

# AUGUST Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Share Bingo <b>1</b>	10:30 <i>ArmChair Adventures</i> <b>2</b> 	10 a Yahtzee! 12:30 Cards <b>3</b>	11:40 Don Purdy- Nutrition Committee Updates <b>4</b>	10:45 Center Bingo Summer Olympics Begin  <b>5</b>
~9-1 Ft Care Clinic-VNS~ (PreRegistration Required) <b>8</b> 10:30 Share Bingo 	10:45 Mental Olympics ~~ Table Teams <b>9</b>	10 a Yahtzee! 12:30 Cards <b>10</b>	<b>Iowa</b> <b>11</b>  Begins 11:40 Nutrition Education	10 Blood Pressure checks VNS  <b>12</b> 10:45 Center Bingo 11:30 Health Education
Summer Olympics from Brazil on Senior Center TV when coverage is available- 10 am - 1 pm				
10:30 Share Bingo <b>15</b> 	<i>This Way to the FUN</i> <b>16</b> 	10 a Yahtzee! 11:40 Sr. Outreach-Mike 12:30 Cards <b>17</b>	*Wii Play Available* ( Let us know if you'd like to learn how to play!)* <b>18</b> Sr Medicare Patrol overview	10:45 Center Bingo <b>19</b>
<b>Iowa State Fair Week + Summer Olympics from Brazil on Senior Center TV when coverage is available 10am - 1pm</b>				
10:30 Share Bingo <b>18</b>	Wii Play Day** Come on over and play <b>19</b>	10 a Yahtzee! 10:45 Fresh Conversations 11:30 July Birthday's 12:30 Cards <b>20</b>	*Wii Play Available* 10-11 BP w/Bonnie B  <b>21</b>	10:45 Center  <b>22</b>
10:30 Share Bingo <b>25</b> 	Wii Play Day** Come on over and play <b>26</b>	10 a Yahtzee! 12:30- Cards  <b>27</b>	Wii Play Day** Come on over and play <b>28</b>	10:45 Center Bingo <b>29</b>

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 July 8, 2016

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