

# Love You Des Moines Days



All events are held at the Valley Community Center and free to the public unless otherwise noted.

**ALL DAY | Community Art Project**  
**ALL DAY | Scavenger Hunt**  
**9AM - 12PM | Fishing Camp**  
*Lake by the WDM Library*  
**9AM - 12PM | Impact Action Plan Workshop**  
**9:30AM - 1PM | Valley Quilters Sewing Class**  
**10AM - 1PM | Bike Repair**

**June 16**  
**Saturday**

**1PM - 6PM | Video Game Play**  
**3PM - 6PM | Movie, Pizza, S'mores**  
**6PM - 8PM | Crime Victims Resource Workshop**

**June 17**  
**Sunday**

**ALL DAY | Community Art Project**  
**ALL DAY | Scavenger Hunt**  
**9AM - 11AM | Imagination Stations**  
 LEGOs and Chalk  
**9:30AM - 10AM | Pre-K Art**  
**10AM - 11:30AM | ESL Class**  
**10:15AM - 11:15AM | Art Squad**  
**1PM - 1:50PM | Tai Chi**  
**1PM - 3PM | Imagination Stations**  
 Bird Feeder, Calligraphy, Airplanes  
**6PM - 7:30PM | Kids in the Kitchen**  
**6:30PM - 7:30PM | Nutrition & Fitness Workshop**

**June 18**  
**Monday**

**ALL DAY | Community Art Project**  
**ALL DAY | Scavenger Hunt**  
**9AM - 11AM | Imagination Stations**  
 Slime, Board Games, Art Work  
**9:30AM - 11AM | PLAY ON**  
**9:30AM - 11:30AM | Finding Your Inner Beauty**  
**10AM - 10:30AM | Active Adventures**  
**1PM - 3PM | Imagination Stations**  
 Nail Polish and LEGOs  
**1PM - 7PM | Tennis Clinics**  
*Valley Southwoods Tennis Courts*  
**1PM - 1:45PM | AGES 4-5**    **3PM - 4:30PM | AGES 9-12**  
**2PM - 3PM | AGES 6-8**    **5PM - 6:30PM | AGES 13+**  
**2PM - 5PM | Football Clinic**  
*Valley Football Stadium*  
**6PM - 7:30PM | Kids in the Kitchen**  
**6PM - 8PM | Volleyball and Dodgeball Games**  
**6:30PM - 8PM | How to be Published**

**June 19**  
**Tuesday**

**ALL DAY | Community Art Project**  
**ALL DAY | Scavenger Hunt**  
**9AM - 11AM | Imagination Stations - Storytelling**  
**1PM - 1:50PM | Tai Chi**  
**1PM - 3PM | Imagination Stations**  
 Calligraphy, Ice Cream Making  
**6PM - 6:30PM | Talk to Your Kids About Money**  
**6PM - 7PM | Intro to SLR Photography**  
**6PM - 8:30PM | Small Business Night**  
**6:30PM - 9PM | Pickleball Open Gym**

**June 20**  
**Wednesday**

**ALL DAY | Community Art Project**  
**ALL DAY | Scavenger Hunt**  
**9AM - 11AM | Imagination Stations**  
 Speaking Spanish and Puzzles  
**9:30AM - 10:15AM | Mini Pretzels**  
**1PM - 3PM | Imagination Stations**  
 Joke Telling and Snack Mix  
**1PM - 4PM | 500 Card Games**  
**5:30PM - 7:30PM | Rubber Band Airplanes**  
**6PM - 7PM | Safer Skincare Workshop**

**June 21**  
**Thursday**

**ALL DAY | Community Art Project**  
**ALL DAY | Scavenger Hunt**  
**8AM - 12PM | Pickle Ball Open Gym**  
**9AM - 11AM | Cupcake Decorating**  
**9AM - 11AM | Imagination Stations**  
 French Culture and Board Games  
**9AM - 12PM | 500 Card Games**  
**10AM - 10:30AM | Kids in Motion**  
**1PM - 3PM | Hooks and Needles**  
**1PM - 3PM | Imagination Stations**  
 T-shirt bags, Balloon Ping Pong, Chalk  
**6PM - 7PM | Intro to SLR Photography**  
**6PM - 10PM | Remote Airplanes**  
**6:30PM - 8:30PM | Interview & Résumé Workshop**

**June 22**  
**Friday**

**7AM - 6:30PM | World Refugee Day**

**June 23**  
**Saturday**

**10:45AM - 1PM | Love You DSM Celebration**

**June 24**  
**Sunday**

**500 Card Games (ages 18+)**  
 Learn how to play the card game 500 in a comfortable, stress free atmosphere.

**Active Adventures (ages 3+)**  
 Kids practice bouncing, throwing or kicking balls, hula hooping, running, stretching and tumbling.

**Art Squad (ages 6-12)**  
 Join our team of young artists as they engage in and express art in a variety of ways.

**Bike Repair (all ages)**  
 Free bike tune ups and small repairs.

**Community Art Project (all ages)**  
 Join others in the community each day to make a beautiful piece of art.

**Crime Victims Resource Workshop (ages 16+)**  
 Learn from Polk County Crisis advocates about resources available to victims of violence or sexual assault.

**Cupcake Decorating (ages 3+)**  
 Decorate your own cupcakes. Cupcakes and decorations provided.

**ESL Class (all ages)**  
 This class is a combined skills course integrating acquisition of and improving on all four skill areas of English: listening, speaking, reading and writing.

**Finding Your Inner Beauty (women, ages 18+)**  
 We will use creative activities to allow women to connect with each other and their Creator.

**Fishing Camp (all ages with adult supervision)**  
 Learn the basics of fishing or fly fishing from experienced anglers. Poles and tackle are provided if you don't have your own.

**Football Clinic (grades 3-7)**  
 This clinic is designed to give you a solid foundation in the basics of football fundamentals. This clinic will have top notch area coaches and players that will lead during this opportunity.

**Hooks and Needles (ages 12+)**  
 Interested in crocheting or knitting? Drop in for a quick look, a refresher course, or stay the entire 2 hours. Feel free to bring supplies if you have them, but supplies will also be provided.

**How to be Published (ages 18+)**  
 Learn from a published author on how you can also get your personal works published.

**Imagination Stations (ages 3+)**  
 Explore the Imagination Station each morning and afternoon as we build, create, draw, learn and have fun!

**Impact Action Plan Workshop (ages 18+)**  
 Do you have an awesome idea? This workshop takes you all the way from identifying your big goals, creating a plan of attack so that you stay self-motivated, and have a daily action plan to achieve your long-term vision.

**Interview and Résumé Workshop (ages 18+)**  
 Craft a remarkable resume and get interview tips from professionals.

**Intro to SLR Photography (ages 18+)**  
 Learn the basics of using an SLR camera with tips and tricks from a professional photographer.

**Kids in Motion (ages 2+)**  
 We sing, dance, move, run, and we have fun!

**Kids in the Kitchen (ages 3+ with adult)**  
 Little chefs can come in and create a snack they can take home.

**Love You Des Moines Celebration (all ages)**  
 Join us for a Community Open House, a celebration with food, inflatables, fun activities and more!

**Mini Pretzels (ages 3+)**  
 Children will learn a series of yoga poses. The goal is to increase self image, reduce stress, improve flexibility and balance and develop strength.

**Movie, Pizza, S'mores (all ages)**  
 Watch a movie on the big screen while enjoying free pop, pizza, and s'mores by the fire.

**Nutrition and Fitness Workshop (ages 18+)**  
 Discover how to follow a nutrition and workout routine that not only helps you maintain a healthy life but is also doable within this fast-paced world.

**Pickleball Open Gym (ages 18+)**  
 Come play Pickleball. All skill levels welcome!

**PLAY ON (children and parents)**  
 Connect with your child through screen-free play.

**PreK Art (ages 3-5)**  
 Our curriculum will ignite an excitement for art and its varieties through what children love to do most at this age, play.

**Remote Airplanes (ages 16+)**  
 Join other airplane enthusiasts for a night of flying.

**Rubber Band Airplanes (ages 3+ with adult)**  
 Learn how to build and fly your own rubber band airplane!

**Safer Skincare Workshop (ages 18+)**  
 Is your skincare routine overwhelming? Come learn about the basic parts of a good skincare routine and how to choose products that are good for you.

**Scavenger Hunt (all ages)**  
 Go on an exciting adventure each day and search for all that you can find. Earn an exciting surprise when your finished sheet is turned in.

**Small Business Night (ages 18+)**  
 Gather with local small business owners for a time of networking, equipping, and inspiration with relevant talks on personal leadership effectiveness and business development.

**Tai Chi (ages 18+)**  
 This 'meditation in motion' can help improve quality of life both physically and mentally.

**Talk to Your Kids About Money (all ages)**  
 Join other parents for an interactive presentation on ways to help your kids learn how to use money. Feel free to bring the kids!

**Tennis Clinic (ages 4+)**  
 This clinic will work on tennis fundamentals and will be taught by a tennis pro.

**Valley Quilters Sewing Class (ages 10+)**  
 Learn how to sew a drawstring bag, hair scrunchy, table runner and/or quilted coaster. You can even learn how to sew on a button! Sports themed fabric available. If possible, please bring a sewing machine. Machines will be available if needed.

**Volleyball and Dodgeball Games (ages 8+)**  
 Come play with your family and friends and join others in the community for volleyball and dodgeball games.

**Video Game Play (ages 10+)**  
 Play a variety of video games from all periods of gaming. Single player, multiplayer, and online games will all be available. All levels and ages welcome.

**World Refugee Day (all ages)**  
 Come along side refugees and immigrants from all over the world as they celebrate their diversity through sharing their talents and food. Watch the "Cup of All Nations" soccer tournament too!

**Preregistration:** To sign up, email Gabe at gcarlson@valleycommunitycenterdm.com