

January 2020 Central Iowa CARES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			happy)	Courage League 10:30am <mark>\$7</mark> Or Jeopardy (JB)	Collectomania 10am Or Computer Time (JB)	
			Closed for New Year's	Salisbury House 1pm (self-guided tour) \$8 Or Volunteer at Goodwill 1pm- 2pm Or Just Dance (BS	Volunteer at Goodwill 1pm- 2pm Or January Birthday Celebrations w/ Cooking Class (BS)	
5	6 YMCA 10am Or Origami (AF) Volunteer at Restore 1pm- 2pm Or Heads Up 7 Up (CJ)	7 Volunteer at New Hope 10am-11am Or Brain Games (AF) Prairie Meadows (Bring ID) 11:30am (Jazz) Or Puzzles (CJ)	Five Below 10am Or Hang Man (AF) Restore 1pm- 2pm Or Craft (CJ)	9 Caribou Coffee 10am \$5 Or Activity Worksheets (AF) Volunteer at Goodwill 1pm- 2pm Or Bingo (CJ)	10 YMCA 10am Or Current Events (AF) Volunteer at Goodwill 1pm- 2pm Or Learn Sign Language (CJ)	11

13	14	15	16	17	18
Smash Park 10am Or Scrapbooking (MS)	Courage League 10:30am <mark>\$7</mark> Or Musical Steps (MS)	Consumer's Meeting @ 9:30am (KH) Or Paint Nails (MS)	Urbandale Library 10am Or Craft (MS)	Jay's CD and Hobby 10am Or Balloon Ball (MS)	
Hobby Lobby 1pm Or Computer Time (JR)	Prairie Meadows (Bring ID) 11:30am (Rock and Roll) Or Make Paper Airplanes (JR)	Hibachi Grill and Supreme Buffet 11:15am \$13 (R) Or Volunteer at Restore 1pm-2pm Or Deal (JR)	Volunteer at Goodwill 1pm- 2pm Or Watch Talent Show Videos (JR)	Volunteer at Goodwill 1pm- 2pm Or Talent Show Prep (ALL)	
20	21	22	23	24	25
YMCA 10am Or Craft (BS)	Volunteer at New Hope 10am-11am Or Practice for	Walmart 10am Or Karaoke (BS)	Mall to shop and/or walk 10am Or Practice for	YMCA 10am Or Board Games (BS)	
Volunteer at Restore 1pm- 2pm Or Practice for Talent Show (ALL)	Prairie Prairie Meadows (Bring ID) 11:30am (Classic Country) Or Consumer's Onsite Activity	Volunteer at Restore 1pm- 2pm Or Practice for Talent Show (ALL)	Volunteer at Goodwill 1pm- 2pm Or Perform Talent Show (ALL)	Volunteer at Goodwill 1pm- 2pm Or Perform Talent Show (ALL)	
2	Smash Park 10am Or Scrapbooking (MS) Hobby Lobby 1pm Or Computer Time (JR) O YMCA 10am Or Craft (BS) Volunteer at Restore 1pm 2pm Or Practice for Talent Show	Smash Park 10am Or Scrapbooking (MS) Hobby Lobby 1pm Or Computer Time (JR) Or Make Paper Airplanes (JR) Volunteer at Restore 1pm- 2pm Or Practice for Talent Show (ALL) Volunteer at Readows (Bring ID) 11:30am (Rock and Roll) Or Make Paper Airplanes (JR) Volunteer at New Hope 10am-11am Or Practice for Talent Show (ALL) Prairie Meadows (Bring ID) 11:30am (Classic Country) Or Consumer's	Smash Park 10am Or Scrapbooking (MS) Hobby Lobby 1pm Or Musical Steps (MS) Hobby Lobby 1pm Or Computer Time (JR) O Make Paper Airplanes (JR) O Make Paper Airplanes (JR) O Mor Musical Steps Meeting @ 9:30am (KH) O Mor Paint Nails (MS) Wolunteer at Restore 1pm-2pm O Mor Make Paper Airplanes (JR) Or Practice for Talent Show (ALL) Or Practice for Talent Show (ALL) Or Practice for Talent Show (ALL) Or Practice for Talent Show (ALL)	Smash Park 10am Or Scrapbooking (MS) Hobby Lobby 1pm Or Musical Steps (MS) Hobby Lobby 1pm Or Computer Time (JR) Or Make Paper Airplanes (JR) Volunteer at Restore 1pm-2pm Or Talent Show (ALL) Volunteer at Restore 1pm-2pm Or Talent Show (ALL) Or Practice for Talent Show (ALL) Or Consumer's Meeting @ 9:30am (KH) Or Paint Nails (MS) Hibachi Grill and Supreme Buffet 11:15am 113 (R) Volunteer at Restore 1pm-2pm Or Watch Talent Show Videos (JR) Volunteer at Restore 1pm-2pm Or Watch Talent Show (ALL) Or Volunteer at Restore 1pm-2pm Or Talent Show (ALL) Or Practice for Talent Show (ALL) Or Prefrom Talent Show (ALL)	Smash Park 10am Or Scrapbooking (MS) Hobby Lobby 1pm Or Computer Time (JR) Omage League 10:30am 57 Or Musical Steps (MS) Hobby Lobby 1pm Or Computer Time (JR) Omage Department (JR) Omage League 10:30am (MS) Or Musical Steps (MS) Prairie Meadows (Bring Or Consumer's Meadows (Bring Or Craft (MS)) Or Make Paper Airplanes (JR) Or Make Paper Airplanes (JR) Or Deal or No Deal (JR) Volunteer at Restore 1pm 2pm Or Marandor Walth Talent Show (ALL) Or Practice for Talent Show (ALL) Prairie Meadows (Bring Or Deal (JR) Or Deal or No Deal (JR) Volunteer at Restore 1pm 2pm Or Mall to shop and/or walk 10am Or Practice for Talent Show (ALL) Prairie Meadows (Bring Or Deal (JR) Volunteer at Restore 1pm 2pm Or Mall to shop and/or walk 10am Or Practice for Talent Show (ALL) Prairie Meadows (Bring Or Deal (JR) Or Paractice for Talent Show (ALL) Or Practice for Talent Show (ALL)

26	Movie at Valley Community Center 10:15am Or Minute to Win It Show (CJ) YMCA 1pm Or Jeopardy (JB)	West Des Moines Library 10am Or Bingo (CJ) Prairie Meadows (Bring ID) 11:30am (Classic Rock and Country) Or Learn Sign Language (JB)	Courage League 10:30am \$7 Or Exercise Video w/ Hand Weights (CJ) Des Moines Art Center 1pm Or Volunteer at Restore 1pm 2pm Or Free Time	30 Bowling at Merle Hay Lanes 10am 44 Or Make Jewelry (CJ) Volunteer at Goodwill 1pm-2pm Or Wii Bowling Tournament (JB)	Cooking Class (consumers will still need to bring a lunch) (CJ) Or Craft (AS) Football Games (JB) Or
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Cost Money

Reminder

Reservation