



March Activities w/ Polk County Seniors at 4 mile



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		10 am YAHZEE 12:30 Cards	*Wii Play Available* *(We have it! Let us know you'd like to play!)* 10-11 BP w/Bonnie B	 10:45 Center Bingo
7	8	9	10	11
10:45 Share Bingo	10:30 Breathing Exercises & FUN With BUBBLES!! National Bubble week!	10a *Crafts-Memo Board *Preregistration Required* 11:40 Sr. Outreach-Mike 12:30 Cards	*Wii Play Available* *(We have it! Let us know you'd like to play!)*	10 Blood Pressure checks -VNS 10:45 Center Bingo 11:30 Health Education
14	15	16	17	18
~9-1 Ft Care Clinic-VNS~ <i>(PreRegistration Required)</i> 10:45 Share Bingo	10a Crafts Con't	March Birthdays Days 10:45 Fresh Conversations  12:30 Cards	St Patrick's Day & Spring Celebration 	10:45 Center Bingo
21	22	23	24	25
10:45 Share Bingo	<i>Concert!</i> 10:30 Senior Singers 	10 am YAHZEE 12:30 Cards	*Wii Play Available* *(We have it! Let us know you'd like to play!)* 10-11 BP w/Bonnie B	Everybody Wins! 10:45 Easter Bingo! 
28	29	30	31	
10:45 Share Bingo	10:30 ArmChair Adventures 	10 am YAHZEE 12:30 Cards	*Wii Play Available* *(We have it! Let us know you'd like to play!)*	

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 Feb-24, 2016**

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