

Monthly Activities At Your Senior Centers & Meal Sites

Each Polk County Senior/ Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site has their own, more detailed, activity calendars that you can call the individual site to inquire about or stop by the center of interest to pick one up.

Some restrictions/limitations/Costs may apply with some activities. Please check with sites.

SCHEDULE OF ACTIVITIES

Adult Coloring

MLK.....T, W, Th @ 9:30 & Mon, Fri @ 12:00 p.m.
South.....Mondays @ 10:00 to 11:00 a.m.
NorthwestMondays @ 10:00 a.m.

Bean Bag Toss

North.....Thursdays @ 12:30 p.m.

Billiards/Pool

(Daily. Check with sites for times)

Ankeny, Central, East, Johnston, North NW, South, Westside,

Ceramics

Central.....Mon./Fri. @ 12:30 p.m.
East.....Thursdays @ 9:30 a.m.
South.....Mondays @ 12:30 p.m.
West.....Mondays @ 10:00 a.m.

Crafts (Classes run 1 to 1.5 hours)

Check with individual sites on specific dates/times/projects coming up.

Ankeny.....1st & 2nd Wednesdays @ 10:00 a.m.
Central.....Thursdays @ 10:00 a.m.
East.....Tuesdays @ 9:30 a.m.
Grimes.....2nd Thursday @ 12:15 p.m.
MLK.....Mondays @ 10:00 a.m.
North.....Thursdays @ 9:30 a.m.
Northwest.....Mondays @ 10:00 a.m.
Norwoodville2nd Wednesday @ 10:00 a.m.
Pioneer Columbus.....3rd & 4th Tuesdays @ 10:00 a.m.
Scott Four Mile.....3rd & 4th Wednesday @ 10:00 a.m.
South.....Thursdays @ 10:00 a.m.
West.....Tuesdays @ 9:00 a.m.

Crocheting, Knitting & Quilting.

Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.
Johnston.....Mondays & Wednesdays @ 9:30 to 3:00 p.m.
North.....Wednesdays @ 12:30 p.m.
Northwest.....Wednesdays @ 10:00 a.m.
South (Golden Thread Society).Wednesdays @ 2:00 - 4:00 p.m.
Westside.....Thursdays @ 12:30 p.m.

Dominoes

Altoona.....Daily @ 9:30 a.m. to 1:30 p.m.
MLK.....Daily @ 12:30 p.m.
Northwest.....Daily @ 10:00 a.m.
Norwoodville.....Thursdays @ Noon
Pioneer Columbus.....Daily @ 9:00 a.m.



Hospice Angels

Johnston.....Mondays @ 9:30 a.m. to 3:00 p.m.

Jam Session

Johnston.....3rd Wednesday @ 12:30 p.m.
North.....Fridays @ 12:30 p.m.
West (with Kirby).....Thursdays @ 12:30 p.m.

Line Dancing

North.....Wednesdays @ 12:30 p.m.
South.....Thursdays @ 12:30 p.m.

Mah Jong

AnkenyFridays @ 1:00 to 3:00 p.m.
JohnstonTuesdays @ 9:30 to 3:00 p.m.

Movie & Popcorn

Johnston.....2nd & 4th Mondays @ 12:45 p.m.
North.....Mondays @ 12:30 p.m.
Norwoodville.....Tuesdays @ 9:00 a.m.

Pennies from Heaven

WestWednesdays @ 12:30 p.m.

Pokeno

East.....Mondays & Fridays @ 10:30 a.m.

Puzzles

(Daily. Check with sites for times.) Ankeny, Central, East, Grimes, Johnston, MLK, NW, Norwoodville, Pioneer Columbus, South, Westside

Skip Bo

Pioneer Columbus.....Daily @ 9:00 to 11:30 a.m.

Wii (Daily. Check with sites for times.) Altoona, Ankeny, Grimes, Johnston, MLK, North, NW, Pioneer Columbus

**Get Your Mind & Body Fit!
Get Active Today!!**

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