* Classic Movies/shows on DVD player	15 10:45 Center Bingo 11:40 Nutrition Education
18 CLOSED FOR Holiday	19 10:30-11 Stretch & Relax	20 10 am YAHZEE 11-12 B-Days Monthly 12:30 Cards	21 *Wii Play Available* 10-11 BP w/Bonnie B	22 10:45 Center Bingo 
25 10:45 Share Bingo	26 9-12 Ft Care Clinic-VNS 10:30-11 Stretch & Relax	27 10 am YAHZEE 12:30 Cards	28 *Wii Play Available* Show and Tell's	29 10:45 Center Bingo

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:

All Activities subject to change- current 12-17-2015

Building is open Mon-Friday 8 am – 5 pm Rentals or Recreational Activities—248-6315