BUSY BEES
A few of the seniors at the Northwest Community Center have been very busy. Suzie Henkel, past Garden Club President, (not pictured), led the charge in beautifying the center’s front entrance. Suzie was able to garner a donation from Earl May and then recruited some of her friends to help with the planting, design and continued watering.

We appreciate the lovely addition to the center! Thanks, hard workers and volunteers!

Dawn Main (left) and Kim Lau (right)

Arsen Chountso (left) and Kim Lau (right)

Kim Lau (left) and Carolyn Higgins (right)

Southside Senior Center
100 Peyton Ave

Saturday, July 1st
Good People, Good Food...
Come Share In The Fun!!

Just bring a dish to share.

Doors Open at 10:30 a.m. Eat at noon, then stay in the afternoon to play cards, bingo, dominos, etc.

Table Service is provided, along with coffee and tea.

This potluck is for anyone over 50 years of age, regardless if you attend a senior center or not.

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HOW TO RIDE

Wednesday July 12 from 10:00–12:00 p.m.
Multimodal Room at DART Central Station

How to Ride Training sessions are free and open to the public.

DART Central Station Multimodal Room (second floor)
620 Cherry Street, Des Moines

For questions call Alison Wolden at 515-283-5000 or email awolden@ridedart.com.
Social Security News

Social Security And Medicare Are Lasting Sources Of Independence

By Derek Nichols
Social Security Assistant District Manager in Des Moines

In July, communities everywhere celebrate our nation’s independence with fireworks, family, and friends. A strong community also creates independence as we help each other recognize our full potential.

Social Security has been helping people maintain a higher quality of life and a level of independence for over 80 years. And Medicare has been doing the same for over five decades. Most people first become eligible for Medicare at age 65. For many older Americans, this is their primary health insurance and without it, they might not enjoy an independent lifestyle.

Medicare can be a little confusing to newcomers so we’ve broken it down into segments. The four parts of Medicare are as easy as A, B, C, and D.

- **Part A** (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.
- **Part B** (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment, and some preventive services. Most people pay a monthly premium for Part B. Some high-income individuals pay more than the standard premium. If you don’t enroll in Medicare Part B during your initial enrollment period and then decide to do so later, your coverage may be delayed and you may have to pay a higher monthly premium for as long as you have Part B.
- **Part C** (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A and Part B to enroll in Part C. Monthly premiums vary depending on the state where you live, private insurer, and whether you select a health maintenance organization or a preferred provider organization.
- **Part D** (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for Extra Help to pay the premium and deductible. If you don’t enroll in a Medicare drug plan when you’re first eligible, you may pay a late enrollment penalty if you join a plan later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage. To see if you qualify for extra help visit www.socialsecurity.gov/prescriptionhelp.

Will you be age 65 soon? Even if you decide not to retire, you should apply for Medicare. You can apply in less than 10 minutes using our online Medicare application. Visit www.socialsecurity.gov/medicare to learn more about applying for Medicare.

### United States of America

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Y | F | Q | P | R | I | D | E | X | C | W | D | E | M | O | C | R | A | Y | N | Q | E | D | L | B | E | N | N | T | G | S | Q | M | O | L |

### The Senior Medicare Patrol needs volunteers!

Help us fight Medicare fraud and abuse!

Thorough training is provided to new SMP volunteers so they are able to share information on scams and Medicare fraud in central Iowa. If you enjoy helping others, you might enjoy being a SMP volunteer. A volunteer may present once a month, or as often as desired. The time spent at each event averages two hours. Volunteers may help out in other ways as well. Some of our volunteers do not “present”, but help out with exhibits. Please contact Jane Moore at 515-633-9514 if you are interested in learning more about volunteering with the Senior Medicare Patrol.

Submitted by Jane Moore, SMP Coordinator, Aging Resources of Central Iowa
E-mail: jane.moore@agingresources.com  Telephone: 515-633-9514 or 1-800-747-5352
**Ask the Naturalist**
By Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org

**Question:** I found a fawn in my yard without its mother. I think it’s been abandoned. What should I do? Mary, Granger

**Answer:** Leave it alone. Don’t pick it up or try to feed it. The fawn’s best chance of survival is in the wild. Mother deer leave their young alone on purpose. She will only visit her fawn a few times a day to nurse and clean it, staying for only a few minutes at a time. She will go and feed nearby and is never too far away from her fawn. A fawn’s natural instinct is to lie down in the grass and be still. The white spots on their fur help them be camouflaged in the grass. Fawns also have no scent so they are undetectable by predators. If a fawn is threatened, the mother’s instinct is to run away to get the predator to chase her instead of the fawn.

**Editor’s Blurb**
The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or July be of interest to older adults.

We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

The Bulletin reserves the right to decide whether to publish all or part of any materials submitted.

Deadline is usually around the 3rd Monday of each month for the next month’s issue, but DOES VARY. If interested in submitting an article, event, or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.

**Supplemental Food Program for Seniors**
The Elderly Commodity Food Program serves persons 60 years of age or older. This does not include handicapped people under 60 years of age. A person must reside within the geographical boundaries of Polk, Warren, Jasper, Dallas, Story and Boone Counties.

A person must meet the following income eligibility guidelines established by the United States Department of Agriculture as follows:

<table>
<thead>
<tr>
<th>FAMILY SIZE</th>
<th>GROSS ANNUAL</th>
<th>GROSS MONTHLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$15,678</td>
<td>$1,307</td>
</tr>
<tr>
<td>2</td>
<td>$21,112</td>
<td>$1,760</td>
</tr>
<tr>
<td>3</td>
<td>$26,546</td>
<td>$2,213</td>
</tr>
</tbody>
</table>

Use gross amounts on all forms of income.

**FOODS RECEIVED:** Shelf stable milk, non-fat dry milk, rice or pasta, ready-to-eat cereal, farina, or oatmeal, peanut butter or dry beans, canned meat or fish, bottled juices, canned fruits, canned vegetables, and cheese.

Applications are taken at the location listed below, on the website [http://www.polkcountyiowa.gov/cfys/services/commodity-supplemental-food/](http://www.polkcountyiowa.gov/cfys/services/commodity-supplemental-food/) or call the office to have an application sent to you. Proof of age is required. Volunteer delivery is available for those who have no other way.

**LOCATION:**
2309 Euclid Ave., Des Moines, IA 50310.

**DAYS OPEN:** Monday through Friday.

Closed the last two working days of every month, weekends, and County Holidays.

**HOURS:** 8:00 am to 5:00 pm

**PHONE:** 515-286-3655 or Toll Free at 1-877-288-3655.

“A Service of the Polk County Department of Community, Family & Youth Services”

“The USDA is an equal opportunity provider and employer”

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**FREE Right Here in Polk County!**
We can help you maintain independence in your own home. We provide a friendly volunteer companion to meet with you on a weekly basis to help with:

- **Transportation** to local medical appointments, the grocery store and pharmacy;
- **Companionship** and social support; and
- **Respite services** for caregivers.

**Do you have a regular weekly need?** Call us today to be matched with a companion in your neighborhood.

**Our companions receive ongoing training and support.**

Call to let us know how we can support you! (515) 558-9957 or email Julia@vnsia.org.
Social Security Q & A’s
Submitted by Derek Nichols
Social Security Assistant Manager in Des Moines

Question: How can I get proof of my benefits to apply for a loan?
Answer: If you need proof of your Social Security benefits, Supplemental Security Income (SSI) and/or Medicare, you can request a benefits verification letter online through your personal my Social Security account at www.socialsecurity.gov/myaccount. This letter is sometimes called a “budget letter,” a “benefit letter,” a “proof of income letter,” or a “proof of award letter.” You can even select the information you want included in your online benefit verification letter.

Question: Why is there no Social Security? Is it because Medicare? If so, how does it happen?
Answer: No. Medicare is a part of Social Security. Social Security must determine that you are unable to work due to your disability or age, education, and work experience, were unable to adjust to any other job that exists in significant numbers in the national economy. Also, your disability must last or be expected to last for at least one year or to result in death. Social Security pays for total disability only. No benefits are payable for partial disability or short-term disability (less than a year). For more information, we recommend you read our publication, Disability Benefits, available online at www.socialsecurity.gov/mbps.

Question: I have diabetes and I have to take insulin. Is my insulin covered by Medicare?
Answer: Medicare Part D does not cover insulin unless use of an insulin pump is medically necessary. However, certain Medicare Part D prescription drug plans may cover insulin and certain supplies used to inject insulin, like syringes. For more information, please visit www.medicare.gov/coverage/insulin.html.

July Tasty Recipes

Crispy Baked Avocado Fries & Chipotle Dipping Sauce
Source: Author: Layla / www.gimmedelicious.com

Spinach Artichoke Stuffed Chicken
Source: Author: Karina – www.CafeDelites.com

Spinach Artichoke Stuffed Chicken is a delicious way to turn a creamy dip into an incredible dinner! Serve it with a creamy sauce for added flavor!

Serves: 4

Ingredients

CHICKEN:
- 4 boneless, skinless chicken breasts (2 pounds | 1 kg)
- 2 tablespoons Italian seasoning
- 1 teaspoon mild paprika (optional)
- salt and pepper to season

SPINACH ARTICHOKE DIP:
- 4 oz | 120 g frozen, thawed spinach
- 8 oz | 250 g block cream cheese (light or reduced fat), at room temp
- 6 oz | 170 g bottled or canned artichoke hearts in brine, finely chopped*
- ½ cup shredded mozzarella cheese
- ¼ cup finely grated parmesan cheese
- 1 tablespoon minced garlic
- Salt to taste

OPTIONAL CREAM SAUCE:
- Remaining spinach / artichoke dip
- 1 cup milk (skim, 2% or full fat)

Instructions:

For The Chicken:
1. Place each chicken breast on a flat surface. Season both sides of each breast with the Italian seasoning and paprika.
2. With your hand supporting each piece, cut a slit or pocket about ¼ quarter of the way through, being careful not to cut all the way.

For The Dip Filling:
1. Squeeze any and all excess liquid out of the spinach. Discard the water released. In a medium-sized bowl, combine the spinach, cream cheese, artichokes, mozzarella, parmesan and garlic; mix well to combine (use your hands if necessary).
2. Fill chicken ‘pockets’ with 1-2 tablespoons of the spinach artichoke dip, spreading evenly with the back of the spoon (or use your fingertips to press it down). Reserve the leftover dip for the optional cream sauce (you should have exactly half left over), or see notes for other ideas!
3. Seal with two or three toothpick applicators near the opening to keep the dip inside while cooking.
4. Heat 1 tablespoon of oil in a skillet (or non stick pan) over medium-high heat. Add the chicken and fry until golden. Rotate and fry on the other side, covering pan with a lid, until cooked through, (about 6 to 7 minutes per side). Transfer chicken to a warm plate to make the optional cream sauce.

For The Cream Sauce (optional)
1. In a bowl, mix milk into the skillet / pan and bring to a simmer. Add in the remaining dip (you should have exactly half remaining), and stir until sauce is combined and thickened. Add the chicken back into the pan and serve immediately!

Notes:
*Don’t like artichokes? Replace them with an extra 4 oz | 120 g of frozen and thawed spinach.

The cream sauce is optional! If you’re not wanting to make it, you can just use the dip ingredients in the ingredient list to ensure there is no leftover dip! If you’re wanting to save the reserved dip for later instead of using it in a cream sauce, simply refrigerate it up to 4 days OR freeze up to 3 months in a plastic container. When ready to use, mix ½ cup milk or cream through to thin the consistency and cook in pot over stove top.

Nutritional information includes the sauce!

Chipsotle Dipping Sauce

Instructions

1. Pre-heat oven to 400 Degrees F. Pour 1 tablespoon oil in sheet tray or baking dish, set aside.
2. Squeeze fresh lime juice on avocado slices to preserve their color while baking (this step is optional). Season with salt, pepper. Dredge in flour then dip in egg and panko breadcrumbs. Be sure the avocado slices are coated very well in the panko.
3. Bake in a single layer on the greased sheet pan. Drizzle with the remaining oil or spray with cooking spray. This will help the avocado slices crisp in the oven.
4. Bake for 15 minutes or until the avocados are golden and crispy. If desired, more oil can be drizzle while they are baking for additional crispiness.

Crispy Baked Avocado Fries (can use recipe below) or with ranch, ketchup, or your favorite dip!

How to Make Homemade Chipotle Sauce
Source: Author: Layla / www.gimmedelicious.com

Ingredients

- 1 chipotle chile in adobo sauce plus 1 tsp. sauce (canned)
- ¼ cup mayonaisse
- ½ cup plain Greek yogurt
- ¼ cup chopped cilantro
- ¼ tsp. ground cumin
- ¼ tsp. dried dill
- Kosher salt, to taste

Instructions

Place all ingredients in a blender or food processor and puree until smooth about 2-3 minutes or until the mixture is nice and creamy. Pour into a jar or small bowl and refrigerate for up to 4 weeks. Be sure to keep it in the fridge! Enjoy!
Franklin Avenue Library News
Submitted by Kevin C. Kretschmer, Adult Services Librarian
5800 Franklin Avenue • DSM, IA 50310 • Ph: 515-248-6271

Franklin Afternoon Book Discussion
Monday, July 3, 1:00 p.m.
Join us for a discussion of The Rent Collector by Camron Wright. Copies of the book are available at the Information Desk. All are welcome.

Franklin Evening Book Discussion
Tuesday, July 11, 6:30 p.m.
Join us for a discussion of Station Eleven by Emily St. John Mandel. Copies of the book are available at the Information Desk. All are welcome.

SOAR with the Eagles
Friday, July 14, 3:00-5:00 p.m.
SOAR, Saving Our Avian Resources, will present a live eagle program at the Franklin Avenue Library. This program is dedicated to the understanding, appreciation, and protection of our national symbol.

Friends of the Franklin Avenue Library Meeting
Saturday, July 22, 11:00 a.m.
The Friends of the Franklin Avenue Library will hold their quarterly meeting. All are welcome.

East Side Library News
Submitted by Carrie Anderson
2559 Hubbell Avenue • DSM, IA 50316

Iowa State Fair: Looking Past and Present
http://dmpl.org/events/iowa-state-fair-looking-past-and-present-5-WtTv5FlEs
Monday, July 17th, 6:00 p.m.
Former State Fair Marketing Director Kathie Swift looks at the upcoming Iowa State Fair, the jewel in Iowa’s crown, and shares highlights of her past 27 years. She will update you with news of the 2017 Fair, coming up August 10-20, and review past celebrations during her tenure, 1978-2004. This year’s Fair theme: “Nothing Compares to State Fair Thrills!” focuses on the explosive action of its three updated Thrill Parks, from Thrill Ville to Thrill Town and the Thrill Zone. Buckle your seat belts for much more that’s brand new and exciting. It’s a great program for Fair lovers!

Knitmas in July
Saturday, July 22, 1-3. Please Pre-register.
Join us for our jolly Summer Knit Fest! Family friendly event with holiday treats and festive cheer. Bring your own project or try one of our patterns. We will provide materials for knitting a mug cozy or finger puppets while supplies last. Limited instruction available. Ages 8 and up.
http://dmpl.org/events/knitmas-july-b-WtTv5rIrLcs

T’ai Chi for Arthritis and Falls Prevention
2nd Monday of the month, 10:30-11:30
http://dmpl.org/events/tai-chi-arthritis-and-falls-prevention-5-WtTv5rIrLcs

Adult Coloring
4th Monday of the month, 10:30-11:30
http://dmpl.org/events/adult-coloring-party-6-WtTv5rIrLcs

DMU Physical Therapy Clinic Exercise Classes
The DMU Physical Therapy Clinic also offers a number of exercise classes, for a moderate fee, designed to help keep active in all stages of life, including the following:
- Active Older Adult Exercise
- Core Strength with Pilates
- Tai Chi for Arthritis and Fall Prevention
- Yoga for Healthy Aging

All programs are held on the DMU campus. For more information, call 515-271-1717 or visit www.dmu.edu/clinic/physical-therapy.

July Blood Pressure Checks
Services provided by VNS of Iowa Nursing Staff
Donna Monson, RN Community Health Nurse
(check specific center for time of clinic)

6th North
10th East
10th Ankeny (provided by Nurse Volunteer)
11th Grimes
12th Northeast
13th Polk City
14th Scott Four Mile
15th West
18th South
19th Pioneer Columbus
20th Central
21st Altoona
25th Johnston
26th Norwoodville/Calyx
27th Runnells
28th North
31st Ankeny (Health Talk Only)

Dates Subject to Change.
Menus, with the exception of the optional Wednesday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change.

** The number in parentheses indicates the carbohydrate exchange. (1)=15 grams

Serving size: 3 oz. meat/alternative, 2 ½ c servings of vegetables, ½ c fruit, ½ c dessert, 1 serving bread, fortified margarine, milk and coffee.

All menus subject to change.

Top # = Carbohydrates
Bottom # = Calories
Salt Shaker = Higher Sodium Day
New! Pig symbol = pork is in the menu that day

Menus served at the centers are for those 60 years and older and spouse. Contributions are optional.

Questions? Call the site nearest you!
Polk County Senior Centers
Meal Site Locations & Staff

Altoona
Open 9:30 a.m. to 1:30 p.m. 507-13th Avenue SW
Altoona, 50009
Phone: 963-8527
Site Coordinator: Natalie Olson
Serving Time: 11:30 a.m.

Ankeny
Open 9:30 a.m. to 1:30 p.m. 406 S.W. School Street, Suite 104
Ankeny 50021
Phone: 963-0527
Site Coordinator: Maureenas Schofer
PT Site Coordinator: Mary Scaglione
Serving Time: 11:30 a.m.

Central
Open 8:00 a.m. - 5:00 p.m. 2008 Forest
Des Moines 50314
Phone: 286-3677
Site Coordinator: Sam McCreary
Program Aide: Sara Baratta
Serving Time: 11:30 a.m.

Deaf (Norwoodville)
Wednesday Only
Open 8:00 a.m. - 5:00 p.m. 3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
TTY @ Deaf Seniors: 262-3240
Site Supervisor: Dan Sauser
Serving Time: 11:30 a.m.

East
Open 8:00 a.m. - 5:00 p.m. 1231 E. 26th Street
Des Moines 50317
Phone: 266-8461
Site Supervisor: Raanan Nerem
Program Aide: Kris McHaguey
Serving Time: 11:30 a.m.

Grimes
Open 9:30 a.m. - 1:30 p.m. 410 S.E. Main Street
Grimes 50111
Phone: 986-5747
Site Coordinator: Rene Leppert
Serving Time: 11:30 a.m.

Johnston
Open 9:30 a.m. to 1:30 p.m. 6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline Ver Schuer
Serving Time: 11:30 a.m.

MLK, Jr.
Open 9:30 a.m. to 1:30 p.m. 1650 Garfield
Des Moines 50316
Phone: 266-5445
Site Coordinator: Hottie McCargar
Serving Time: 11:30 a.m.

North
Open 8:00 a.m. - 5:00 p.m. 3010 - 6th Avenue
Des Moines 50313
Phone: 288-1853
Site Supervisor: Diana Savage
Program Aide: Nicole Ledwina
Serving Time: 11:30 a.m.

Polk Senior Services Administrative Staff
Program Administrator – Joyce Webb
Program Specialist/Editor – Dayna Brown
Program Specialist/PEER Advocate/SHIP – Alison Best
Administrative Office: 286-3679

Monthly Activities at Your Senior Centers & Meal Sites

Altoona
Serving time: 11:30 a.m. - 1:30 p.m.
MLK
Serving time: 11:30 a.m. - 1:30 p.m.
Ankeny
Serving time: 11:30 a.m. - 1:30 p.m.
Pioneer Columbus
Serving time: 11:30 a.m. - 1:30 p.m.

Golden Thread Society: Quilting, Crocheting & Knitting
Wednesday, Westside, Des Moines 50317 - 9:00 to 4:00 p.m.

Jams Sessions
North.....................................Friday @ 2:30 p.m.

Knitting, Crocheting & Quilting
Grimes....................................Wednesdays @ 10:30 a.m.
Johnston...................................Tuesdays @ 9:30 a.m.
Westside..................................Tuesdays @ 12:30 p.m.
Norwoodville............................Thursdays @ 12:30 p.m.

Movie & Popcorn Day
North.....................................Tuesdays @ 9:00 a.m.

Paper Craft
Runnells...............................1st Thursdays @ 10:30 a.m.

Poker 1
Pioneer Columbus..........................Daily @ 9:00 a.m. to 5:00 p.m.

South......................................Tuesdays @ 12:30 p.m.

Times July be subject to change. It is advisable if interested in activities listed that you check with that specific site, as times of operation vary between some of the sites and programming sometimes changes with other events going on throughout the year.

Jury Activities

8 Ball Pool Tournament
1st @ North – 9:30 a.m.
10th @ North – 9:00 a.m.
20th @ North – 9:00 a.m.

9 Ball Pool Tournament
3rd @ North – 8:00 a.m.
22nd @ North – 9:00 a.m.

10 Point Pitch
11th @ South – 12:30 p.m.
18th @ South – 12:30 p.m.
25th @ South – 12:30 p.m.

Double Pinochle
6th @ South – 12:30 p.m.
13th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

Cribbage
Thursdays @ North – 12:30 p.m.
Fridays @ South – 12:30 p.m.

Rummikub – Closed 7/14
Tuesdays @ North

Cost $1.00 per person.
Tournaments start at 12:30 p.m. unless otherwise indicated.

Jury Social Card/ Domino Parties

Mondays
Social Bridge @ North @ 12:30 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Pokeros @ East @ 1:30 p.m.
Hand & Foot @ South @ 12:30 p.m.

Thursdays
Hand & Foot/Group Choice @ East @ 12:30 p.m.
Poker @ Johnston @ 12:45 p.m.

Jury Social Card @ NW @ 12:00 p.m.
Shuffle @ South @ 12:30 p.m.
Bags @ North @ 12:30 p.m.
4 Point Pitch @ West @ 12:30 p.m.

Friday
Bridge @ Ankeny @ 12:15 p.m.
Social Bridge @ NW @ 1:00 p.m.
Social Hand & Foot @ NW @ 1:00 p.m.
Pokeros @ East @ 1:30 p.m.

*If it could only be like this always – but never summer...the fruit always ripe and Aloysius in good temper.

Jury July Date Calendar

Pages 7-8 July 1 - 31, 2017 The Senior Bulletin

Program Specialist/Editor – Dayna Brown
Administrative Office: 286-3679

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JOIN FOSTER GRANDPARENTS TODAY
HELP CHILDREN WHO NEED IT THE MOST
What is a Foster Grandparent?
Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers ages 55+ to stay active in their community by working one-on-one with children and youth. Grandparents statewide are currently serving in schools, child care centers, and head start programs.
Volunteers must be age 55+. Those who meet income requirements may receive a small stipend. All volunteers receive accident and liability insurance and meals while on duty, as well as monthly training and reimbursement for transportation.
Ready to volunteer?

Contact Gayle Coon
515-44-0275
Gcoon@uwiservice.org

Family Enrichment Center
Backpack Drive

The Family Enrichment Center will be holding a backpack drive during July. We have approximately 225 school age (K-12) children in our program. Many of them are in need of backpacks for the upcoming school year.
We will be collecting new and “gently used” backpacks.
Backpacks may be dropped off at
Family Enrichment Center
Polk County Riverplace
2309 Euclid Ave.

Please call (515) 286-3406 if you have any questions.

Thank you for your generosity!

Word Search Answer/Hints
The words below are listed with their starting row and column

| AIR FORCE 22 | 22 |
| AMERICA 19 | 20 |
| ARMED FORCES 15 | 15 |
| ARMY 8 | 20 |
| BILL OF RIGHTS 2 | 1 |
| COAST GUARD 24 | 5 |
| CONSTITUTION 23 | 23 |
| COUNTRY 21 | 11 |
| DEMOCRACY 13 | 3 |
| FIRESTATIONS 18 | 4 |
| FLAG 23 | 2 |
| FREEDOM 22 | 2 |
| HISTORY 3 | 3 |
| HOME OF THE FREE 22 | 5 |
| HONOR 19 | 5 |
| INDEPENDENCE 12 | 18 |
| LAND OF THE BRAVE 9 | 23 |
| LIBERTY BELL 4 | 3 |
| LINCOLN MEMORIAL 22 | 23 |
| LOYAL MARINES 19 | 18 |
| MEMORIAL 14 | 18 |
| MILITARY 8 | 12 |
| MOUNT RUSHMORE 13 | 20 |
| NAVY 11 | 11 |
| PATRIOTIC 16 | 8 |
| PLEDGE OF ALLEGIANCE 11 | 19 |
| PRIDE 1 | 4 |
| RED WHITE AND BLUE 9 | 2 |
| SALUTE 22 | 8 |
| SOLDIER 22 | 14 |
| STARS AND STRIPES 17 | 1 |
| STATUE OF LIBERTY 8 | 22 |
| UNCLE SAM 8 | 10 |
| UNITED WE STAND 13 | 14 |
| VETERANS 22 | 21 |
| WASHINGTON MONUMENT 2 | 2 |
| WHITE HOUSE 2 | 3 |
| Exercise Classes Offered |

| ANKENY |
| Wednesday 10:45 - 11:15 a.m. |
| CENTRAL |
| Arthritis Exercise |
| Fridays 10:00 a.m. |
| Instructor - Sara Baratta |
| EAST |
| Active Adult Exercise |
| Mon., Wed. & Fri. - 12:30 p.m. |
| Instructor - Kim Severson of Live 2 B Healthy |
| NORTH |
| Arthritis Exercise |
| Wednesday 10:00 a.m. |
| Instructor - Kris McCaughy |
| SOUTH |
| Chair Yoga |
| Tuesdays 10:15 a.m. - 11:00 a.m. |
| Instructor - John H. Long |
| NORTHWEST |
| Active Adult Exercise |
| Monday - 8:15 a.m. |
| Tuesday/Thursday - 12:30 p.m. |
| Instructor - Dorothy McClathey |
| NORWOODVILLE |
| Chair Exercise |
| Wednesday 10:00 a.m. |
| Instructor - Sara Baratta |
| JOHNSTON |
| “Silver Sneakers” |
| Wednesdays 10:00 a.m. |
| Instructor - Kim Severson of Live 2 B Healthy |
| NORTH |
| Active Adult Exercise |
| Monday, Wednesday & Friday 10:00 a.m. |
| Instructor - Sara Baratta |
| MEDITATION YOGA |
| Tuesdays 12:30 p.m. |

Exercise to stimulate, not to annihilate. The world wasn’t formed in a day, and neither were we. Set small goals and build upon them.
~ Lee Haney, 8 time Mr. Olympia

Welcome to Medicare
A free seminar offered by the State of Iowa’s Senior Health Insurance Information Program (SHIIP) and the Northwest Community Center

“Welcome to Medicare” will cover:
• Medicare Parts A & B benefits
• Prescription Drug Benefits (Part D)
• Medicare Advantage Plans, and
• Medicare Supplement Insurance

Thursday, August 10th – 5:30 p.m.
Northwest Community Center
5110 Franklin Avenue, Des Moines 50310

Registration required by August 3rd
call (800) 351-4664

SHIIP is a service of the State of Iowa. It does not sell or promote any insurance companies, policies or agents.