



* Norwoodville * Activity Calendar 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST				
5	6	7	8	9
9:00 Exercise 10:30 Donation Bingo 11:30 Lunch 12:30 500 Tournament	9:00 Games – Player’s Choice (Left, Right, Center, Trouble, Sorry, etc.) 11:30 Lunch 12:15 Movie & Popcorn	9:00 Exercise 10:15 Business Meeting 10:45 Bingo 11:30 Lunch/ Flex Meal Day Silent Auction Senior Fundraiser	11:30 Lunch 12:15 Dominoes PIE: Boston Cream Pie Flex Meal Day	9:00 Exercise 10:30 Donation Bingo 11:30 Lunch / Flex Meal Day
12	13	14	15	16
9:00 Exercise 10:30 Donation Bingo 11:30 Lunch 12:30 500 Tournament	S’mores Treat Day 9:00 Movie 11:30 Lunch <i>Come and join in for SMORE fun!</i>	9:00 Exercise 10:30 Bingo 11:30 Lunch/ Flex Meal Day 12:15 to 3:00 - Karaoke Senior Counsel Discussion Spkr. Mike Kendall	11:30 Lunch 12:15 Dominoes PIE: Lemon Meringue	9:00 Exercise 10:30 Donation Bingo 11:30 Lunch/ Flex Meal Day
19	20	21	22	23
9:00 Exercise 10:30 Donation Bingo 11:30 Lunch 12:30 500 Tournament	Watermelon Day 9:00 Movie 11:30 Lunch	8:00 FOOT CARE 9:00 Exercise 10:00 Blood Pressure 10:30 Bingo 11:30 Lunch/ Flex Meal Day 11:40 Spkr: Dave Fachman – Supplemental Food Program ** MONTHLY BIRTHDAYS **	10:30 NEW! SPECIAL GRAB BAG BINGO 11:30 Lunch 12:15 Dominoes PIE: Cherry Pie	9:00 Exercise Class 10:30 Fresh Conversations * NO Bingo * 11:30 Lunch/ Flex Meal Day
26	27	28	29	30
9:00 Exercise 10:30 Donation Bingo 11:30 Lunch 12:30 500 Tournament	National Peach Month – Bring in a Peach Recipe or Peach Goodie to Share 9:00 Movie & Popcorn 11:30 Lunch	9:00 Exercise 10:30 Bingo 11:30 Lunch/ Flex Meal Day 12:15 to 3 - Karaoke	10:15 to 11:15 – DICE BASEBALL GAME 11:30 Lunch 12:15 Dominoes	9:00 Exercise Class 10:30 Donation Bingo 11:30 Lunch

Free Community Dinner Meal Offered (No Age Requirement)
 Monday, Wednesday & Friday Serving starts @ 4:00 p.m.
 Eat In or Carry Out - (Friday – Carry Out Only)
 No Reservation Needed / First Come- First Served
 Mobile Food Pantry Truck – Every Wednesday 10 to 12 p.m.

Norwoodville Community Center
 3077 N.E. 46th Ave * Des Moines, Iowa 50317 515-266-5794
 Dan Sauser & Krystal Simonson
 *** Activities/Times Subject to Change ***