

July Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Share Bingo players bring two prizes to share. Two (2) "Speedy" bingo games are played, - everyone wins a prize. Final game-Black Out/CoverAll- shared/donated prizes.</p> <p>Friday Bingo Four (4) traditional style games, followed by a Black Out. The Senior Center supplies these prizes</p>				 <p>10:45 Center Bingo</p>
<p>Happy 4th of July Holiday Site Closed</p> <p style="text-align: right;">4</p>	<p>10:45 Share Bingo! (for Monday's Holiday)</p>  <p style="text-align: right;">5</p>	<p>10 am YAHZEE 12:30 Cards</p> <p style="text-align: right;">6</p>	<p>*Wii Play Available* *(We have it! Let us know you'd like to play!)*</p> <p style="text-align: right;">7</p>	<p>10 Blood Pressure checks -VNS 10:45 Center Bingo 11:30 Health Education</p> <p style="text-align: right;">8</p>
<p>~9-1 Ft Care Clinic-VNS~ (PreRegistration Required) 10:30 Share Bingo</p> <p style="text-align: right;">11</p>	<p>11:40 Don Purdy- Nutrition Committee Updates</p> <p style="text-align: right;">12</p>	<p>10 am YAHZEE 11:40 Sr. Outreach-Mike 12:30 Cards</p> <p style="text-align: right;">13</p>	<p>*Wii Play Available* (Let us know if you'd like to learn how to play!)* Sr Medicare Patrol overview</p> <p style="text-align: right;">14</p>	<p>10:45 Center Bingo</p> <p style="text-align: right;">15</p>
<p>10:30 Share Bingo</p> <p style="text-align: right;">18</p>	<p>10:30 <i>ArmChair Adventure</i></p>  <p style="text-align: right;">19</p>	<p>10 YAHZEE 10:45 Fresh Conversations 11:30 July Birthday's 12:30 Cards</p> <p style="text-align: right;">20</p>	<p>*Wii Play Available* 10-11 BP w/Bonnie B</p> <p style="text-align: right;">21</p>	<p>10:45Bingo!</p> <p style="text-align: right;">22</p>
<p>10:30 Share Bingo</p> <p style="text-align: right;">25</p>	<p>Wii Play Day** Come on over and play</p> <p style="text-align: right;">26</p>	<p>10 am YAHZEE 12:30 Cards</p> <p style="text-align: right;">27</p>	<p>Wii Play Day** Come on over and play</p> <p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>

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 June 9, 2016

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