

March Activity Calendar

Ongoing Activity Ideas:

1. Visit 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 50th St, Des Moines, IA 50317. 6pm on the 3rd 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 50th St, Des Moines, IA 50317. 5:30pm on the 4th 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 50th 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

March 2017

- **(Train to Inspire) Tae Kwon Do @ 4503 NE 50th St, Des Moines, IA 50317.** 6pm on the 3rd 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 2nd 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!
- **Story Sprouts @ Greater Des Moines Botanical Garden. 909 Robert D. Ray Dr, Des Moines, IA 50309. Recurring weekly on Friday until April 28, 2017 from 10:30am-11:00am. Admission: ages 1-17 are \$3; regular admission rates apply for Seniors/Adults.** Join us on Fridays during three seasonal sessions for this fun, interactive story time that explores themes of nature and plants. During each program participants will enjoy stories and an activity based on the week's theme. Story Sprouts is offered 10:30-11:00 a.m. and is geared towards children ages 2-5. Check out the upcoming story time schedule here.
Fridays 10:30 to 11:00 a.m.
February 3 - April 28
June 2 - Aug 25
Children 1-17 are \$3; regular admission rates apply for adults and seniors. Members free.
No pre-registration required but would recommend calling ahead for groups larger than 15
- **Children & Families of Iowa's Kids fest! Presented by Veridian Credit Union @ Iowa State Fairgrounds. Varied Industries Building, Des Moines, IA 50314. March 4, 2017-March 5, 2017. Admission: \$7 per person, per day (kids under 1 are free) Tickets are sold at the door throughout the weekend. Discount coupons available at Des Moines area Fareway Stores and Veridian Credit Unions.** Iowa's largest children's festival! Bring the kids out for a weekend of fun activities and help raise money for Children & Families of Iowa's programs at the same time!
- **Iowa's Largest Flea Market @ Iowa State Fair. E 30th St & E University Ave, Des Moines, IA 50317. From 9:00am-4:00pm. Admission: FREE!** Come see all that we have to offer, new, old, vintage, collectibles, books, music. Something for everyone.
This 2 day event. Saturday & Sunday brings great items and some of the friendliest people together.
- **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

- **Des Moines Home + Outdoor Living Show @ Iowa Events Center. 730 3rd St, Des Moines, IA 50309. March 10, 2017- March 12, 2017 and opens daily at 10am. Admission: Adults \$10 & online \$7; ages 7-12 \$4; Ages 6 and under FREE.** The Des Moines Home + Outdoor Living Show is in its second year after a successful launch in 2016. It adds a new dimension to outdoor living with an incredible number of new features and ideas for sprucing up your outdoor living space.
- **Leprechaun Chase 10K @ Principal Park. One Line Dr, Des Moines, IA 50309. March 11, 2017 starting at 10am.** Registration for the the March 11th, 2017 Leprechaun Chase 10K Des Moines will open in fall 2016. Meet us at Principal Park for the Leprechaun Chase 10K Des Moines! Bring your skill (and a little luck) and run a PR while decked out in green from head to toe. Lasses start the race in the first wave and the lads chase them 5 ½ minutes later. So hike up your green socks, slap on your green suspenders and put on every shamrock thing you own. You might even win “Best Dressed” lad or lass award or take home a Pint Glass Award for the top 3 in your age group.
- **All Iowa Auto Show @ 3000 E Grand Ave, Des Moines, IA 50317. March 10, 2017- March 12, 2017. Friday 10am-ppm; Sat 10am-7pm; Sunday 11am-6pm. Admission: Adults \$7/advance; \$10/At Dorr; Ages 12 & under Free.** The Des Moines Register's All Iowa Auto Show is your chance to compare more than 300 vehicles from 40 foreign & domestic brands side by side—without driving all over town. Family fun is welcome at the All Iowa Auto Show and will bring out the kid in all of us. Entertainment includes the iHeart Radio personalities you listen to every day, indoor kart racing with MB2 Raceway and daily appearances from other local celebrities. If you are in the market for a new car or truck—or just thinking about it—The Des Moines Register 2017 All Iowa Auto Show is the place to be!
- **Iowa History 101- Spring Break @ State Historical Museum of Iowa. 600 E Locust St, Des Moines, IA 50319. March 13, 2017- March 17, 2017 from 1:00pm-3:00pm. Admission: Free and open to public.** This spring break, drop in to the museum daily between 1:00 and 3:00 p.m., March 13-17, to discover Iowa’s history with fun and educational activities. From the Ice Age in Iowa (March 13), Iowa and the Civil War (March 14), Iowa’s Natural History (March 15), Action! Old Time Radio Show (March 16) to Baseball-America’s Pastime (March 17), there’s something for everyone. While you’re at the museum don’t miss the new Iowa History 101: Hands-On History gallery designed just for children!

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

www.ValleyWestMall.com

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