







































August 2019

ACTIVITIES CALENDAR FOR 4 MILE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  HEARING LOSS Ruth Stewart & Dana Helmink   BOSTON CREAM	2  9:30 ART DIG 10:30 BINGO FRESH POPCORN
5   9:45 SIMPLE STRETCH 10:45 BINGO	6 GAMES 9:45 TAI CHI INTRO  	7 9-1:00 FOOT CLINIC 10:00 CRAFT 	8  IOWA STATE FAIR!!   PEACH PIE	9  9-11:30 BLOOD PRES 9:30 ART DIG 10:30 BINGO FRESH POPCORN
12   9:45 SIMPLE STRETCH 10:45 BINGO	13 GAMES 9:45 TAI CHI INTRO  	14 9-1:00 FOOT CLINIC 10:00 CRAFT  MIKE KENDALL	15   MELINDA WEETS FRESH CONVERS. 9:30-11:30   LEMON MERINGUE	16  9:30 ART DIG 10:30 BINGO FRESH POPCORN
19   9:45 SIMPLE STRETCH 10:45 BINGO	20 GAMES 9:45 TAI CHI INTRO  	21 10:00 CRAFT 	22   CHERRY	23  9:30 ART DIG 10:30 BINGO FRESH POPCORN
26   9:45 SIMPLE STRETCH 10:45 BINGO	27 GAMES 9:45 TAI CHI INTRO  	28 10:00 CRAFT 	29  APPLE	31  9:30 ART DIG 10:30 BINGO FRESH POPCORN

BREAD GIVEAWAY MONDAY AND THURSDAY * A SLICE OF PIE ON THURSDAY!

4 MILE SENIOR CENTER (515)-265-9977

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