

## May Activity Calendar

### Ongoing Activity Ideas:

1. Visit [www.DesMoinesRegister.com/events](http://www.DesMoinesRegister.com/events) for a calendar of activities that you can search by date, location, and type of event
2. **Karaoke** is back at Royal Flush Restaurant from 5-8:00pm on the first and third Thursday of each month at 4440 Hubbell Ave, Des Moines. We encourage customers to purchase a drink or food item since we are enjoying Royal Flush's facility. Call 515-564-1140 for more details!
3. Two for **Tuesdays** @ The Playground for Kids in Ankeny (2401 SE Tones Dr. Suite &), two kids can play for \$8 (max 4 kids) 515-965-9899
4. Brenton **Skating** Plaza: (520 Robert D Ray Dr - Des Moines) - Bring your family to the coolest outdoor ice skating plaza in Central Iowa from November to March. We offer public skating seven days a week. During the rest of the year, the plaza transforms into an outdoor event center. Private rentals and concessions are available year-round.
5. Skating @ Skate West from 6:00pm-8:00 pm (2019 Grand Ave, West Des Moines, IA 50265). Wednesday **Dollar Skate** night! Skate rental is only \$2.
6. (Train to Inspire) Tae Kwon Do @ 4503 NE 50<sup>th</sup> St, Des Moines, IA 50317. 6pm on the 3<sup>rd</sup> Monday of every month beginning **Monday, February 20**. Enter through the back of the building and look for the East Coast Tae Kwon Do sign on the door.
7. (Train to Inspire) Yoga @ 4503 NE 50<sup>th</sup> St, Des Moines, IA 50317. 5:30pm on the 4<sup>th</sup> Monday of every month beginning **Monday, February 27**. Enter through the back of the building and look for the East Coast Tae Kwon Do sign on the door.
8. (Train to Inspire) Laser Tag @ 4503 NE 50<sup>th</sup> St, Des Moines, IA 50317. **Tuesday, February 28 at 5pm**. More details to come.
  - All Train to Inspire events require an RSVP by calling or texting Tracy at 515-249-2255 or email at [tkeninger@eastersealsia.org](mailto:tkeninger@eastersealsia.org)

## May 2017

- **(Train to Inspire) Tae Kwon Do @ 4503 NE 50<sup>th</sup> St, Des Moines, IA 50317.** 6pm on the 3<sup>rd</sup> Monday of every month beginning **Monday, February 20**. Enter through the back of the building and look for the East Coast Tae Kwon Do sign on the door.
- **\$5 Family Night @ Science Center of Iowa. 401 W Martin Luther King Pkwy, Des Moines, IA 50309. Recurring monthly on the 2<sup>nd</sup> Friday until October 13, 2017. Admission: \$5 general admission.** The second Friday of each month, explore SCI with your family with \$5 per person general admission, documentary IMAX films and Food Chain Cafe specials! Kick off your weekend by building a rocket, traveling through outer space in one of SCI's dynamic experience platforms or experiencing a larger-than-life IMAX film with extended hours until 8:00 pm!
- **Kids Build Weekend Workshop @ Carpenters Training Center. 3839 Delaware Ave, Des Moines, IA 50313. Two- hour workshops held from 10 am to noon one Saturday per month September through May for children ages 5-12. Admission: FREE!** At these workshops, kids will have the opportunity to make wood projects, as well as build their skills and confidence. The workshops are limited to 30 kids each month, who must be accompanied by a parent or guardian. Council staff and members will be on hand to help children make their projects and learn new skills. Tools will be supplied and there are no fees to participate. Children will be able to take their projects home to enjoy, along with a certificate of project completion.  
In 2016, events will be held September 17, October 15, November 19 and December 17. In 2017, events will be held January 21, February 18, March 18, April 2 (due to Easter) and May 20. Events are free but registration is required. Visit our Facebook page or website for the most recent registration link.
- **Guided Tours at the Historic Jordan House @ Historic Jordan House. 2001 Fuller Rd, West Des Moines, IA 50265. Recurring weekly Sunday, Friday until May 28, 2017 from 11:00am-12:00pm. Admission: \$5 for adults, \$3 for students.** One hour guided tours of the historic Jordan Home are offered Friday and Sunday from September 9, 2016 through June 1, 2017
- **Food & Farm Fiesta @ The Machine Shed. 11151 Hickman Rd, Urbandale, IA 50322. May 5, 2017 from 5:00am-9:00am. Admission: Free!** The Iowa Food & Family Project champions the continuous improvement of Iowa's farm families and their dedication to providing wholesome food for everyone for the purpose of building greater understanding and confidence among food-minded Iowans. It proudly sponsors Live Healthy Iowa and supports the Iowa Games and is backed by more than 30 partners including each of the participating agricultural organizations, plus restaurants and retailers throughout the state. Funded in part by the soybean, pork, dairy, beef, egg, corn and turkey checkoffs.

- 3<sup>rd</sup> Annual Food Truck Throw down @ Des Moines Social Club. 900 Mulberry St, Des Moines, IA 50309. May 6, 2017 from 12pm-8:00pm. Admission: \$5 kids 10 and under are free. FOODIES UNITE!** Join us at the Des Moines Social Club's third annual Food Truck Throw Down for a kick-off to summer and celebration of local food and music fanfare. \$5 admission gives attendee's access to 15+ food trucks, live music, Iowa Beverage beer tents, art competitions, food eating contests, and more. In its third year, the Food Truck Throw Down has become a staple Des Moines festival and is expected to draw 5,000 people from downtown and beyond. It's a bustling day in the heart of downtown Des Moines; attendees can start their day at the opening of the Downtown Farmers' Market in the morning and continue their fun downtown in the evening.
- Festival Cinco De Mayo @ Historic Valley Junction. 200 & 300 blocks of 5<sup>th</sup> St, West Des Moines, IA 50265. May 6, 2017 from 12 pm.** celebrating the Mexican heritage of many railroad workers during the establishment years of Valley Junction, this festival is an opportunity to recognize the Mexican community who helped James Jordan's vision of bringing the railroad to the Des Moines area become a reality. In honor of our strong heritage, we will also present a proclamation and announcement of our Cinco de Mayo King and Queen. Valley Junction was established in 1846 when its first settler, James Jordan arrived. The name Valley Junction was chosen because it was located in the valley of the Raccoon River and served as the junction for the railroad. By 1900, the Chicago, Rock Island and Pacific Railroad had moved its operation to the area. After the railroad boom ended, Valley Junction slowed its pace and changed its official name to West Des Moines in 1938. Many family members of the original railroad workers still live in the Valley Junction area today
- Iowa Cubs Vs Memphis Redbirds @ Principal Park, Home of the Iowa Cubs. 1 Line Dr, Des Moines, IA 50309. May 6, 2017 starting at 7:08pm. Admission: General Admission Seniors/ Military \$7; Adults \$9; Children \$5.** Iowa Cubs vs Memphis Redbirds (Cardinals).
- Yess Duck Derby @ Jordan Creek Town Center. 101 Jordan Creek Parkway, West Des Moines, IA 50266. May 6, 2017 from 12pm-3pm. Admission: Free!** The YESS Duck Derby is celebrating 10 years of spec-quack-ular fun and we need YOU to "join the flock" and help kids in crisis! Adopt a duck for as little as a \$5 donation and watch it race across the Jordan Creek Town Center lake on Saturday, May 6. Every duck adopted through the YESS Duck Derby helps children find safety and care at YESS, Iowa's largest emergency shelter for kids. The fun starts at noon, when you can enjoy free family-friendly entertainment including:

  - Live performances
  - Food samples from Jordan Creek-area restaurants
  - A hands-on look at construction trucks and emergency vehicles
  - Activity booths and handouts from event partners
  - Duck-themed gear available for purchase
  - Inflatables, games, crafts and other outdoor activities for kids of all ages

At 2pm, thousands of "adopted" rubber ducks will race through the lake, all vying to cross the finish line first. Adopt your ducks and cheer them on to victory and the chance to win fantastic prizes, including \$10,000 cash, courtesy of PDM Precast. Adopt your ducks today at [YESSDuckDerby.org](http://YESSDuckDerby.org)

  - Single Duck (1) - \$5.00
  - Six Quack (6 ducks) - \$25.00
  - Quackers Dozen (12 ducks) - \$50.00
  - Flock (25 ducks) - \$100.00

It's time to join the flock! Visit [www.yessduckderby.org](http://www.yessduckderby.org) to adopt a duck and help a child.

- **Downtown Des Moines Farmers' Market @ Historic Court Avenue District. 300 Court Ave, Des Moines, IA 50309. Recurring weekly on Saturday until October 28, 2017 from 7am-12pm.**  
**Admission: Free!** Find your handful of happiness at the Downtown Farmers' Market, held in Downtown Des Moines' Historic Court District every Saturday, May through October. The Market, spanning 9 city blocks, brings urban & rural communities together, supporting more than 300 entrepreneurial vendors from across the state. Nourishing the community, The Market offers diverse products including locally-grown produce, seasonal flowers, farm fresh eggs & cheese, locally-produced wine & fresh baked goods. Shop Iowa-raised meat including beef, pork, chicken, turkey, goat, rabbit, lamb & tilapia. The Market experience also includes ready-to-eat foods, local artists, live music & entertainment, special programming & learning opportunities. Parking is available at the city-owned ramps at Third Street & Court Avenue & also Fourth Street & Grand Avenue. All street metered parking is free on Saturdays. Additionally, a free bike valet is available at Second & Court Avenue during Market hours. For additional parking options, visit our website at [www.DesMoinesFarmersMarket.com](http://www.DesMoinesFarmersMarket.com).

**Fun Places to Go:**

[Botanical Center](#)

[Des Moines Arts Center](#)

[Metro Ice Sports Arena in Urbandale](#)

[Science Center of Iowa](#)

[www.dmfsc.com](#)

[Blank Park Zoo](#)

[Pump It Up](#)

[State Historical Society of Iowa](#)

[Local YMCAs \(free with card from TRC\)](#)

**Other Event Calendars to search**

[www.desmoinesregister.com/events](#)

[www.conservationboard.org](#)

[www.seedesmoines.com](#)

[www.desmoinesfamilies.com](#)

**Support for Families:**

[www.autismia.org](#)

[www.upwithdown.org](#)

**Malls:**

<http://www.jordancreektowncenter.com>

[www.shopsouthridgemall.com](http://www.shopsouthridgemall.com)

[www.ValleyWestMall.com](http://www.ValleyWestMall.com)

[www.merlehaymall.com](http://www.merlehaymall.com)

**Parks and Recreation Departments** check their calendar of events, too!

[Clive Parks and Rec](#)

[Des Moines Parks and Rec](#)

[Urbandale Parks and Rec](#)

[West Des Moines Parks and Rec](#)/ & fun classes at (crafts, cooking, etc.) [Community Ed](#)

**Libraries:** (most have play areas with puppets, games, puzzles, toys, etc. to play with)

[Ankeny Library](#)

[Clive Library](#)

[Des Moines Library](#)

[Urbandale Library](#)

See all this and more on our website! [www.RespiteConnection.com](http://www.RespiteConnection.com)