

November Activities w/ Polk County Seniors at 4 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 am Oral Histories-Karen M	2 10 a Yahtzee! 12:30 Cards	3 11:40 Don Purdy Nutrition Committee Updates Pie	4 10:45 Center Bingo 12noon-3 Kitchen Kreating working together to create for Fundraiser/bake SALE
7 10 a + BP checks-VNS 10:30 Share Bingo 11:30 Health Ed- VNS 12noon-3 Kitchen Kreating working together to prepare for bake sale TOMRROW!.	8 Bake Sale Fundraiser at 4 mile! 9-5 Election Day Make sure you have voted.	9 10 a Yahtzee! 10:45 Fresh Conversations 11:40 Sr. Outreach-Mike 12:30 Cards	10 11:40 Nutrition Education Pie	11 Veterans Day Holiday Site Closed
14 ~9-1 Ft Care Clinic-VNS~ (PreRegistration Required) 10:30 Share Bingo	15 CONCERT 10:30 am Song & Keyboard ~Shirley McClain~	16 10 a CRAFTs pre registered by Mon Nov 7 11:30 November Birthday's 12:30 Cards	17 11:40 SMP Overview Senior Medicare Patrol Pie	18 10:45 Center Bingo
21 10:30 Share Bingo	22 Wii Play Day** Come on over and play	23 10-11 BP w/Bonnie B 12:30 Cards	24 Center Closed for	25 Holiday
28 10:30 Share Bingo	29	30 10 a CRAFTS		

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 October 10, 2016

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