

October Activities w/ Polk County Seniors at 4 mile

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>10:30 Share Bingo 3</p> | <p>10:30 <i>ArmChair Adventures</i> 4</p>  | <p>~9-1 Ft Care Clinic-VNS~ <i>(PreRegistration Required)</i> 5 10 a Yahtzee! 12:30 Cards</p> | <p>11:40 Don Purdy- Nutrition Committee Updates 6</p> | <p>10:45 Center Bingo 7 World Smile Day</p> |
| <p>~9-1 Ft Care Clinic-VNS~ <i>(PreRegistration Required)</i> 10 10:30 Share Bingo</p> | <p>10 a Bob Hope Movie Day 11 "It's My Party Day"</p> | <p>10 a Yahtzee! 12 10:45 Fresh Conversations ? 11:40 Sr. Outreach-Mike 12:30 Cards</p> | <p>10 a Bob Hope Movie Day (Movie con't") 13 11:40 Nutrition Education</p> | <p>10 Blood Pressure checks VNS 14  10:45 Grocery Bingo 11:30 Health Education</p> |
| <p>10:30 Share Bingo 17</p> | <p> Bring Your Favorite Hat Day 18</p> | <p>10 a CRAFTS see project and pre registrar during site hours 19 11:30 September Birthday's 12:30 Cards</p> | <p>11:40 SMP Overview 20</p> | <p>10:45 Center Bingo 21 </p> |
| <p>10:30 Share Bingo 24 </p> | <p>Wii Play Day** 25 Come on over and play</p> | <p>10 a CRAFTS see project and pre registrar during site hours (3 & 4 Wed of month!) 26 12:30 Cards</p> | <p>10-11 BP w/Bonnie B 27 </p> | <p>10:45 10:30 Boo Bingo 28 12-3 pm Community Creations- 4 mile kitchen for Nov 1 Bake Sale</p> |
| <p>10:30 Boo Bingo 31 12-3 pm Community Creations- 4 mile kitchen for Nov 1 Bake Sale-Fundraiser.</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 September 12 2016

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