

# The Senior

# Polk County Senior News!

# March

# Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • March 1 - 31, 2016

ATTENTION

## VENDORS

**32<sup>nd</sup> Annual Polk County Senior Fest & Health Fair Event!**  
Wednesday, May 18th, 9:00 to 1:30 p.m.  
Iowa State Fairgrounds in Varied Industries Building

We are looking for organizations, businesses or individuals that have information and resources to share, health screenings, food samplings or products to sell in our vendor booths.

Approximate 1,500 older adults, will come and enjoy Older American's Month, while visiting these information and product vendor booths, participating in the health screenings, receiving free promotional items, enjoying the games, dancing and entertainment throughout and finishing off the event with a delicious picnic style lunch.

Take advantage of this wonderful marketing opportunity to promote your services, products and ideas to a target audience of older adults under one roof. This event is well worth your time and excellent value for your marketing dollar.

Deadline for both Registration & Payment are Friday, April 22<sup>nd</sup>.

Non-Profit & Non-selling products exhibit fee is \$75.00; an additional \$25.00 is charged to exhibitors selling their products

To receive complete information and/or to receive Agency/Business Registration Form please call Joyce Webb at 515-286-2113 or E-mail [polkcountyseniorfest@polkcountyiowa.gov](mailto:polkcountyseniorfest@polkcountyiowa.gov)



MARCH  
Upcoming  
Events!  
Check Them Out !!

## Polk County River Place Food Pantry



FOOD PANTRY

### Need Food?

The Polk County River Place Food Pantry, located at 2309 Euclid Avenue, offers individuals and families a three-day supply of healthy, nutritional food and other non-essential non-food items. Food is distributed solely to those in need, once per calendar month, without income being a consideration. Individuals/families seeking assistance should bring photo identification with them each time they visit the Food Pantry. Other forms of identification such as a social security card, medical card, school i.d., etc. will be accepted for children. Food Pantry hours are Monday through Friday from 8:00 a.m. to 5:00 p.m.

### Interested in Helping Others?

The River Place Food Pantry located at 2309 Euclid Avenue is in need of volunteers. Volunteers assist clients with selecting a 3 day supply of healthy, nutritious foods. Individuals wishing to volunteer are asked to commit to a 2-3 hour shift. Food Pantry hours are Monday through Friday from 8:00 a.m. to 5:00 p.m.

Volunteers should be at least 18 years of age and able to pass a criminal and child and dependent adult registry check. The Food Pantry also welcomes corporate/church groups wishing to volunteer. Due to the size of the pantry, we ask that groups limit their size to 3-4 individuals per shift.

If you are interested in volunteering, please visit our website at <http://www.polkcountyiowa.gov/cfys/services/river-place-food-pantry/> to complete the volunteer paperwork.

For more information email Paulette Stodgel at [paulette.stodgel@polkcountyiowa.gov](mailto:paulette.stodgel@polkcountyiowa.gov) or call her at 515-286-3780.

## South Senior Center Potluck

### Good People, Good Food...Come Share in the Fun!

On the 1st Saturday of this month (March 5th), we hold a Potluck lunch. Just bring a dish to share. Doors open at 10:30 a.m. Eat lunch at noon and stay in the afternoon to play cards, bingo, etc. Table service is provided along with coffee and tea. Come join us for good food and fun.

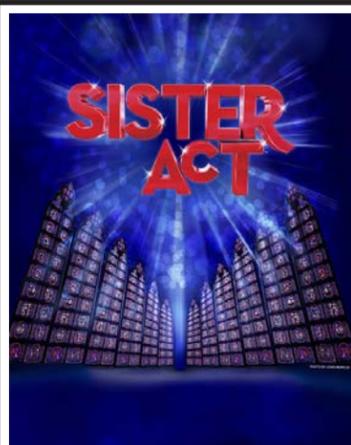
This potluck is for anyone over 60 years of age regardless of if you attend a center or not.



Submitted by Joy Talmon | RSVP 55+ Initiative Director  
United Way of Central Iowa | 1111 Ninth Street, Suite 100  
Des Moines, IA 50314 | [www.unitedwaydm.org](http://www.unitedwaydm.org)

Volunteer Income Tax Assistance, a United Way of Central Iowa Service: If you earned \$58,000 or less in 2015, you may be eligible to receive FREE tax preparation. You also may be eligible for the Earned Income Tax Credit (EITC) or Child Care Tax Credits. This is your money to keep and save.

Tax sites are currently open and will stay open until April 18<sup>th</sup>. Sites are available in Des Moines, Ankeny, Indianola, and Perry. Call 2-1-1 for more information. 2-1-1 is available 24/7 and is FREE!



## Des Moines Playhouse Presents Sister Act!

Apr. 1-24, 2016

Tickets: \$35 Adults, \$25 Students

When diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be a found: a convent. Disguised as a nun, she finds herself at odds with the rigid lifestyle. Deloris uses her singing talent to inspire the choir and breathe new life into the church and community, but in doing so blows her cover. A sparkling tribute to the universal power of friendship,

*Sister Act* is reason to rejoice!

Based on the Whoopi Goldberg movie, *Sister Act* is proving to be popular with groups.

# Busy Schedule

1	Q	R	B	O	K	Q	Y	K	A	W	T	E	L	E	V	I	S	I	O	N
2	O	T	E	L	U	D	E	H	C	S	P	U	Z	Z	L	E	S	T	U	S
3	N	B	E	M	I	T	D	E	N	G	I	S	S	A	P	F	V	K	T	L
4	D	U	S	T	R	E	S	S	M	A	N	A	G	E	M	E	N	T	S	L
5	D	I	R	B	W	M	O	O	R	C	E	R	B	T	N	K	X	C	I	I
6	M	E	N	S	U	I	R	X	W	B	Y	L	S	R	R	K	O	N	D	K
7	B	L	X	N	I	V	P	S	F	K	C	I	U	E	E	M	I	O	E	S
8	R	O	N	P	E	N	P	R	C	S	P	P	H	N	M	A	W	I	A	G
9	E	O	L	D	R	R	G	A	O	A	L	A	D	U	C	R	K	T	C	N
10	A	H	I	O	Y	E	N	E	R	C	B	O	N	C	E	H	S	A	T	I
11	K	C	G	H	S	S	A	D	G	E	I	C	A	I	E	Z	X	I	P	
12	F	S	H	Y	E	W	E	S	R	U	T	S	D	A	M	Z	E	A	V	O
13	A	R	T	G	N	H	I	O	I	Y	C	I	S	A	L	S	C	L	I	C
14	S	E	S	I	T	D	U	M	M	V	N	A	G	G	I	N	R	E	T	J
15	T	M	O	E	F	P	Q	E	M	G	E	D	T	C	R	O	E	R	I	C
16	W	M	U	N	J	E	E	U	S	I	R	G	R	I	P	O	T	W	E	T
17	Y	U	T	E	I	T	H	D	I	A	N	E	R	E	O	S	U	N	S	D
18	X	S	U	V	I	U	R	P	O	E	X	G	S	O	E	N	Y	P	P	F
19	V	N	O	N	E	A	Y	B	T	E	T	V	R	R	U	D	Z	J	W	M
20	O	M	G	P	C	V	I	S	I	T	A	T	I	O	N	P	G	S	K	T

- |                   |                   |                   |
|-------------------|-------------------|-------------------|
| ACTIVITIES        | LIGHTS OUT        | RELAXATION        |
| ASSIGNED TIME     | LOCAL NEWS        | REST              |
| BOARD GAMES       | LUNCH             | ROPES             |
| BREAK             | MOVIE             | SCHEDULE          |
| BREAKFAST         | NURSING EDUCATION | SNACK             |
| CARDS             | OUTSIDE           | STRESS MANAGEMENT |
| COMMUNITY MEETING | PROCESS GROUP     | SUMMER SCHOOL     |
| COPING SKILLS     | PUZZLES           | SWIMMING          |
| DINNER            | QUIET             | TELEVISION        |
| EXERCISE          | READING           | THEARAPIST        |
| EXPRESSIVE GROUP  | REC ROOM          | VISITATION        |
| HYGIENE           | REHAB GROUP       |                   |

Busy Schedule Word Puzzle Answers: Page 5



## I'm 65 or Older

Do I Need to File an Iowa Income Tax Return?  
**Maybe Not!**

Even if you always filed an Iowa return before, you might NOT need to anymore if:

- you're Single and you have net income of \$24,000 or less
- you're filing status is other than Single and you have a combined net income of \$32,000 or less

Find out at <https://tax.iowa.gov>

Do you still need to file a tax return? File electronically!  
 File your federal and Iowa returns together through our website at: <https://tax.iowa.gov>  
 You may qualify to file electronically for free!



## Recreation Committee

There will be no Recreation meeting in March.  
 Any questions, please call Daiynna @ 286-3536.

## Ask the Naturalist

By Heidi Anderson  
 Polk County Conservation Naturalist  
[www.leadingyououtdoors.org](http://www.leadingyououtdoors.org)



Question: When do deer shed their antlers and where are the best places to find them? I have always wanted to find one. If I do find one, can I keep it?  
 Kelly

Answer: The timing of antler drop in bucks depends upon stress, genetics, and health of the animal. As testosterone levels begin to drop after mating season, the antlers start to separate at the base. Antlers are typically shed in January and February. Shed antlers are difficult to find because rodents eat them quickly for the calcium. Sometimes you can find ones that are partially eaten. Good places to look for antlers are deer beds (often south facing slopes), along deer trails, fence crossings, or patches of trees or brush in grassy areas. If you do find a shed antler you can keep it. Good luck!

## Be a Senior Companion



And Earn Extra Money  
 Every Month – up to \$400!

- Earn extra income while visiting homebound individuals, helping them maintain a happy, healthy life at home.
  - The stipend is considered non-taxable income and does not impact your ability to receive housing/medical/food assistance or social security disability.
- Join the Senior Companion Program if you are:
- 55 years old or older
  - Able to serve a minimum of 15 hours a week
  - Open to providing friendly one-on-one visits to homebound individuals in your community
  - Able to provide transportation to appointments and errands
  - Earning an income at or below \$23,540/individual and \$31,860/couple (after out-of-pocket medical expenses)
- The Benefits of the Program
- A tax-free hourly stipend (\$2.65 per hr.)\*
  - Meal reimbursement (\$1.50 per meal)
  - Transportation reimbursement (.40 cents per mile)
  - Holiday and leave pay
  - Ongoing training and supervision
  - An annual physical
  - Supplemental accident/liability insurance while on duty



Contact Julia today at  
**(515) 558-9957**  
 or at [juliat@vnsia.org](mailto:juliat@vnsia.org).



## Senior Companion Program

### FREE Right Here in Polk County!

We can help you maintain independence in your own home. We provide a friendly volunteer companion to meet with you on a weekly basis to help with:

- **Transportation** to local medical appointments, the grocery store and pharmacy;
- **Companionship** and social support; and
- **Respite services** for caregivers.

### Do you have a regular weekly need?

Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

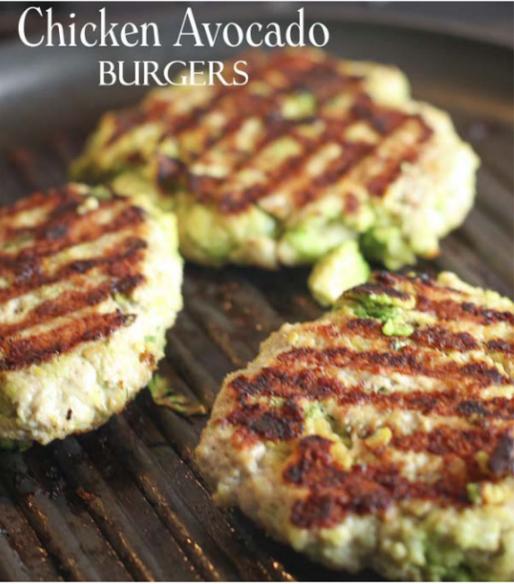
**(515) 558-9957**  
 or email Julia at [juliat@vnsia.org](mailto:juliat@vnsia.org)



\*This program is free to those over the age of 21, regardless of income, except in cases where the client has Elderly Waiver funding.

# March Recipes

## A Lil' Bit Of This...and A Lil' Bit Of That!



**Chicken Avocado Burgers**  
Source: Laughing Spatula.com  
Serves: 4 Burgers

**Ingredients**

- 1 pound ground chicken
- 1 large ripe avocado - cut into chunks
- 1 chopped clove of garlic
- 2 cup Panko crumbs or Almond meal (if want Paleo friendly )
- 1 minced Poblano or Jalapeño pepper (optional but recommended)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**Instructions**

1. Add all ingredients to a large bowl and toss gently.
2. Shape into desired size patties and grill inside or out!



**Squash Soup**

Makes: 6 servings  
Source: [USDA http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/squash-soup](http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/squash-soup)

**Ingredients**

- 1 tablespoon olive oil
- 2 onion (medium, chopped)
- 2 carrot (medium, chopped)
- 2 garlic clove (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 1/2 tablespoons oregano (dried)
- 1 1/2 tablespoons basil (dried)

**Directions**

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrot and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.



**Lemon Ricotta Parmesan Pasta with Spinach and Grilled Chicken**

Recipe source: [www.CookingClassy.com](http://www.CookingClassy.com)  
Yield: About 5 - 6 servings

**Ingredients**

- 1 lb grilled chicken breasts, sliced into strips\*
- 1 lb dry linguine, fettucine or spaghetti
- Salt and freshly ground black pepper
- 1 cup reserved pasta water
- 6 oz fresh baby spinach, steamed just until beginning to wilt
- 2 Tbsp extra virgin olive oil
- 1 1/2 tsp lemon zest
- 2 Tbsp lemon juice
- 1 1/2 cups part skim ricotta
- 1/2 cup finely shredded parmesan, plus more for serving

**Directions**

- Cook pasta in salted water according to directions listed on package, reserve 1 cup pasta water before draining pasta.
- Drain water (reserve 1 cup) and return pasta to pot. Set pot over medium-low heat and add olive oil, lemon zest, lemon juice, ricotta, 1/2 cup hot reserved pasta water and parmesan and toss to evenly coat. Add in more pasta water as desired to thin and season with salt and pepper to taste, cook and toss, about 2 minutes, until ricotta is heated through. Toss in spinach and grilled chicken. Serve warm topped with more parmesan if desired.
- \*I recommend brushing the chicken lightly with olive oil and season both sides salt, pepper and garlic powder before grilling.

**Yarn Needed!!**

The Golden Thread Society group which meets on Wednesdays, from 2 – 4 p.m., at the South Senior Center, is looking for new and/or clean yarn donations.



The group is gearing up to make winter scarves and hats which are donated throughout the Polk County area shelters, homes and hospitals.

If you are interested in joining the group or making a donation of supplies, please contact Ray Ann Scione at 288-3734.



**Editor's Blurb**

The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or may be of interest to older adults. We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

The Senior Bulletin reserves the right to decide to publish or not; as well as determine whether to publish all or part of any material submitted. Deadline is usually around the 3<sup>rd</sup> Monday of each month for the next month's issue, but does vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.



## March Pie Menu

March 3 <sup>rd</sup>	Peach Pie
March 10 <sup>th</sup>	Cherry Pie
March 17 <sup>th</sup>	Coconut Crème Pie
March 24 <sup>th</sup>	Strawberry Crème Pie
March 31 <sup>st</sup>	Boston Crème Pie

**AARP Foundation Senior Employment**



Submitted by Cindi Cannavo  
Iowa State Manager  
AARP Foundation Work Search

AARP Foundation administers the Senior Community Service Employment Program to assist low income job seekers 55+ find employment. Short term paid training assignments at non-profit and public agencies provide an opportunity to earn minimum wage (\$7.25/hr) for 18 hours a week. While in training, participants increase their skills and receive assistance to enable them to transition into employment. Trial employments are offered to local employers as an incentive to hire. For more information, please call (515) 287-1555.

## WesleyLife HOME-DELIVERED MEALS

WesleyLife Meals on Wheels delivers hot, nutritious meals for those in the greater Des Moines area who need assistance with getting proper nutrition, or just want a little help cooking.

For more information call us at (515) 699-3247, or visit [WesleyLife.org/Meals](http://WesleyLife.org/Meals).

Roast beef

Lemon pepper fish

Country herb chicken

WesleyLife Meals on Wheels is brought to you by WesleyLife with help from our friends

1700-068-5-13

## Subscribe Today

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Senior Bulletin Subscription  
2309 Euclid Avenue  
Des Moines, Iowa 50310

# Social Security News

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Filing Taxes Just Got (A Little Bit) Easier

Now that it's March, your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S). You should automatically receive it in the mail each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The benefit statement is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn't receive one or misplaced it. You can get an instant replacement easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link below to the *my Social Security* page, and select "Sign In or Create an Account." Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 or 1042S benefit statement. You can also use your personal *my Social Security* account to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement benefit statement by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate. But by going online you can print your replacement benefit statement immediately and not have to wait to receive it in the mail.

With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

# Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Question: Can I get a new Social Security number if someone has stolen my identity?

Answer: We don't routinely assign a new number to someone whose identity has been stolen. Only as a last resort should you consider requesting a new Social Security number. Changing your number may adversely affect your ability to interact with Federal and State agencies, employers, and others. This is because your financial, medical, employment and other records will be under your former Social Security number. We cannot guarantee that a new number will solve your problem. To learn more about your Social Security card and number, read our online publication *Your Social Security Number and Card* at [www.socialsecurity.gov/pubs/](http://www.socialsecurity.gov/pubs/).

Question: I'm retiring early, at age 62, and I receive investment income from a rental property I own. Does investment income count as earnings?

Answer: No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by government pensions earned through work on which you did not pay Social Security tax. You can retire online at [www.socialsecurity.gov](http://www.socialsecurity.gov). For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Should I sign up for Medicare Part B if I am working and have health insurance through an employer?

Answer: Choosing to sign up for Medicare is an important decision that involves a number of issues you may need to consider. The decision you make will depend on your situation and the type of health insurance you have. You may be able to delay signing up for Medicare Part B without a late enrollment penalty if you or your spouse (or a family member, if you're disabled) is working, and you're getting health insurance benefits based on current employment.

In many cases, if you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty for as long as you have Part B. Also, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B, and coverage will start July 1 of that year.

Find out how your coverage works with Medicare at [www.medicare.gov](http://www.medicare.gov) or contact your employer or union benefits administrator.

Question: My dad receives Supplemental Security Income (SSI) benefits. He soon will be coming to live with my brother. Does he have to report the move to Social Security?

Answer: Yes. He should report to us within 10 days any change in living arrangements. The change could affect his benefit. Failure to report the change could result in a penalty being deducted from his SSI benefits. Also, we need his correct address so we can send correspondence. Please have him call Social Security at 1-800-772-1213 (TTY 1-800-325-0778). Or, he can report the change by mail or in person at a Social Security office. Visit our website for more information at [www.socialsecurity.gov](http://www.socialsecurity.gov).

# Words to Live By

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
1	W	Y	E	V	O	L	D	N	A	N	E	T	S	I	L	X	R	Q	X	A	X	K
2	P	G	L	I	W	J	M	S	Z	Q	R	X	G	N	L	E	D	G	W	X	I	C
3	L	R	D	E	G	M	J	Z	J	S	D	V	I	G	X	P	Z	D	T	Z	R	J
4	W	F	A	A	V	J	E	Z	A	K	N	C	C	E	A	F	D	A	J	W	J	A
5	O	Y	V	Y	N	I	V	G	D	T	G	U	R	A	R	Y	K	A	S	N	R	A
6	R	F	L	U	O	X	T	I	N	S	R	C	Z	C	X	E	M	G	R	K	Z	T
7	K	E	Y	S	L	F	L	I	M	A	I	C	O	C	R	V	B	V	O	S	D	P
8	H	H	A	M	U	O	T	I	S	S	H	S	L	E	S	U	H	Q	Q	S	A	M
9	A	R	M	T	U	O	L	E	E	O	S	C	S	P	J	F	X	A	S	F	N	S
10	R	J	E	B	H	E	R	D	N	E	P	P	E	T	K	M	P	I	Y	E	C	C
11	D	E	W	F	M	E	A	E	L	L	O	K	J	C	Q	D	H	L	X	T	E	V
12	N	B	R	O	U	I	A	Y	N	N	M	L	N	R	A	S	Q	O	Z	A	M	H
13	E	B	R	Y	L	S	R	L	S	E	I	F	F	I	S	R	E	C	I	H	O	S
14	T	E	E	Y	A	R	E	I	T	K	G	B	D	T	H	Y	B	O	I	T	R	F
15	F	D	M	K	O	F	B	T	X	H	D	E	Z	I	X	T	R	M	K	N	E	E
16	O	X	B	W	I	I	W	C	O	N	Y	T	V	C	J	K	R	R	E	O	C	H
17	H	A	U	V	L	N	G	M	B	L	F	S	X	I	M	Q	L	T	W	D	V	P
18	G	T	L	I	Q	G	D	Z	Q	G	O	U	X	S	G	A	X	I	P	U	D	E
19	U	A	T	Y	T	X	O	M	Q	H	A	S	S	M	W	O	V	E	W	A	F	D
20	A	Y	T	T	R	A	E	T	A	E	R	C	E	J	P	U	S	Q	W	W	I	F
21	L	E	O	E	Y	A	W	Y	N	A	D	O	O	G	L	E	E	F	R	R	J	F
22	S	T	A	Y	S	T	R	O	N	G	H	K	F	R	I	L	T	C	T	T	E	E

- |                  |                  |                     |
|------------------|------------------|---------------------|
| ACCEPT CRITICISM | EXERCISE DAILY   | SMILE MORE          |
| BE KIND          | FEEL GOOD ANYWAY | STAY STRONG         |
| CREATE ART       | GIVE GENEROUSLY  | TAKE RESPONSIBILITY |
| DANCE MORE       | LAUGH OFTEN      | THINK POSITIVELY    |
| DON'T HATE       | LISTEN AND LOVE  | WORK HARD           |
| EAT HEALTHY      | PRAY OFTEN       | WORRY LESS          |
| EMBRACE CHANGE   | REFUSE TO LOSE   |                     |

Words to live by word puzzle answers on page 10



## Meteorologist Brad Edwards to Visit Southside



ABC – WOI Channel 5 Chief Meteorologist Brad Edwards will visit the Southside Senior Center on **Tuesday, March 22, at 11:00 a.m.**, during Severe Weather Awareness Week.

As we approach severe weather season, we need to remind ourselves what tornadoes and severe thunderstorms are

capable of destroying. We will learn how to keep safe while at home or at the center.

For the past nine years, Brad's forecasts have been certified as Central Iowa's most accurate forecasts by WeatherRate, the weather forecast verification experts.



# North Side Library News

Submitted by **Laura Walth**  
 Adult Programming Librarian  
 North Side Library  
 3516 5<sup>th</sup> Avenue  
 DSM, IA 50313

## North Side Library Meeting Room Adult Coloring Time!

**Tues. in March 1, 8, 22, 29, 2:00 – 3:00 p.m.**  
 Join us at the North Side Library on Tuesdays in March, except for March 15, for some calming coloring time!

Bring your own coloring sheets or use some of ours. Feel free to use our coloring materials or bring your own markers, crayons and colored pencils. Meet some new people and de-stress while coloring with us!

## Free Family Movie

**Friday, March 11, 3:30 – 5:30 p.m.**

Join us for a modern retelling of this classic fairy tale about Ella and her evil stepmother. Bring your blankets, pillows, snacks, and a drink (with lid)! Popcorn provided while supplies last.

## Book Club Discussion

**Tuesday, March 15, 2:00 p.m.**

*Orphan Train*, by Christina Baker Kline  
 Iowa's Military History and Development of Camp Dodge in 1909

Wednesday, March 16 @ 6:00 p.m.

Iowa has a proud military history that dates back to its early years as a state. From the large percentage of Iowa men that served in the Civil War to Camp Dodge serving as a regional training center during World War I, Iowa has been an important part of several U.S. military conflicts. Michael J. Musel, LTC (Ret.) will delve into the interesting history of the Iowa military during this program. Lt. Col. Musel is a historian at the Iowa Gold Star Military Museum at Camp Dodge. He'll also talk about the development of Camp Dodge, which was built in 1909.

## Free Family Movie

**Friday, March 18, 2:00 – 4:00 p.m.**

Join us for a movie (G) about an old storyteller who falls into a well and meets a bunch of leprechauns. Bring your blankets, pillows, snacks, and a drink (with lid)! Popcorn provided while supplies last.

## Free Advice for Your Device

**Wed., March 23, 10:00 a.m. – 12:00 p.m.**

Find out what downloadable books, audiobooks, and magazines are available for free from your library, and what apps you need to get right to reading. Bring your mobile device (smartphone, tablet, or e-reader) to one of our classes and get some advice and help installing the library's apps for e-books, downloadable audiobooks and e-magazines. Classes and apps are free. Your gadget must have basic setup done (out of the box, set up, passwords entered, charged, and you should know the basics) as a prerequisite to this class. You will need your library card and PIN, and you may need the password for your app store on your device. Preregister, as class size is limited, so we can give one-on-one attention.

## Emerald Ash Borer Forum

**Wednesday, March 23, 5:30 p.m.**

Are you concerned about the Emerald Ash Borer destroying trees on your property? You can learn more this month at the North Side Library. Municipal Arborist David Jahn will teach you to identify whether you have an ash tree on your property and whether that tree has been infected by the Emerald Ash Borer. You'll also learn about treatment and removal options, including replacement species.



# IT'S THAT TIME OF YEAR AGAIN!

# 2016 RENT REIMBURSEMENT

## 2015 INCOME GUIDELINES

\$22,359.99/YEAR  
 OR  
 \$1,863.33/MONTH

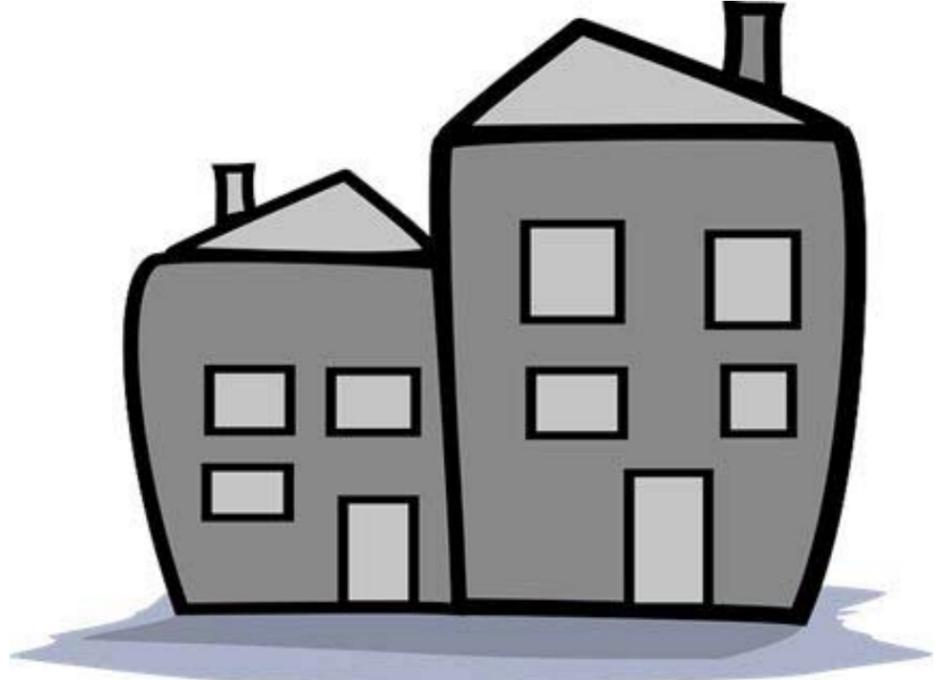
Must include any deducted income including

- Medicare Part B Premium
- Insurance Premiums
- Child Support/Alimony

## POLK COUNTY PEER ADVOCATE PROGRAM

515-286-2112  
 2309 EUCLID AVENUE  
 DES MOINES, IOWA

Must be 60 or older  
 All Services are FREE



## DO YOU QUALIFY FOR RENT REIMBURSEMENT?

- Are you an Iowa resident?
- Are you 65 or older as of December 31, 1950?
- Is your annual household income less than \$22,359?
- Do you pay rent?
- Does the place you live pay property tax?

If you answered YES to all these questions, you may qualify for an Iowa Rent Reimbursement

## S.A.L.T (Seniors and Law-Enforcement Together) Meeting :



March 15<sup>th</sup>, 2016 @ 12:30 p.m., at North Senior Center:

Topic: Preventing Financial Abuse

presented by the Polk County Attorney's Office

## Busy Schedule Answer/Hints

The words below are listed with their starting row and column numbers to help you locate them on the actual puzzle.

ACTIVITIES 8:19  
 ASSIGNED TIME 3:14  
 BOARD GAMES 19:8  
 BREAK 5:13  
 BREAKFAST 7:1  
 CARDS 20:5  
 COMMUNITY MEETING 5:18  
 COPING SKILLS 13:20  
 DINNER 4:1  
 EXERCISE 19:10  
 EXPRESSIVE GROUP 6:2  
 HYGIENE 11:4

LIGHTS OUT 9:3  
 LOCAL NEWS 9:11  
 LUNCH 6:12  
 MOVIE 20:2  
 NURSING EDUCATION 3:1  
 OUTSIDE 1:19  
 PROCESS GROUP 7:7  
 PUZZLES 2:11  
 QUIET 15:7  
 READING 9:16  
 REC ROOM 5:12  
 REHAB GROUP 6:15

RELAXATION 15:18  
 REST 19:14  
 ROPES 14:17  
 SCHEDULE 2:10  
 SNACK 11:6  
 STRESS MANAGEMENT 4:3  
 SUMMER SCHOOL 18:2  
 SWIMMING 11:5  
 TELEVISION 1:11  
 THERAPIST 14:5  
 VISITATION 20:6



# North Senior Center

## North Senior Center: 25 Years & Counting!

The North Senior Center, located in Park Fair Mall, has been at this location for 25 years. The center is open from 8:00 a.m. to 5:00 p.m. Monday-Friday. The center has a dining room which will hold 250 people, a fully operational kitchen, medical room, computer lab, exercise room, pool room, craft room, handicapped restrooms, a T.V. room and library. Parking is ample with handicapped spaces provided.

The North Senior Center encourages seniors 60 and above to keep their minds and bodies active. Active Adults Exercise classes are offered three days a week and exercise equipment is available for use daily. The center offers craft classes, Wii bowling, BINGO, line dancing, bean bag toss tournaments and pool tournaments.

The North Senior Center also offers the following card tournaments: Social Bridge, Duplicate Bridge and Cribbage. The Crafty Crocheter's club meets once a week to crochet hats that are then donated to various health care centers for premature babies and adults battling cancer. S.A.L.T. (Seniors And Law enforcement Together) meets the third Tuesday of the month to discuss various topics on senior welfare and safety.

Starting on Tuesdays in March, we are offering a new program – Breakfast For Your Brain. This program is stimulates the mind and is important for brain health. Each session lasts for 10 weeks and will have various different brain

exercise topics. On Thursdays we have various musical entertainment and every Friday we have a musical jam session in which our seniors play instruments and/or sing together.

We love any reason to throw a party around here and have several holiday parties throughout the year! The North Senior Center offers blood pressure checks twice a month, foot care appointments once a month, as well as senior counseling presentations once per month. The North Senior Center has several fundraisers throughout the year. We have an annual dinner and dance in which the center is decorated according to a theme. We serve a delicious meal, followed by dancing to music by a DJ or live band. Everyone always has a great time! The North Senior Center also holds an annual Pancake Breakfast fundraiser. We serve all you can eat pancakes, as well as sausage, eggs, milk, juice and coffee. This year, the Pancake Breakfast will be held on Saturday, April 9<sup>th</sup>. Watch for more details on this event in the April bulletin! Every summer, the North Senior Center holds a Wii Bowling tournament in which teams compete for first, second and third place trophies. We have teams from all over Polk County participate in this exciting event! If you have any questions or would like more information, please call 515-288-1524. We would be happy to assist you!

ooo



Diana Savage (Site Supervisor) and Nicole Ledvina (Program Aide) all dressed up at the Wild West Hoedown and BBQ Dinner in 2013.



Richard Savage and Dick Ristau took 1<sup>st</sup> place in the Northside Senior Center Wii Bowling Tournament in summer of 2015.



Dan Young and Linda Sibley dancing the night away with Elvis at the 2012 Hollywood Nights Dinner and Dance.



- 3/13 – Daylight Savings Time
- 3/17 – St. Patrick's Day
- 3/20 – Spring Begins
- 3/25 – Good Friday
- 3/27 – Easter

**Month:**

- National Craft Month
- National Frozen Food Month
- National Irish American Heritage Month- designated by Congress in 1995.
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month
- National Severe Weather Awareness Week – March 21 - 25

Source: [www.HolidayInsights.com](http://www.HolidayInsights.com)



National Women's History Month



# Franklin Avenue Library News

Submitted by Kevin C. Kretschmer  
 Adult Services Librarian  
 5000 Franklin Avenue  
 DSM, IA 50310  
 Ph: 515-248-6271

**Franklin Afternoon Book Discussion**  
**Monday, March 7<sup>th</sup> @ 1:00 p.m.**

We will discuss *My Brilliant Friend* by Elena Ferrante. Copies of the book are available at the Information Desk.

**Franklin Evening Book Discussion**  
**Tuesday, March 8<sup>th</sup> @ 6:30 p.m.**

We will discuss *Elizabeth Is Missing* by Emma Healy. Copies of the book are available at the Information Desk.

**Free Advice for Your Device**

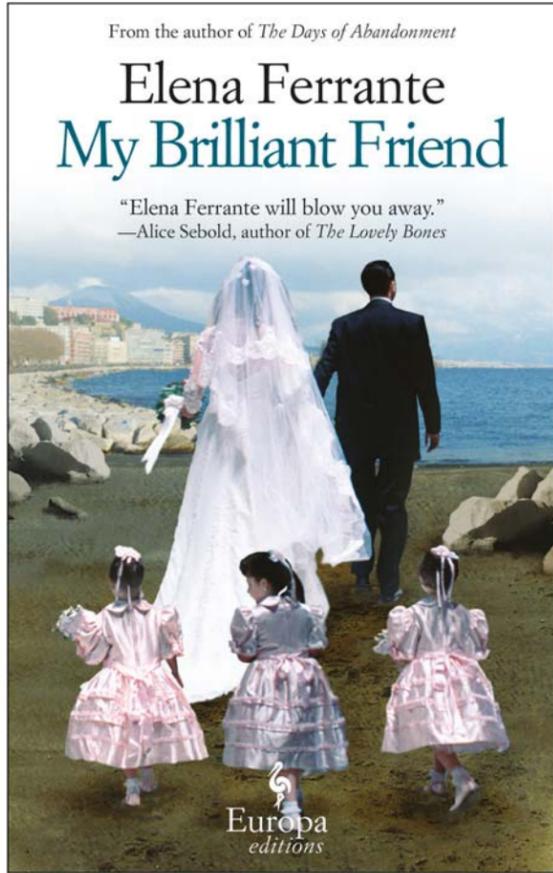
**Saturday, March 19<sup>th</sup> @ 10:00 a.m. to 12:00 p.m.**

Get the lowdown on your library's downloadables! Bring your mobile device (smartphone, tablet or e-reader) to one of our classes and get some advice and help installing the library's apps for e-books, downloadable audiobooks and e-magazines. Classes and apps are all free. Your gadget must have basic setup done (out of the box, set up, passwords entered, charged and know the basics) as a prerequisite to this class. You will need your library card and PIN, and you may need the password for your App Store on your device. Pre-register as class size is limited so we can give one-on-one attention.

**Riverview Park, Iowa's Coney Island**

**Tuesday, March 22<sup>nd</sup> @ 6:30 p.m.**

Do you remember the Wild Mouse and the Himalaya? Stroll through Riverview Park as Bill Kooker shares pictures and video clips. Bill's grandfather was one of the original owners and members of his family were involved with the park for almost fifty years.



## Des Moines Area Regional Transit Authority

Submitted by Kirstin Baer-Harding  
 Marketing and Communication Manager



**Service Change**

Beginning Sunday, Feb. 21, 2016, the following changes were made to better serve DART riders.

· **Minor time adjustments on:**

- o Local Routes 5, 6, 16 and 52
- o Express Route 92
- o Flex Routes 72, 73 and 74

· **Route 4 – E. 14th St.:** In early March 2016, the two trips serving Goodwill Industries on NE 22nd St. will be discontinued due to Goodwill closing this location. The trips leaving DART Central Station at 7:30 a.m. and leaving Goodwill Industries at 3:45 pm will be in service until Goodwill Industries closes the NE 22nd St. building. This change will not affect any trips travelling to Polk County Jail.

· **Express Route 91 – Merle Hay:** DART bus stops #3823 and #2040 at Merle Hay Rd. and Madison Ave. will be eliminated. The timepoint will be moved to DART bus stops #2041 and #2020 at the corner of Merle Hay Rd. and the Merle Hay Mall entrance.

**The next scheduled service change is June 2016.**

For additional information about the February 2016 service change, please contact DART Customer Service at 515-283-8100 or [dart@ridedart.com](mailto:dart@ridedart.com).

**When exactly will my bus arrive?** There's a mobile app for that.

A free mobile app, RideTime, is now available for DART riders to get the real-time arrival of buses, using GPS technology. Also available with RideTime:

- Find the closest bus stop to you
- Save your favorite bus stops
- Set reminders for when your bus will arrive

Search "RideTime" in the app store on your [Apple](#), [Android](#) or [Windows](#) phone.

**5 Million Rides**

Join DART as we work toward 5 Million Rides by June 30, 2016. This is a goal we can't reach without our wonderful riders – thank you for riding. Learn more about the 5 Million Rides goal, read rider stories and see our progress at [ridedart.com](http://ridedart.com).

**Lunch. Coffee. Errands. Meetings.**

Take the FREE D-Line Downtown Shuttle.

The D-Line runs every 10 minutes along Grand Ave. and Locust St., providing service from the Iowa State Capitol to the Western Gateway. Just hop on the bus at any of the stops – no fare needed.

**Downtown D-Line Shuttle**

Monday – Friday  
 6:30 a.m. – 6:00 p.m.  
 Shuttle runs every 10 minutes.  
 Free to anyone!

**Events in Greater Des Moines**

Avoid traffic and parking – ride DART.

- **Feb. 17 – 20, 2016:** Iowa High School State Wrestling Tournament
- **Feb. 29 – Mar. 5, 2016:** Iowa Girls High School State Basketball Tournament
- **Mar. 7 – 12, 2016:** Iowa Boys High School State Basketball Tournament
- **Mar. 17 & 19, 2016:** NCAA Tournament
- **Mar. 18, 2016:** St. Patrick's Day parade

Plan your trip using [DART's Trip Planner](#), [Google Maps](#) or [Bing Maps](#).

M

T

W

Th

F



1  
Hamburger Cabbage Casserole  
Peas  
Tropical Fruit Salad  
Peach Crisp  
  
118  
938

2  
Pork Chops w/gravy  
Carrots  
Mashed Potatoes  
Strawberries  
Sponge Cake  
  
69  
554

2  
**Flex Meal Option**  
Hot Dog  
Carrots  
Mashed Potatoes  
Strawberries  
Sponge Cake  
  
93  
575

3  
Beef Pepper Steak  
Tomato Sauce  
Mixed Vegetables  
Apple Juice  
Brown Rice  
  
83  
729

4  
Egg Salad  
Vegetable Barley Soup  
Tossed Salad  
Fresh Orange  
WW Bun  
Chocolate Milk  
  
90  
684

7  
Chicken Supreme  
Spinach  
Mixed Melon  
Bread Pudding  
  
61  
561

8  
Beef Taco Salad  
Mexicali Corn  
Lettuce/cheese  
Fresh Orange  
WG Taco Tub  
  
72  
617

9  
Chef Salad w/tomato wedge  
Baby Potatoes  
Banana  
Bran Muffin  
  
107  
777

9  
**Flex Meal Option**  
Liver n Onions  
Baby Potatoes  
Lettuce Salad  
Banana  
Bran Muffin  
  
119  
802

10  
Pork Roast w/gravy  
Mashed Potatoes  
Broccoli  
WW Dinner Roll  
Pineapple  
  
154  
977

11  
Tuna Noodle Casserole  
Corn  
Lettuce Salad  
Applesauce  
Lemon Bar  
Chocolate Milk  
  
94  
676

14  
Hearty Italian Vegetable Beef Soup  
Peas  
Apple Juice  
Pumpkin Apple Muffin  
  
74  
605

15  
Italian Chicken  
Squash  
Pasta Salad  
Tropical Fruit  
Rice Crispy Treat  
  
105  
782

16  
Sweet n Sour Meatballs  
Mixed Vegetables  
Banana  
Brown Rice  
Birthday Cake  
  
133  
941

16  
**Flex Meal Option**  
BBQ Riblet w/pickles  
Mixed Vegetables  
Banana  
Birthday Cake  
WW Bun  
  
134  
961

17  
Salisbury Steak  
Brussels Sprouts  
Mashed Potatoes  
Mandarin Oranges  
WW Dinner Roll  
  
74  
684

18  
Baked Cod  
Stewed Tomatoes  
Creamy Coleslaw  
Fresh Orange  
Brownie  
Chocolate Milk  
  
82  
682

21  
Ham Sandwich  
Broccoli Cheese Soup  
Corn  
Fresh Apple  
Cherry Almond Crisp  
  
113  
832

22  
Shepherd's Pie  
Lettuce Salad  
Glazed Carrots  
Berry Blend  
Raisin Bread  
  
81  
660

23  
Shredded Pork Sandwich  
Brussels Sprouts  
Four Bean Salad  
Fresh Orange  
  
81  
685

23  
**Flex Meal Option**  
Chicken Caesar Salad  
Fresh Orange  
  
51  
570

24  
BBQ Chicken Sandwich  
Peas N Carrots  
Dutchess Potatoes  
Mixed Fruit  
WW Bun  
  
124  
798

25  
Breakfast Bake  
Spinach  
Fresh Orange  
Pumpkin Apple Muffin  
Chocolate Milk  
  
80  
639

28  
Baked Chicken  
Party Potatoes  
Tossed Salad  
Cherry Jello w/MixedFruit  
WW Dinner Roll  
  
66  
589

29  
Cali Burger  
Lettuce/tomato/onion  
Baked Beans  
WW Bun  
Orange Juice  
  
96  
727

30  
Chicken Stew  
Cooked Cabbage  
Tropical Fruit Salad  
WW Bread  
  
81  
683

30  
**Flex Meal Option**  
Sweet Spinach Salad  
Tropical Fruit Salad  
WW Bread  
  
77  
743

31  
Meatloaf  
Sweet Potatoes  
Green Beans  
Banana  
WW Dinner Roll  
  
100  
809

got milk?

We do! Polk County Senior Services will now be offering Chocolate Skim Milk every Friday served with lunch. YUM!



**Free Community Dinner Meals Offered**  
(No Age Requirement)

Locations -  
Norwoodville Community Center  
3077 N.E. 46th Ave (Broadway)  
Monday - Thursday 2:30 to 3:30 p.m.  
(or as long as food lasts)  
Ran by Barb Houseman

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Central Senior Center 2008 Forest Ave.  
Monday - Friday 4:00 to 4:30 p.m.  
(or as long as food lasts)  
Ran by Charlie Lee

Eat In or Carry Out - \* Must bring own carry out containers. \*  
No Reservation Needed / First Come- First Served  
Meals Sponsored by Central Iowa Shelters

**SENIOR SERVICES OF POLK COUNTY**  
Menus, with the exception of the optional Wednesday Flex Meal, have been verified to meet the Dietary Reference Intake (DRIs) established by the Food and Nutrition Council. All menus are subject to change.  
Serving size: 3 oz. meat/alternative, 2 1/2 c servings of vegetables, 1/2 c fruit, 1/2 c dessert, 1 serving bread, fortified margarine, milk and coffee.  
**All menus subject to change.**  
Top # = Carbohydrates  
Bottom # = Calories  
Salt Shaker = Higher Sodium Menu

Meals served at the centers are for those 60 years and older and spouse. Contributions are optional.  
**Questions? Call the site nearest you!**

# Polk County Senior Centers Meal Site Locations & Staff

**Altoona**  
Open 9:30 a.m. to 1:30 p.m.  
507-13th Avenue SW  
Altoona, 50009  
Phone: 967-1853  
Site Coordinator: Natalie Olson  
Serving time: 11:30 a.m.

**Ankeny**  
Open 9:30 a.m. to 1:30 p.m.  
406 S.W. School Street, Suite 104  
Ankeny 50021  
Phone: 963-0527  
Site Coordinator: Maureen Schaefer  
PT Site Coordinator: Mary Scaglione  
Serving time: 11:30 a.m.

**Central**  
Open 8:00 a.m. - 5:00 p.m.  
2008 Forest  
Des Moines 50314  
Phone: 286-3677  
Site Supervisor: Sam McCrorey  
Program Aide: Sara Baratta  
Serving time: 11:30 a.m.

**Deaf (Norwoodville)**  
Wednesday Only  
Open 8:00 a.m. - 5:00 p.m.  
3077 N.E. 46th Ave.  
Des Moines 50317  
Phone: 266-5794  
TTY @ Deaf Seniors: 262-3420  
Site Supervisor: Dan Sauser  
Serving time: 11:30 a.m.

**East**  
Open 8:00 a.m. - 5:00 p.m.  
1231 E. 26th Street  
Des Moines 50317  
Phone: 265-8461  
Site Supervisor: Ranae Nerem  
Program Aide: Kris McCaughey  
Serving time: 11:30 a.m.

**Grimes**  
Open 9:30 a.m. - 1:30 p.m.  
410 S.E. Main Street  
Grimes 50111  
Phone: 986-5747  
Site Coordinator: Rene' Leppert  
Serving time: 11:30 a.m.

**Johnston**  
Open: 9:30 a.m. to 1:30 p.m.  
6300 Pioneer Pkwy  
Johnston, Iowa 50131  
Phone: 251-3707  
Site Coordinator: Caroline VerSchuer  
Serving Time: Noon

**MLK, Jr.**  
Open 9:30 a.m. to 1:30 p.m.  
1650 Garfield  
Des Moines 50316  
Phone: 266-5445  
Site Coordinator: Teresa Dixon  
Serving time: 11:30 a.m.

**North**  
Open 8:00 a.m. - 5:00 p.m.  
2nd & Euclid - Park Fair Mall  
Des Moines 50313  
Phone: 288-1524  
Site Supervisor: Diana Savage  
Program Aide: Nicole Ledvina  
Serving time: 11:30 a.m.

**Northwest**  
Open 8:00 a.m. - 5:00 p.m.  
5110 Franklin  
Des Moines 50310  
Phone: 279-2767  
Site Supervisor: Kristi Carman  
Program Aide: Theresa Webb  
Serving time: 11:30 a.m.

**Norwoodville**  
Open 8:00 a.m. - 5:00 p.m.  
3077 N.E. 46th Ave.  
Des Moines 50317  
Phone: 266-5794  
Site Supervisor: Dan Sauser  
Program Aide: Krystal Simonson  
Serving time: 11:30 a.m.

**Pioneer Columbus**  
Open 9:30 a.m. to 1:30 p.m.  
2100 S.E. 5th  
Des Moines 50315  
Phone: 288-3734  
Program Aide: Ray Ann Scione  
Serving time: 11:30 a.m.

**Polk City**  
Open 9:30 a.m. to 1:30 p.m.  
309 Van Dorn  
Polk City 50226  
Tues., Thurs. @ 984-6691  
Site Coordinator: Mary Scaglione  
M-W-F @ Ankeny @ 963-0527  
Serving Time: 11:30 a.m.

**Runnells**  
Open 9:30 a.m. to 1:30 p.m.  
108 Brown Street  
Runnells 50237  
Phone: 966-2427  
Site Coordinator: Eliz Rockwell  
Serving time: 11:30 a.m.

**Scott Four-Mile**  
Open 9:30 a.m. to 1:30 p.m.  
3711 Easton  
Des Moines 50317  
Phone: 265-9977  
Site Coordinator: Kathy Gates  
Serving time: 11:30 a.m.

**South**  
Open 8:00 a.m. - 5:00 p.m.  
100 Payton  
Des Moines 50315  
Phone: 287-0092  
Site Supervisor: JaNeil Long  
Program Aide: Carole Stevenson  
Serving time: 11:30 a.m.

**Westside Community Center**  
Open 8:00 a.m. - 5:00 p.m.  
134 - 6th Street  
West Des Moines 50265  
Phone: 274-0373  
Site Supervisor: Mary Clare Cox  
Program Aide: Linda Mason  
Serving Time: 11:30 a.m.



**Polk Senior Services Administrative Staff**  
Program Administrator – Joy Ihle  
Program Manager – Joyce Webb  
Program Specialist/Editor – Daiynna Brown  
Program Specialist/PEER Advocate/SHIIP – Jaime Stevens  
Administrative Office - 286-3679

## Monthly Activities At Your Senior Centers & Meal Sites

Each Polk County Senior/Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site have their own, more detailed, activity calendar that you can call the individual site to inquire about or stop by the center of interest to pick one up.

Remember, you are welcome to choose to attend any or all craft classes and special events offered at the centers, regardless of where you live in Polk County, so long as you have the transportation or means to do such.

### Schedule of Activities

#### Billiards/Pool

Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.  
Central.....Daily @ 8:00 a.m. to 5:00 p.m.  
East.....Daily @ 8:00 a.m. to 5:00 p.m.  
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.  
North.....Daily @ 8:00 a.m. to 5:00 p.m.  
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.  
Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

#### Puzzles

Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.  
Central.....Daily @ 8:00 a.m. to 5:00 p.m.  
East.....Daily @ 8:00 a.m. to 5:00 p.m.  
Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.  
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.  
MLK.....Daily @ 9:00 - 3:00 p.m.  
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.  
Norwoodville.....Daily @ 8:00 a.m. to 5:00 p.m.  
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.  
Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

#### Book Club

Northwest.....First Monday of the Month @ 10:00 a.m.

#### Ceramics

Central.....Mon./Fri. @ 12:30 p.m.  
East.....Thursdays @ 9:00 a.m.  
Pioneer Columbus.....Thursdays @ 12:30 p.m.  
South.....Mondays @ 12:30 p.m.  
Westside .....Mondays @ 9:30 a.m.

#### Crafts: (Craft classes run 1 hour to 1.5 hours)

Due to different projects being done at different sites - dates/times/duration to complete may change. Check with individual sites on specific class dates/times for any upcoming projects

Ankeny.....3rd & 4th Wednesdays @ 10:00 a.m.  
Central.....Thursdays @ 10:00 a.m.  
East.....Tuesdays @ 9:30 a.m.  
Grimes.....2nd Thursday @ 12:15 p.m.  
MLK.....Mondays @ 10:00 a.m.  
North.....Thursdays @ 9:30 a.m.  
Northwest.....Mondays @ 10:00 a.m.  
Norwoodville.....2nd Wednesday @ 9:00 a.m.  
Pioneer Columbus.....3rd & 4th Tuesday @ 10:00 a.m.  
Runnells.....Fridays @ 10:00 a.m.  
Scott Four Mile.....1st & 2nd Wednesdays @ 10:00 a.m.  
South.....Thursdays @ 10:00 a.m.

Westside .....2nd & 3rd Wednesday @ 9:00 a.m.

#### Dominoes

Altoona.....Daily @ 9:30 a.m. - 1:30 p.m.  
Johnston.....Wednesdays and Thursdays @ 1:00 p.m.  
MLK.....Daily @ 10:30 a.m.  
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

**Golden Thread Society:** (Quilting, Crocheting & Knitting)  
South.....Wednesdays @ 2:00 - 4:00 p.m.

#### Jam Sessions

North.....Fridays @ 12:30 p.m.

#### Knitting, Crocheting & Quilting

Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.  
Johnston.....Mondays @ 1:00 p.m.  
Northwest.....2nd & 4th Monday @ 12:30 p.m.  
Westside.....Thursdays @ 12:30 p.m.

#### Line Dancing

North.....Wednesdays @ 12:30 p.m.  
South.....Thursdays @ 12:30 p.m.

#### Mah Jong

Ankeny.....Fridays @ 1:00 p.m. to 3:00 p.m.  
Johnston.....Tuesdays @ 9:30 a.m. to 3:00 p.m.

#### Movie & Popcorn Day

Norwoodville.....Tuesdays @ 9:00 a.m.

#### Paper Crafting

Runnells.....1st Thursdays @ 10:30 a.m.

#### Pokeno

East.....Mondays & Fridays @ 10:30 a.m.

**“Sew-cial”: Quilting/N’point (no plastic canvas) Group**  
Johnston.....2nd & 4th Wednesdays @ 10:00 - 3:00 p.m.

#### Skip Bo

Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

#### Wii

Altoona.....Daily @ 9:00 a.m. - 1:30 p.m.  
Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.  
Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.  
Johnston.....Daily @ 9:00 a.m. - 1:30 p.m.  
MLK.....Daily @ 12:30 p.m.  
North.....Daily @ 8:00 a.m. - 5:00 p.m.  
Northwest.....Daily @ 8:00 a.m. - 5:00 p.m.  
Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

Times may be subject to change. It is advisable if interested in activities listed that you check with that specific site, as hours of operation vary between some of the sites and programming sometimes changes with other events going on throughout the year.

## March Tournaments

#### 8 Ball Pool Tournament

11<sup>th</sup> @ North – 9:00 a.m.  
25<sup>th</sup> @ North – 9:00 a.m.

#### 9 Ball Pool Tournament

4<sup>th</sup> @ North – 9:00 a.m.  
18<sup>th</sup> @ North – 9:00 a.m.

#### 10 Point Pitch

1<sup>st</sup> @ South – 12:30 p.m.  
8<sup>th</sup> @ South – 12:30 p.m.  
15<sup>th</sup> @ South – 12:30 p.m.  
22<sup>nd</sup> @ South – 12:30 p.m.  
29<sup>th</sup> @ South – 12:30 p.m.

#### 500

7<sup>th</sup> @ N’ville – 12:30 p.m.  
7<sup>th</sup> @ South – 12:30 p.m.  
14<sup>th</sup> @ N’ville – 12:30 p.m.  
14<sup>th</sup> @ South – 12:30 p.m.

21<sup>st</sup> @ N’ville – 12:30 p.m.

21<sup>st</sup> @ South – 12:30 p.m.

28<sup>th</sup> @ N’ville – 12:30 p.m.

28<sup>th</sup> @ South – 12:30 p.m.

#### Cribbage

1<sup>st</sup> Friday @ North – 12:30 p.m.  
1<sup>st</sup> Friday @ South – 12:30 p.m.  
2<sup>nd</sup> Friday @ South – 12:30 p.m.  
3<sup>rd</sup> Friday @ South – 12:30 p.m.  
4<sup>th</sup> Friday @ South – 12:30 p.m.  
5<sup>th</sup> Friday @ North – 12:30 p.m.  
(when applicable)  
5<sup>th</sup> Friday @ South – 12:30 p.m.  
(when applicable)

#### Pinochle

2<sup>nd</sup> @ N’ville – 12:30 p.m.  
9<sup>th</sup> @ N’ville – 12:30 p.m.  
16<sup>th</sup> @ N’ville – 12:30 p.m.

23<sup>rd</sup> @ N’ville – 12:30 p.m.

30<sup>th</sup> @ N’ville – 12:30 p.m.

#### Double Pinochle

3<sup>rd</sup> @ South – 12:30 p.m.  
10<sup>th</sup> @ South – 12:30 p.m.  
17<sup>th</sup> @ South – 12:30 p.m.  
24<sup>th</sup> @ South – 12:30 p.m.  
31<sup>st</sup> @ South – 12:30 p.m.

#### Shanghai

3<sup>rd</sup> @ South – 12:30 p.m.  
10<sup>th</sup> @ South – 12:30 p.m.  
17<sup>th</sup> @ South – 12:30 p.m.  
24<sup>th</sup> @ South – 12:30 p.m.  
31<sup>st</sup> @ South – 12:30 p.m.

**Cost \$1.00 per person.  
Tournaments start at 12:30 p.m.  
unless otherwise indicated.**

## March Social Card/Domino Parties

#### Mondays

Social Bridge @ North @ 12:30 p.m.  
Social Canasta @ Altoona @ 12:15 p.m.  
Pokeno @ East @ 10:30 a.m.  
Hand & Foot @ South @ 12:30 p.m.  
Cribbage @ Grimes @ 10:00 a.m.

#### Tuesdays

Duplicate Bridge @ North @ 12:30 p.m.  
Hand & Foot @ NW @ 12:00 p.m.  
Hand & Foot/Group Choice @ East @ 12:30 p.m.  
Jail House Rummy @ South @ 12:30 p.m.  
Double Pinochle @ West @ 12:30 p.m.

#### Wednesdays

Social 10 pt. Pitch @ NW @ 12:00 p.m.  
(except 3<sup>rd</sup> Wednesday)  
Bridge @ Johnston @ 11:30 a.m.  
65 @ South @ 12:30 p.m.

Yahtzee @ Scott Four Mile @ 10:00 a.m.  
Phase 10 @ Scott Four Mile @ 12:15 p.m.

#### Thursdays

Social Cribbage @ North @ 12:30 p.m.  
Hand & Foot/Group Choice @ East @ 12:30 p.m.  
Pitch @ Johnston @ 1:00 p.m.  
Social Canasta @ Altoona @ 12:15 p.m.  
Double Pinochle @ NW @ 12:00 p.m.  
Shanghai @ South @ 12:30 p.m.  
Bags - @ North @ 12:30 p.m.  
4 Point Pitch @ West @ 12:30 p.m.  
Double Pinochle @ West @ 12:30 p.m.

#### Fridays

Bridge @ Ankeny @ 12:15 p.m.  
Social Bridge @ NW @ 1:00 p.m.  
Social Hand & Foot @ NW @ 1:00 p.m.  
Pokeno @ East @ 10:30 a.m.  
Player’s Choice @ South @ 12:30 p.m.

**CRAFT CLASS PLEASE NOTE!**



Each craft instructor comes up with their own projects for the sites that they teach at. The same project/s are no longer done at the sites county-wide. There will be classes held approximately 5-6 months of the year, with breaks during a couple of selected months and no classes held in summer/early fall months & December.

Please contact site staff on when class will be held at the site you participat (or would like to participate) in and find out what project will be coming up at that instructor's site/s.

Sign up sheets are located at each site, for each project.

Projects are FREE for those 60 years of age and older. Donations are accepted/appreciated. Any questions, call a center nearest you to speak with craft instructor.

**Senior Advisory Council**



Looking for interested participants from the following sites listed below to become a member of the Senior Advisory Council. The Council meets every other month at 9:00 a.m., at River Place, 2309 Euclid Ave. This council assists administration in making decisions about programming, as well as giving direct feedback. If you are interested please contact your site staff.

- |         |              |                 |
|---------|--------------|-----------------|
| Altoona | Northwest    | Runnells        |
| Central | Norwoodville | Scott Four Mile |
| Grimes  | Pioneer      | Westside        |
| MLK     | Polk City    |                 |

**March Blood Pressure Checks**

Services provided by VNS of Iowa Nursing Staff  
Donna Monson, RN Community Health Nurse  
(check specific center for time of clinic)

- 1<sup>st</sup> South
- 2<sup>nd</sup> Ankeny (Health Talk)
- 3<sup>rd</sup> North
- 7<sup>th</sup> Ankeny (provided by Nurse Volunteer)
- 8<sup>th</sup> Grimes
- 9<sup>th</sup> Northwest
- 10<sup>th</sup> Polk City
- 11<sup>th</sup> Scott Four Mile
- 14<sup>th</sup> East
- 15<sup>th</sup> South
- 16<sup>th</sup> Pioneer Columbus
- 17<sup>th</sup> Central
- 18<sup>th</sup> Altoona
- 21<sup>st</sup> West
- 22<sup>nd</sup> Johnston
- 23<sup>rd</sup> Norwoodville/Calvary
- 24<sup>th</sup> Runnells
- 25<sup>th</sup> North



Dates Subject to Change.

**Green Bag Program for Seniors 60+**



**Free 10 pound bag of Fruits and Vegetables once a month.  
3<sup>rd</sup> Wednesday of Every Month at 1 p.m.  
At Park Fair Mall, Lower Level, Suite 150  
100 Euclid Ave. Des Moines, IA 50313**

The Green Bag Program serves persons **60 years of age or older**. A person must reside within the geographical boundaries of **Polk, Warren and Dallas Counties**.

**Program Requirements:**

- ✓ **Must Meet Gross Income Requirements** (see below)
  - ✓ Must be **AT LEAST 60 years old**
- Must Come and Stay for a 20 minute nutrition presentation
- ✓ Only one bag per household



For more information, contact Frankie @ 515-779-7815

Questions? E-mail: [info@seniorcareofiowa.com](mailto:info@seniorcareofiowa.com)

Brought to you by **Senior Care of Iowa**

A person must meet the following income eligibility guidelines established by the United States Department of Agriculture as follows:

Family Size	Gross Annual	Gross Monthly*
1	\$15,301	\$1,276
2	\$20,709	\$1,726
3	\$26,117	\$2,177
Additional Member add:	+5,408	+451

\*Use net amounts on Social Security Income, gross amounts on all other forms of income.

Foster Grandparents

Give back to your community!

- Do you enjoy working with kids?
- Are you over the age of 55?
- Can you serve 15-40 hours a week?

Share Today, Shape Tomorrow

As a **Foster Grandparent**, you help teachers while making a difference in children's lives!

- Earn a **tax-free hourly stipend**
- Get **reimbursed for your travel**
- Receive **ongoing training**

(515) 558-9975 • [www.vnsia.org](http://www.vnsia.org)

BINGO BINGO BINGO

Polk County Senior/Community Center Bingo Schedule

Site	Day	Time
Altoona	Friday	Noon
Ankeny	Monday	Noon
Central	Wednesday	12:15 p.m.
East	Tuesday	10:30 a.m.
Grimes	Wednesday	12:30 p.m.
Johnston	Friday	12:45 p.m.
MLK, Jr	Wed & Fri	10:00 a.m.
North	Friday	10:00 a.m.
Northwest	Friday	12:15 p.m.
Norwoodville	M, W & F	10:30 a.m.
Pioneer Columbus	Thursday	10:30 a.m.
→ Late Bingo (for DART Riders)	1 <sup>st</sup> & 3 <sup>rd</sup> Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	Noon
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
West	Tues. & Thurs.	10:00 a.m.

Words to Live By Answer/Hints

The words below are listed with their starting row and column numbers to help you locate them on the actual puzzle.

ACCEPT CRITICISM 5:14	EXERCISE DAILY 2:16	SMILE MORE 6:10
BE KIND 13:2	FEEL GOOD ANYWAY 21:18	STAY STRONG 22:1
CREATE ART 20:12	GIVE GENEROUSLY 18:15	TAKE RESPONSIBILITY 3:19
DANCE MORE 7:21	LAUGH OFTEN 21:1	THINK POSITIVELY 15:16
DON'T HATE 17:20	LISTEN AND LOVE 1:15	WORK HARD 4:1
EAT HEALTHY 7:2	PRAY OFTEN 2:1	WORRY LESS 16:4
EMBRACE CHANGE 16:19	REFUSE TO LOSE 9:2	

## Volunteer With Your Iowa Senior Medicare Patrol: Be a Part of the Solution to Stop Medicare Fraud

You've probably heard tales of Medicare fraud: scam artists asking for your Medicare card, providers charging for procedures you never had, or charging Medicare Beneficiaries higher rates. Thankfully, in Iowa, there are seniors on patrol.



This isn't your typical neighborhood crime watch. Instead, it's a statewide network of volunteers charged with helping older adults avoid Medicare fraud and abuse. They are called the Senior Medicare Patrol (SMP), and they want to save you from Medicare and Medicaid scams.

Nationwide, it's estimated that Medicare and Medicaid fraud and abuse costs taxpayers \$60 billion a year, so the work SMP not only helps seniors, but also taxpayers who eventually shoulder the burden of these expenses.

Most SMP volunteers are retired Medicare beneficiaries and thus well-positioned to assist peers. Their primary goal is to teach beneficiaries how to protect their personal identity, identify and report errors in health care bills, and spot deceptive health care practices.

If you suspect that you are a victim of fraud, contact Iowa SMP by calling 800-423-2449. SMP will help you take action to prevent, detect or report the situation.

### As a volunteer, you may:

- Distribute information to local seniors, community centers and health care facilities
- Educate seniors about Medicare fraud
- Present information in your community about Senior Medicare Patrol
- Connect victims of fraud to the appropriate resource for help

If you are interested in training and becoming an SMP volunteer, call 800-423-2449 and begin the process today. Make a difference, one person at a time.

**Bring a friend to your local senior center!**

## IRS Urges Public to Stay Alert for Scam Phone Calls



Iowa Senior Medicare Patrol (SMP) A Project Aging Resources of Central Iowa

Submitted by Nancy G. Anderson, SMP Coordinator Aging Resources of Central Iowa

The IRS continues to warn consumers to guard against scam phone calls from thieves intent on stealing their money or their identity. Criminals pose as the IRS to trick victims out of their money or personal information. Here are several tips to help you avoid being a victim of these scams:

- **Scammers make unsolicited calls.** Thieves call taxpayers claiming to be IRS officials. They demand that the victim pay a bogus tax bill. They con the victim into sending cash, usually through a prepaid debit card or wire transfer. They may also leave "urgent" callback requests through phone "robo-calls," or via phishing email.

- **Callers try to scare their victims.** Many phone scams use threats to intimidate and bully a victim into paying. They may even threaten to arrest, deport or revoke the license of their victim if they don't get the money.

- **Scams use caller ID spoofing.** Scammers often alter caller ID to make it look like the IRS or another agency is calling. The callers use IRS titles and fake badge numbers to appear legitimate. They may use the victim's name, address and other personal information to make the call sound official.

- **Cons try new tricks all the time.** Some schemes provide an actual IRS address where they tell the victim to mail a receipt for the payment they make. Others use emails that contain a fake IRS document with a phone number or an email address for a reply. These scams often use official IRS letterhead in emails or regular mail that they send to their victims. They try these ploys to make the ruse look official.

- **Scams cost victims over \$23 million.** The Treasury Inspector General for Tax Administration, or TIGTA, has received reports of about 736,000 scam contacts since October 2013. Nearly 4,550 victims have collectively paid over \$23 million as a result of the scam.

### The IRS will not:

- Call you to demand immediate payment. The IRS will not call you if you owe taxes without first sending you a bill in the mail.
- Demand that you pay taxes and not allow you to question or appeal the amount you owe.
- Require that you pay your taxes a certain way. For instance, require that you pay with a prepaid debit card.
- Ask for your credit or debit card numbers over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

### If you don't owe taxes, or have no reason to think that you do:

- Do not give out any information. Hang up immediately.
- Contact TIGTA to report the call. Use their "IRS Impersonation Scam Reporting" web page. You can also call 800-366-4484. Report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" in the notes.

### If you know you owe, or think you may owe tax:

- Call the IRS at 800-829-1040. IRS workers can help you.

Source: The information below is from the IRS website (<http://www.irs.gov/IRS-urges-public-to-stay.com>)

## East Side Senior Ctr. Blood Profile Event Tuesday, March 22<sup>nd</sup>, 2016

**8:00 – 10:00 a.m.**

1231 East 26<sup>th</sup> Street, DSM

This blood profile wellness screening is fast, easy, and inexpensive! Results will include lipids, glucose, electrolytes, liver and kidney function, iron level, and more, and will be sent to your home with a "Guide to Understanding Your Bloodwork Results" booklet.

**Walk-ins Welcome!**

Additional tests are also available: TSH - \$33; FSH - \$33; PSA - \$33; A1C - \$33; CBC - \$19; Vitamin B12 - \$35; Vitamin D - \$39; C-Reactive Protein (CRP) - \$33

**NOTE: This blood profile requires an 8 to 12 hour fast before the event (no food, water only). Questions? Call 241-5061.**

[unitypoint.org](http://unitypoint.org)



Register BY PHONE  
(515) 241-8604

Register ONLINE  
[www.unitypoint.org](http://www.unitypoint.org)  
"Classes & Events"  
"Screenings"

## Exercise Classes Offered

<b>ANKENY</b> WEDNESDAYS 10:45 - 11:15 A.M.	ACTIVE ADULTS EXERCISE - NEW CLASS * MONDAYS - 8:45-9:45 A.M. TUES-THURS -@ 1:30 P.M. - 2:30 P.M. INSTRUCTOR - DESIREE REICHENBACHER
<b>CENTRAL</b> ARTHRITIS EXERCISE FRIDAYS 10:00 A.M. INSTRUCTOR - SARA BARATTA	<b>NORWOODVILLE</b> ARTHRITIS CHAIR EXERCISE 1ST, 3RD & 4TH THURSDAY @ 10:45 A.M. INSTRUCTOR - KRISTAL SIMONSON
<b>EAST</b> ARTHRITIS EXERCISE WEDNESDAYS 10:00 A.M. INSTRUCTOR - KRIS MCCAUGHEY	CHAIR EXERCISES MON., WED. & FRIDAYS 9:00 A.M. INSTRUCTOR - VIDEOS
ACTIVE ADULT EXERCISE EAST - 12:30 P.M. M W F INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY	<b>PIONEER COLUMBUS</b> MON., WED. & FRI. 10:30 A.M. INSTRUCTOR - GLORIA ANNETT
<b>GRIMES</b> CHAIR YOGA TUESDAYS 10:15 A.M. - 11:00 A.M.	EXERCISE ROOM WITH NEW EQUIPMENT AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.
<b>JOHNSTON</b> "SILVER SNEAKERS" WEDNESDAYS 9:45 A.M. - 10:30 A.M.	<b>SOUTH</b> MWF - ACTIVE ADULT FITNESS @ 8:15 A.M. INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY
YOGA TUESDAYS 9:30 A.M. & 10:45 A.M.	TUES - ARTHRITIS CLASS @ 9:30 INSTRUCTOR - JANEIL LONG
ZUMBA GOLD THURSDAYS @ 9:00 A.M.	THURSDAY - CHAIR YOGA - 9 TO 10 A.M. DECEMBER 3 <sup>RD</sup> & 17 <sup>TH</sup> INSTRUCTOR - NOREEN GOSCH
<b>MLK</b> ARTHRITIS EXERCISE MONDAYS 10:30 - 11:00 A.M. INSTRUCTOR - SARA BARATTA	<b>WESTSIDE</b> ACTIVE ADULTS EXERCISE MON., WED. & FRI. 12:30 - 1:30 P.M. INSTRUCTOR - DESIREE REICHENBACHER
<b>NORTH</b> ACTIVE ADULTS EXERCISE MON., WED. & FRI. 10:15 - 11:15 A.M. INSTRUCTOR - DESIREE REICHENBACHER	CHAIR EXERCISES MONDAYS & WEDNESDAYS 11:15 A.M. INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER
<b>NORTHWEST</b> ARTHRITIS EXERCISE WED. AND FRI. AT 9:45 A.M. INSTRUCTOR - DOROTHY McCLATCHEY	MEDITATION YOGA TUESDAYS 12:30 P.M.

# BLAST FROM THE PAST – A LOOK BACK AT SOME FUN MOMENTOUS EVENTS/OCCURRENCES AT THE SENIOR SITES

## Northwest Senior Community Center Takes The Cake!

David Maine, Northwest Community Center, is always thinking of something special to do. This time, his great idea was to have a cake baked in the shape of the center’s t-shirt and anyone who wore their special shirt on this certain day, would benefit by getting a piece of yellow cake with chocolate frosting!

The last t-shirt order allowed folks to choose their own color and you can see all of the colorful choices below! Thanks, David, for being such a generous contributor to the center!

Pictured from left to right: (front row) Connie Beeson, Norma Lary, Janice Taylor, Marilynn Lancaster and Merry Trotter; (back row) David Maine, Earl Eshelman, Paul Schustek, Guy Lary, Floyd Fluharty, Fred Bobenhouse and Max Bridgewater.



## \$200 Million Returned Milestone in Great Iowa Treasure Hunt

State Treasurer Michael L. Fitzgerald’s Great Iowa Treasure Hunt has reached a milestone of \$200 million in unclaimed property returned. “Since the program’s inception in 1983, we have returned \$200 million through the Great Iowa Treasure Hunt,” Fitzgerald said. “Vona Burbank of Urbandale helped us reach our milestone. Her claim of \$6,723 put our returns at just over \$200 million! This milestone reinforces our dedication to reuniting unclaimed property with its rightful owners.”

The Great Iowa Treasure Hunt has returned property to more than 479,000 Iowans. “We are dedicated to helping Iowans reunite with their missing money and property,” stated Fitzgerald. Common forms of dormant accounts in financial institutions, insurance companies, trust holdings, unclaimed property include savings or checking accounts, stocks, un-cashed checks, life insurance policies, utility security deposits and safe deposit box content (watches, jewelry, stamps or coins).

Visit the Great Iowa Treasure Hunt at [GreatIowaTreasureHunt.gov](http://GreatIowaTreasureHunt.gov) begin your search. Like Great Iowa Treasure Hunt on Facebook and follow the program on Twitter (@GreatIATreasure) to stay up to date on future events.

