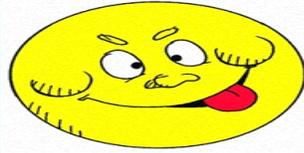


April Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL HUMOR MONTH Keep a Smile on your Face, Joy in Your Heart & Share the Funnies				1 10:45 Bingo
4 10:30 Donation Bingo	5 10:30 Armchair Adventures <i>With Peg and Don Purdy</i> <i>Destination...UNKNOWN</i>	6 10 Crafts 10:30 YAHZEE! 12:30 Cards	7 11:30 Polk County Supervisor Tom Hockensmith Polk County Update	8 10:00 Blood Pressure VNS 10:45 Bingo  11:40 Health Education
11 **9:00 Foot Clinic/Tim** <i>(**Requires Pre-registration**)</i> 10:30 Donation Bingo	12 Garden Week: 11:40 Nutrition Education	13 10 Crafts 12:30 Cards	14 International Moment of Laughter Day <i>(Got a Funnie to share?)</i> 	15 10:45 Bingo Senior Medicare Patrol
18 10:30 Donation Bingo	19 **9:00 Foot Clinic/Tim** <i>(**Requires Pre-registration**)</i>	20 10:00 YAHZEE! 10:45 Fresh Conversations FUN Nutriton Educ 11:30 ~April~Birthdays 12:30 Cards	21 10-11 Blood Pressure Checks with Bonnie B	22 10:45 Bingo
25 10:30 Donation Bingo	26 National Pretzel Day <i>(Let's get Twisted)</i>	27 10:00 YAHZEE! 12:30 Cards	28 Great Poetry Reading Day 10:45 Share one of your Favorites with the group	29 10:45 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-**Mar -10-2016**

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