



July 2019 Central Iowa CARES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Volunteer at New Hope 10am-11am Or Current Events Jewelry Making Or Hobby Haven 1pm	2 14 Week Activity and Discussion 10am Or Terrace Hill Open House 10:30am Prairie Meadows (Bring ID) 11:30am (Jazz) Or Sign Language	3 Walmart or Target 10am Or Jeopardy Handprint American Flag Craft Or Volunteer at Restore 1pm-2pm	4 Closed Independence Day	5 Computer time Or Campbell Park 10am (Stories in the Park) Deal or No Deal Or Gigi's Playhouse Or Volunteer at Goodwill 1pm-2pm	6
7	8 Volunteer at New Hope 10am-11am Or Birthday Craft and Treats Walk Outside Or Michael's 1pm Or Volunteer at Restore 1pm-2pm	9 14 Week Activity and Discussion 10am Or YMCA 10am Prairie Meadows (Bring ID) 11:30am (Classic Country) Or Board Games	10 Smoothie King 1pm \$6 Or Mickey Mouse Ears Craft Chalk Outside Or Volunteer at Restore 1pm-2pm	11 YMCA 10am Or Pictionary Stress Ball Craft Or Volunteer at Goodwill 1pm-2pm	12 Tye-Dye Shirts (Bring a piece of clothing to Tye-Dye) Or Jordan Creek Mall Yard Games & Cookout at Cares 12pm (Do not need to bring a lunch) Or Volunteer at Goodwill 1pm-2pm	13

14	<p>15</p> <p>Volunteer at New Hope 10am-11am Or Iowa Orchard 10am \$3 (U-Pick Strawberries)</p> <p>Paint Nails Or Volunteer at Restore 1pm-2pm</p>	<p>16</p> <p>14 Week Activity and Discussion 10am (WB) Or Dream Catcher Craft</p> <p>Prairie Meadows (Bring ID) 11:30am (Classic Country) Or Balloon Ball</p>	<p>17</p> <p>Jay's CD & Hobby Or Cooking Class (Strawberry Shortcake)</p> <p>Football Clips Or WDM Library 12pm Or Volunteer at Restore 1pm-2pm</p>	<p>18</p> <p>Consumer's Meeting 9:30am (KH)</p> <p>Current Events Or Paper Lantern Craft</p> <p>Union Park Splash Pool 12pm (Bring hats, towel, and extra clothes) Or Volunteer at Goodwill 1pm-2pm</p>	<p>19</p> <p>Trivia Or Dollar Tree 10am</p> <p>Movie and Popcorn at CARES Or Volunteer at Goodwill 1pm-2pm</p>	20
21	<p>22</p> <p>Volunteer at New Hope 10am-11am Or Karaoke</p> <p>Cici's Pizza 12pm \$8 Or Musical Steps</p>	<p>23</p> <p>14 Week Activity and Discussion 10am (DS) Or YMCA 10am</p> <p>Prairie Meadows (Bring ID) 11:30am (Jazz) Or Minute to Win It</p>	<p>24</p> <p>Half Price Books 10am Or Puzzles</p> <p>Smash Park 1pm Or Lava Lamp Craft Or Volunteer at Restore 1pm-2pm</p>	<p>25</p> <p>YMCA 10am Or Yoga Video</p> <p>Science Center 1pm \$13 Or Scene-It Game Or Volunteer at Goodwill 1pm-2pm</p>	<p>26</p> <p>Walker Johnston Park 10am Or Bingo</p> <p>Brain Games Or Gigi's Playhouse 1pm Or Volunteer at Goodwill 1pm-2pm</p>	27

28	<p>29</p> <p>Volunteer at New Hope 10am-11am Or Family Feud</p> <p>Wii Tournament Or Merle Hay Lanes 12pm \$6</p>	<p>30</p> <p>14 Week Activity and Discussion 10am Or Learn about France</p> <p>Prairie Meadows (Bring ID) 11:30am (Oldies) Or Four Corners</p>	<p>31</p> <p>National Balloon Classic 10am Or France Cooking Class</p> <p>YMCA Or Volunteer at Restore 1pm- 2pm</p>			
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