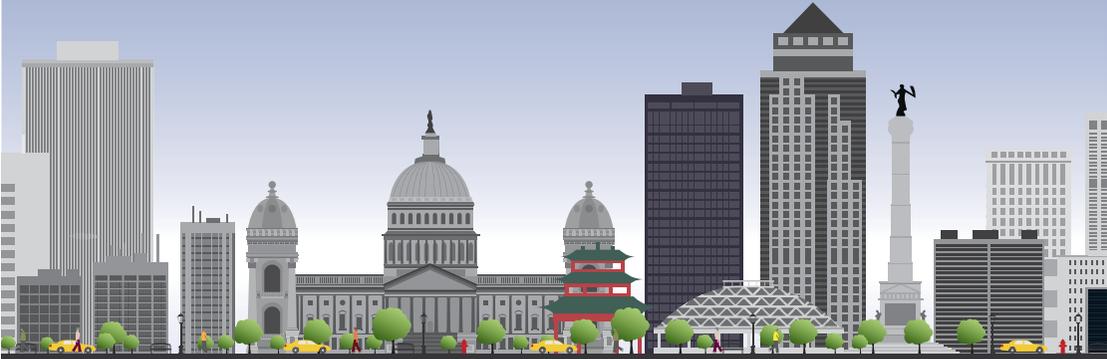




DES MOINES PARENT

GUIDE

PARENTS | OUTDOORS | KIDS | ACTIVITIES



Spring Issue

Featuring





DES MOINES
OUTDOOR
FUN





LETTER FROM THE EDITOR

A NEW PARTNERSHIP: DES MOINES PARENT + MODEL FARM

You may have seen some glimpses of an exciting new project coming from Des Moines Parent the past few months, but I am excited to officially announce our partnership with Model Farm.

Des Moines Parent and Des Moines Outdoor Fun are partnering to unveil a new print publication. This will be the keeper to have on hand, in your car or your purse. It will be filled with activities, calendars of events, coupons and offers, resources for things we all want and some things we did not know we needed.



Through a partnership with our new publisher, Model Farm, we will be producing an 80-page publication distributed to over 700 racks around central Iowa on a quarterly basis.

Iowa State Daily Media Group and Model Farm are a great partner because their values fit with those of Des Moines Parent. These organizations are professionally managed but student-run and right on the campus of Iowa State University. Model Farm gives students hands-on experience and provides growth opportunities as they transition into the professional world.

When you pick up the Des Moines Parent Guide not only are you supporting a free resource for central Iowa families, but you are supporting students gaining experience in the professional world after graduating.

If you are interested in advertising or have questions please contact us!

*** Before heading to an event or activity, please double check times and locations. We try hard to keep everything accurate, but things do change without notice.

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Spring Break in Des Moines



20

THINGS TO DO IN DES MOINES FOR MOM'S NIGHT OUT!

Being a mom, a night out every now and then is super important for my sanity.

A night out with my girlfriends doesn't happen as often as I'd like, but when it does, we tend to opt for the same restaurant with the good, cheap margaritas. Not that we don't enjoy those margaritas, but we always think of things we could have done after the fact.

To keep that "what should we do?" from happening, I made a list of things to do on my night's out. Here are twenty things my girlfriends and I have enjoyed doing (and things we're planning on in the future):

by Ashlen Sheaffer from The Kidsperks

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MOM'S NIGHT OUT

IN DES MOINES



Jasper Winery

1 PINOT'S PALETTE

Be sure to go to their calendar first to select the painting you'd like to paint. I did this with two friends last spring and we had a great time! Loved our instructor and the painting we did was awesome. Helpful hint: not only can you bring in wine/beer, you can also bring in food. We didn't know this for our first time and were drooling over everyone's dips and various appetizers.

Pinot's Palette
(Des Moines, IA):
(515) 277-7651

2 POTTERY CLASSES

Take a pottery class (or simply painting pottery). We've gone to Glazed Expressions many times to paint pottery such as bowls and coffee mugs. It's a great way to relax and chat with friends.

Glazed Expressions
(Clive, IA):
(515) 224-4700
Five Monkeys
(Des Moines, IA):
(515) 537-5662

3 JASPER WINERY OR WINTERSET CIDERY, L.L.C.

I've spent plenty of time at Jasper Winery (their wine tastings with chocolates is a must) but have yet to try Winterset Cidery. It seems like the perfect place to visit on a Saturday afternoon with friends. Be sure to check out their website, as the Cidery is currently closed for the season and will reopen in the spring.

Jasper Winery
(Des Moines, IA):
(515) 282-9463
Winterset Cidery
(Winterset, IA):
(515) 493-9756

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4 BREWERIES

If wine isn't your thing, check out Exile (also had a great dinner menu), Confluence (try biking there, as it's right along the bike trail and across from Gray's Lake), Peacetree, or Iowa Taproom (there's a huge selection here).

- **Exile (Des Moines, IA):** (515) 883-2337
- **Confluence (Des Moines, IA)** (515) 285-9005
- **Peace Tree (Des Moines, IA):** (515) 883-2739
- **Iowa Taproom (Des Moines, IA):** (515) 243-0827

5 COFFEE SPOTS

Java Joe's, Caribou (on Ingersoll), Grounds For Celebration (Beaverdale) all come to mind when I think of meeting a friend for coffee. Also, the cinnamon rolls at Grounds are one of my favorites.

- **Java Joe's (Des Moines, IA):** (515) 288-5282
- **Caribou (Ingersoll Ave. Des Moines, IA):** (515) 274-1644
- **Grounds for Celebration (Beaver Ave. Des Moines, IA):** (515) 255-4863

6 BOOK CLUB

If you even remotely enjoy reading, set up a book club with friends. Books are great conversation pieces. Some books to get you started: *Evicted*, *Hillbilly Elegy*, *The Alchemist*, *All The Light We Cannot See*.

7 CREME CUPCAKE

They don't have just cupcakes, they have an array of fabulous desserts in the evening hours paired with drinks (martinis, coffees, champagnes, teas, etc.). The place has a great, sweet vibe for girlfriend shenanigans.

Creme Cupcake (Des Moines, IA): (515) 288-1050



Top: Flix Brewhouse gallery. Bottom left: Flix Brewhouse theater. Bottom middle: Des Moines Social Club. Bottom right: Estila Salon.



8 FLIX Dinner and drinks while you watch the movie. Show up early (or stay later after your movie) for drinks. Check out their calendar for special movies and events other than their regular movie showings.
Flix Brewhouse (Merle Hay Mall):
(515) 612-9200

9 CLASSES AT DES MOINES SOCIAL CLUB Vastly different classes are offered at the social club: belly dancing, aerial boot camp, break dancing for kids, fantasy writing and drawing class, and more.
Des Moines Social Club (Mulberry St., Des Moines, IA):
(515) 369-3672

10 SPA DAY AT ESTILO It may not be a night out, but a day out it's just as good! Make appointments (schedule ahead of time) and get pedicures and/or manicures. Bring along a bottle of your favorite champagne to sip while you gab away.
Estilo Salon and Day Spa (West Des Moines, IA):
(515) 727-4980





11 COOKING WITH ALESSANDRA CLASSES

Learn how to make wonderful Italian food, get (and keep) the recipes, and have an amazing time with friends (and a fantastic entertaining instructor).

Cooking With Alessandra (East Village, Des Moines, IA): (515) 508-9474

12 EXERCISE CLASS: YOGA, SPINNING, WALK AROUND GRAY'S LAKE

In the summer, Gray's Lake has yoga classes on Saturday mornings

(grabbing coffee after is a must). There's something mind freeing about sweating AND having fun with a friend. To get you started, check out:

Powerlife Yoga (Des Moines, IA): (515) 243-3383

13 A NEW RESTAURANT EVERY MONTH

A friend and I have done this after getting tired of our usual chips and margaritas on our girls nights. We tried a variety of restaurants and have a list of our faves. Some

excellent places to try: **Bubba's, Django, Tacopocalypse, Ceviche, Strudl Haus, Mi Patria, Louie's Wine Dive**

14 THE CHEESE SHOP

A wine and cheese pairing night is phenomenal, plus it teaches you pairings for future get togethers with friends. You could also check out a show at the Des Moines Community Playhouse, right across the street!

The Cheese Shop (Des Moines, IA): (515) 528-8181

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Top: Burn exercise class.
Bottom: The Cheese Shop



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15 VINES TO WINES

Go with friends to make your own wine! Make a batch or go to a wine making session.

Vines to Wines
(Des Moines, IA):
515) 664-5161

16 UP DOWN

An arcade bar that features skee ball and life size Jenga. This place can keep you and your friends busy for hours!

Up Down
(Des Moines, IA):
515) 243-4322

17 BLUE MOON DUELING PIANO BAR

Great night spot to get dressed up and meet

friends for cocktails.

Blue Moon Dueling Piano Bar (West Des Moines, IA):
515) 564-7300

18 FREEZER MEAL PARTY

I haven't been to one of these, however I have friends that set one up every month. Everyone gets together at someone's house, brings their own ingredients, and then prepares freezer bag meals that can be eaten throughout the month.

19 CLASSES AT THE BOTANICAL GARDEN

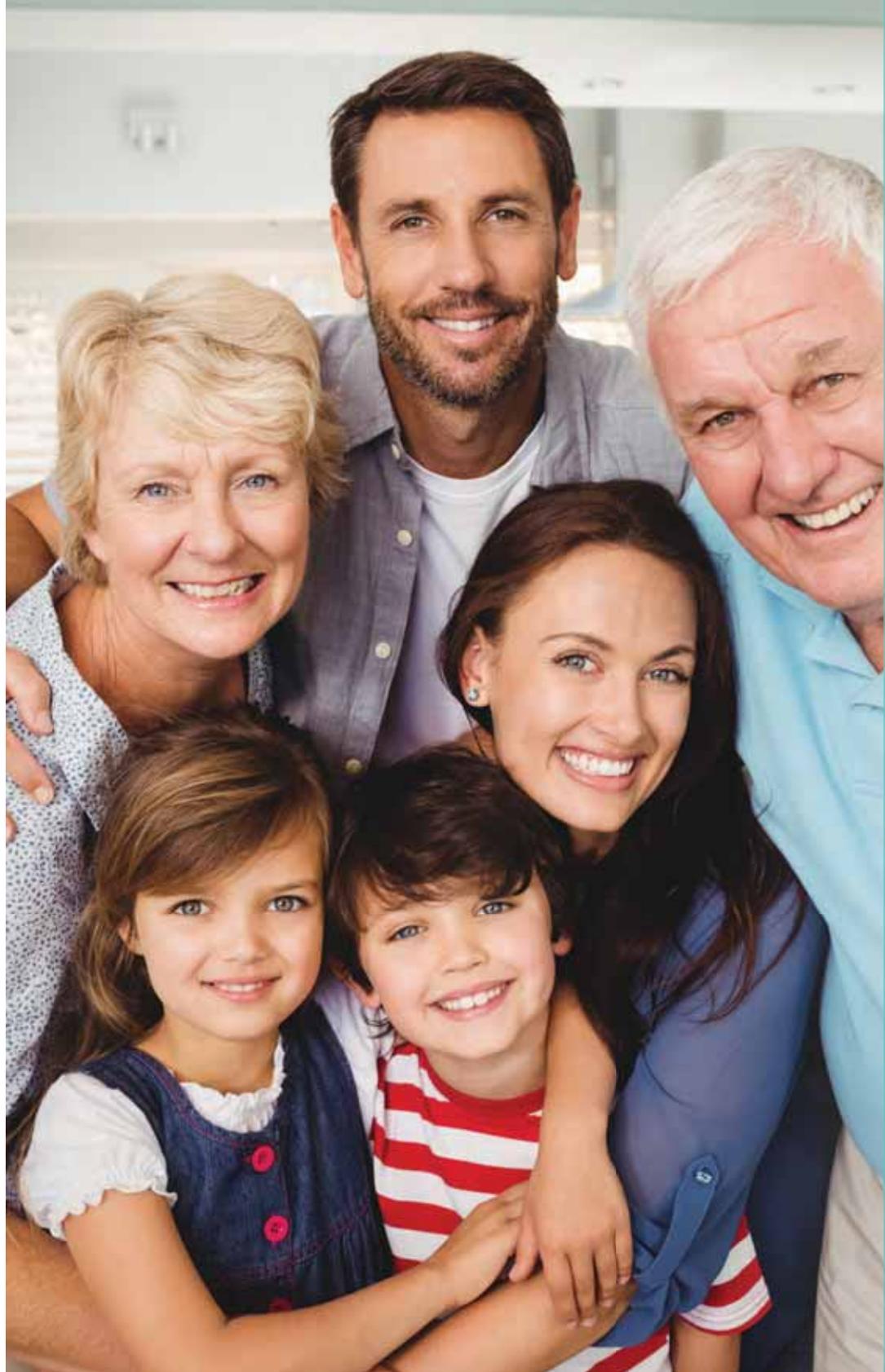
This was put on my to do list when I saw a class for

Botanical Bath Bombs. There's also Botanical Blues every Sunday afternoon in the winter.
Greater Des Moines Botanical Garden (Des Moines, IA):
515) 323-6290

20 LINE DANCING CLASS (OR OTHER DANCE CLASSES)

I've done a line dancing class (and a salsa class) and loved it. Although I have two left feet, I loved the class! Miss Kitty's offers just for fun classes, available for all levels. ■







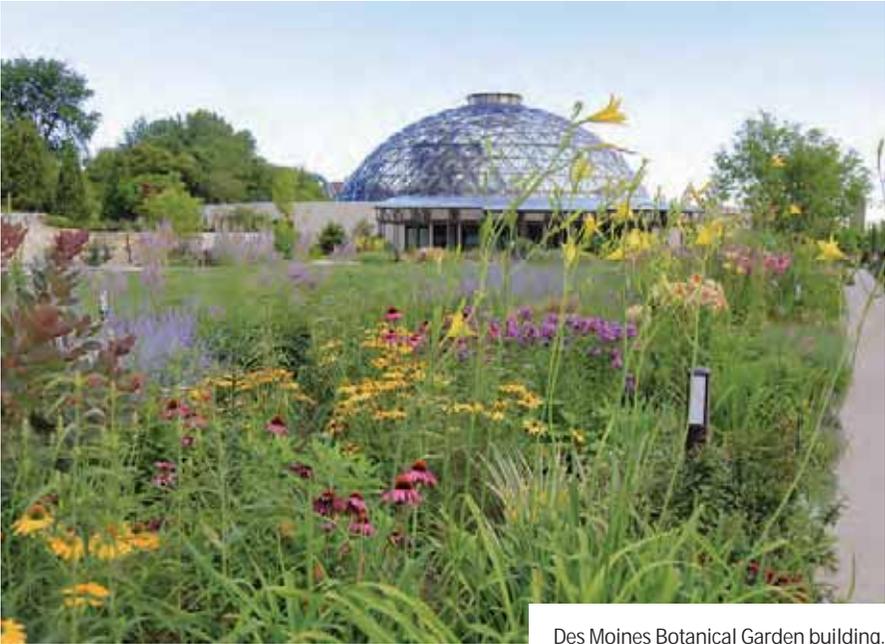
20 PLACES TO VISIT IN DES MOINES WITH GRANDPARENTS

**Are the Grandparent's coming to town?
Are they babysitting for the weekend?**

I have put together a list of 20 fun things to visit, eat and activities in Des Moines with the grandparents. Now, let us be honest, these 20 things are great for anyone who wants to explore the Des Moines area.

by Erin Huiatt

20 PLACES TO VISIT WITH GRANDPARENTS



Des Moines Botanical Garden building.

1 GRAY'S LAKE 2101 Fleur Drive, Des Moines

This park is a great place to enjoy a picnic and take a walk around the lake. There are a ton of activities available such as fishing, sailing, canoeing, and swimming. There is also a small playground for kids to climb on. Although they offer many activities, children have just as much fun by just walking across the huge bridge. Gray's

Lake also offers a lot of shady areas and plenty of parking options.

Hours: Daily 6 a.m. to 10 p.m.

2 BOWLING AT WARRIOR LANES

190 SE Laurel Street,
Waukee, 515-987-4840

Want to get out of the heat this summer? Take the kids bowling at Warrior Lanes. During the Summer each child

can register for Kids Bowl Free. When you register each child receives 2-free games of bowling every day, all summer long. Must pay for shoe rental and for yourself, if you would like to bowl too.

Hours: Monday-Thursday and Sunday Noon - 10 p.m.; Friday Noon-Midnight; Saturday Noon-Midnight



3 DES MOINES BOTANICAL GARDEN

909 Robert D. Ray Drive,
Des Moines, 515-323-629

Take the outdoors indoors at the Des Moines Botanical Garden. This is a great place to explore and walk around if it is too hot or rainy outside. Walk around the gardens at your own pace. They also offer a Story Sprouts program every Friday through August 25; 10: 30 to 11 a.m. This class is an additional \$3 on top of admission. Story Sprouts is an interactive story time that explores nature and plants. Take a break and enjoy lunch at the Trellis Cafe! Eat inside or sit out on their patio overlooking the Des Moines River.

Hours: Daily 10 a.m. to 5 p.m.

Admission: Children ages 4 to 17 \$6; Children 3 and under free; Senior Citizens \$7; Adults \$8

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Des Moines Botanical Garden walkway.



Des Moines Sculpture Park.

4 DES MOINES CENTRAL LIBRARY + PAPPAGJOHN SCULPTURE PARK

1330 Grand Avenue,
Des Moines

You can spend an entire morning in Western Gateway Park which includes Central Library and the Pappajohn Sculpture Park. Enjoy a morning storytime and activity at the library, then walk through the several pieces of artwork in Pappajohn Sculpture Park. There are several picnic benches and green space, so pack a lunch to enjoy. Bring a change of clothes for the kids, because there is a fun

water feature in the park where the kids and walk through and get wet.

Hours of Des Moines Central Library: Monday - Wednesday; 9 a.m. to 8 p.m.; Thursday & Friday 9 a.m. to 6 p.m.; Saturday & Sunday Closed (June-August)

5 BASS PRO SHOP 1000 Bass Pro Dr. NW, Altoona, 515-957-5500

You would not think there would be so many fun things to do at a store! Wander around the store and look at several taxidermies, mounts, wildlife facts and more. Watch the fish and

even feed them during scheduled fish feedings. Bowl and eat at Uncle Buck's Fish Bowl & Grill. This is another great option to beat the heat. **Fish Feedings:** Tuesday, Thursday and Saturday at 3 p.m.

Store Hours: Monday - Saturday; 10 a.m. to 9 p.m.; Sunday; 10 a.m. to 7 p.m.

6 THE PLAYGROUND FOR KIDS 2401 SE Tones Drive #7, Ankeny, 515-965-9899

The Playground for Kids is a fun place to bring the kids to burn off some energy. There is a cafe



The Historical Building.

area where you can sit back and relax while they climb, run and play. There is not much activity needed from you except watching them enjoy themselves.

Hours: Monday, Wednesday & Friday 10 a.m. to 8 p.m.; Tuesday & Thursday 10 a.m. to 4 p.m.

Admission: 2-12 years old \$8.99; Walkers up to 23 months old \$5.99

7 VALLEY COMMUNITY CENTER

4444 Fuller Road, West Des Moines, 515-327-6000

The Valley Community Center is a great place to grab a coffee while the kids play in the indoor

play area. The play area is free and includes a small cafe of coffee drinks, juice and snacks at a small cost. They also have fun classes/activities throughout the week including Kids Zumba, Creative Movement and more. Classes available start for children ages 3 and older. The cost is \$5 per class or \$3 per class with a punch card. Take a look at the schedule by clicking the link above.

Hours: Monday through Friday; 9 a.m. to 3 p.m.

8 GREENWOOD/ASHWORTH PARK + SPRAYGROUND

4500 Grand Avenue, Des Moines

The Des Moines Parks and Recreation completed renovating this park last year. Greenwood/Ashworth Park is tucked behind the Des Moines Arts Center with a lot of shade and trees. There is a playground, sprayground, shelter and bathroom facility. Pack a lunch and enjoy a day at the park!

9 ASHBY PARK

3200 38th Street, Des Moines

Are the kids looking to swim, but not interested




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The Valley Community Center has something for everyone! With a full service coffee bar, meeting areas, indoor play area, and an inclusive playground, we've got you covered.

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4444 Fuller Road, WDM | 515.327.6000
valleycommunitycenterdm.com

in getting in yourself? Ashby Park is the perfect option! This park located in Beaverdale offers a splash pool about 1 to 2 feet deep. It also has two great playgrounds, tennis courts, shelter, shade, and bathroom facility.

Wading pool hours: Monday - Friday; 10 a.m to 7 p.m; Saturday & Sunday; 10 a.m to 4 p.m. Splash pool open seasonally.

10 THE HISTORICAL BUILDING

600 East Locust,
Des Moines, 515-281-5111

This is a great place to explore and learn about this history of Iowa. Get out of the heat and/or rain and walk through the several exhibits at The Historical Building. There is also a specific hands-on area for the children to play which includes a large tractor, a huge train table,



Union Park and Heritage Carousel



Kids riding on the carousel.

rubbing fossils, story nook and much more.

Hours: Monday - Saturday; 9 a.m. to 4:30 p.m.; Sunday Noon to 4:30 p.m.

Admission: Free

11 CHICK-FIL-A Various locations

This is a great place to grab lunch or dinner and let the kids play in the play area. The staff brings out your food and will often stop to ask and refill your beverage. Bonus, their food tastes pretty good!

Note: Closed Sunday's

12 CHOCOLATERIE STAM

2814 Ingersoll Avenue,
Des Moines, 515-282-9575

What child doesn't love chocolate? Chocolaterie Stam is much more than just chocolate, it is also a fun experience. Take the kids to the local chocolate shop to pick out their favorites and enjoy them right in the store. Make sure you check their website for special events.

Hours: Monday - Friday 9 a.m. to 7 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday Noon to 5 p.m.

13 UNION PARK & HERITAGE CAROUSEL

725 Thompson Avenue,
Des Moines

A Des Moines original park offers a ton of activities for everyone. Ride the Heritage Carousel (\$0.50 admission), walk through the Union Park Floral Garden, watch the kids climb and play on the rocket slide or splash in the water play area. There are a lot of picnic benches and shady areas available.

Carousel hours: May 28 - August 23; Tuesday & Thursday Noon - 7 p.m.; Friday - Sunday 11 a.m. to 8 p.m.

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Botanical Garden

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Young girl creating a small garden at the Art Terrarium.

14 DOWNTOWN SKYWALK

Walk through the downtown skywalks. The kids will love walking across the bridges and watch cars drive underneath, grab lunch or a snack at the many restaurants available.

15 ART TERRARIUM

106 11th Street, Des Moines
515-346-4155

Take the kids to learn about plants and create their own terrarium. Art Terrariums staff is knowledgeable and patient with small kids. Let the kids get their hands dirty and create their own growing masterpiece.

Hours: Sunday Noon to 4 p.m., Monday - Thursday 10 a.m. to 6 p.m., Friday & Saturday 10 a.m. to 5 p.m.



Exploring the skywalks in downtown Des Moines.



16 BAUDER'S PHARMACY

3802 Ingersoll Avenue;
Des Moines

Take the kids to enjoy an old-fashioned soda fountain at Bauder's Pharmacy on Ingersoll. They also offer delicious ice cream. A great experience for the entire family.

Hours: Monday - Friday;
8:30 a.m. to 6 p.m.;
Saturday 9 a.m. to 5 p.m.;
Sunday 10 a.m. to 5 p.m.

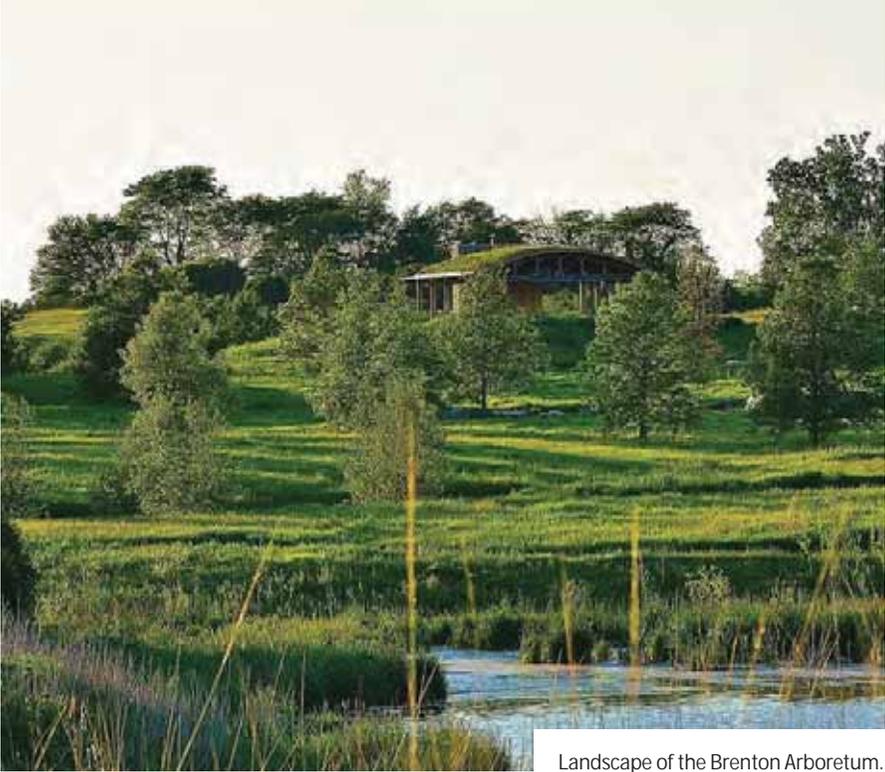
17 DES MOINES COMMUNITY PLAYHOUSE

831 42nd Street,
Des Moines, 515-277-6261

Take the kids to their first theater performance at the Des Moines Community Playhouse. They offer several great shows for the entire family



Performers at the Des Moines Community Playhouse.



Landscape of the Brenton Arboretum.

each year. A few that are coming up are The Music Man and Disney's the Little Mermaid.

18 BARNES & NOBLE

Various locations
Barnes & Noble is a great place to find children's books and educational toys. They have a great children's area where they offer storytime each week and a small area for kids to explore and use their imaginations. Most locations offer a small cafe with lunch, drink, and dessert.

19 JAVA JOE'S COFFEEHOUSE

**214 4th Street,
Des Moines, 515-288-5282**

Java Joe's is a great place to grab breakfast or lunch. Afterward, let the kids use their imaginations and let them play in the small playhouse located in a special area.

20 THE BRENTON ARBORETUM

**25141 260th Street,
Dallas Center
515-992-4211**

Spend the day wandering through beautiful trees and connect to nature. Nature play is encouraged with the children and there are plenty of opportunities available. There is a bench and shaded Pavilion, where you can relax as they play.

Hours: Daily 9 a.m. to sunset

Admission: Free ■



TOP PET GROOMING IN DES MOINES!



1. Tangled Tails; Altoona, 515-381-0511
2. Dogwoods Lodge; Grimes, 515-986-7387
3. Bark Avenue; Ankeny, 515-608-8186
4. Bark Avenue; WDM, 515-444-5112
5. Shear Pawfection; WDM, 515-279-7297

DES MOINES AREA PARKS PERFECT FOR *muddy days*

When the weather starts to finally warm up and the snow melts, playgrounds with lots of dirt or sparse wood chips can turn into mud pits. I thought I'd put together a list of playgrounds with rubber footing around Des Moines, Iowa so you can get outside even if you don't want to do a million loads of laundry! These are all parks you can visit without getting muddy and burn off all that stir crazy winter energy.

Now is the perfect time to buy some waterproof boots for spring playing! We usually have one pair of waterproof boots and one pair of tennis shoes for spring, then sandals or warmer boots for winter.

We also adore our Oakiwear rain suits, they are super high quality and you can buy 2 sizes bigger because they cinch at the ankles/waist/wrists, so they're worth the investment! Perfect for muddy days, buy one on Amazon. Then you don't have to be as picky about playground footing.

by Stephanie Woodson



BEST WAYS TO CLEAN UP A MUDDY MESS!

1. Apply liquid detergent to mud and let sit for 15 minutes or soak in detergent before washing.
2. Do you have mud on the carpet or floor? Wait until it dries, then use a vacuum to clean up.
3. Keep wet wipes on hand to clean muddy hands and fingers before leaving the park.
4. Keep a special bag in your car to place all the muddy clothes and shoes before leaving the park. Make sure you have extra clothes on hand!



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f t p y

ANKENY

DEAN PARK

Address: SW 19th ST and SW College AVE Ankeny, IA 50023

Type: Places to get wet and Places to play and places to take a walk

Bathrooms: No

Shade: Yes, shaded shelter

Playground: Yes

Trails: Yes, paved

Water: Yes, sprayground

Other notes: Baby swings, basketball court, grill. Reservable shelter. Climbing wall. Separate toddler playground.

MIRACLE PARK

Address: 300 NW School St Ankeny, IA 50023

Type: Places to play

Bathrooms: Yes

Shade: No

Playground: Yes



Dean Park



Trails: No

Water: No

Other notes: Baby swings, separate toddler playground

ALTOONA

IRONWOOD PARK (AKA PIRATE SHIP PARK!)

Address: 2380 3rd Ave SW Altoona, IA 50009 – my Google Maps takes me somewhere close, but not exact. Use the intersection of 3rd Avenue SW and 24th St SW Altoona, IA for a closer end-point.

Type: Places to play

Bathrooms: Yes, non-flush

Shade: Yes, shaded shelter

Playground: Yes

Trails: Yes, paved

Water: No

Other notes: Tennis, basketball. Really unique playground with a wobble-y plank, sea monster, and some cool hills that would be perfect for sledding. Public Art.



Ironwood Park

DES MOINES

PETE CRIVARO PARK

Address: 1105 E Railroad Ave, Des Moines, IA 50309

Type: Places to play and places to get wet and take a walk

Bathrooms: Yes

Shade: Yes, shaded shelter(s)

Playground: Yes

Trails: Yes, paved

Water: Yes, wading pool with spray elements

Other notes: 9 hole disc golf course, basketball court (non adjustable hoops), grill, reservable shelter, backstop

ASHLEY OKLAND STAR PLAYGROUND & NATURE TRAIL

Address: 5300 Indianola Ave, Des Moines, IA 50320

Type: Places to play and places to hike

Bathrooms: Yes

Shade: Yes, shaded shelter and shaded trails

Playground: Yes

Trails: Yes, dirt trail

Water: Yes, stream

Other notes: A part of the larger Ewing park, this has ramps for wheelchair access and a wheelchair friendly swinging deck, in addition to adaptive swings and baby swings. There is a great hiking trail for young kids – not stroller friendly, lots of little bridges, muddy after rain. Nature trail map here (purple loop is closest to the playground).

◀ OAKIWEAR RAIN SUIT:

Available on [Amazon.com](https://www.amazon.com) for \$69.99 + shipping.





DRAKE PARK

Address: 2300 Drake Park Ave, Des Moines, IA 50311

Type: Places to play and places to get wet

Bathrooms: Yes

Shade: Yes, partially shaded playground and shelter

Playground: Yes

Trails: No

Water: Yes, wading pool

Other notes: Backstop, basketball, grill, tennis, baby swings.

JOHNSTON

MORNINGSIDE PARK

Address: Merle Hay Rd & Morningside Dr, Johnston, IA 50131

Type: Places to play

Bathrooms: Unknown

Shade: Yes, partially shaded playground

Playground: Yes

Trails: Yes, paved

Water: Yes, creek



Above: Images of Ashley Oakland Star Playground

Other notes: Easiest access, besides the trail system, is via Northglenn Drive. Little free library.

PLEASANT HILL

COPPER CREEK LAKE PARK

Address: 4390 E. University Ave Pleasant Hill, IA 50327

Type: Places to play and places to take a walk and

places to take a hike

Bathrooms: Yes

Shade: Yes, shaded shelter

Playground: Yes

Trails: Yes, paved and grass – short grass nature trails are behind the playground.

Water: Yes, pond

Other notes: Soccer, reservable shelter. Bridge to cross over.



Copper Creek Lake Park

POLK CITY

POLK CITY TOWN SQUARE

Address: 107 South 3rd St. Polk City, IA 50226

Type: Places to play

Bathrooms: No

Shade: Yes

Playground: Yes

Trails: No

Water: No

Other notes: Public wi-fi

WEST DES MOINES

WALNUT WOODS

Address: 3155 SE Walnut Woods Dr. West Des Moines, IA 50265

Type: Places to hike and play

Bathrooms: Yes

Shade: Yes, shaded trails

Playground: Yes

Trails: Yes, dirt/sand

Water: Yes, river



KEEN LITTLE KIDS' ENCANTO WATERPROOF BOOT

Reasons Why I Love:

1. The top cinches up
2. Rubber toes
3. Bottoms of the boot feels like a sneaker







Other notes: Great short loop for young kids, bird blind, fishing, boat ramp. Reservable shelter.

WINDSOR HEIGHTS

COLBY PARK

Address: 69th St & School St Windsor Heights, IA 50324

Type: Places to play

Bathrooms: Yes

Shade: Yes, shaded benches, partially shaded playground

Playground: Yes

Trails: Yes, paved

Water: No

Other notes: Separate toddler playground, outdoor stage, little free library, fire truck ■



Walnut Woods



Colby Park



FORETHEVETERANS
GOLF RESERVED FOR THOSE WHO SERVED



LOCAL MONEY
★
STAYING LOCAL
★
IMPACTING LOCAL VETERANS

WWW.FORETHEVETERANS.COM



Creating **Habitat** Nature ^{as} **Intended**

Freedom Creek Prairie Co. is proud to introduce the *Grow With Me* program!

Now, with the purchase of a Prairie in a Box kit, we'll send a complementary seed packet so your child can grow a garden, just like you.

Use code **DSMPARENT** at checkout.



Order Today!



FreedomCreekPrairie.com

TAKE AN ACTIVITY BREAK!

Sometimes your brain needs to take a minute off! Grab your favorite coloring tool, tear these pages out and enjoy some fun activities!



WORD SEARCH

Find and circle the words for the pictures.

z	f	a	t	h	f
m	l	n	u	j	r
s	o	t	l	n	x
v	w	r	i	c	g
b	e	e	p	k	y
q	r	a	i	n	d



ant



tulip



bee

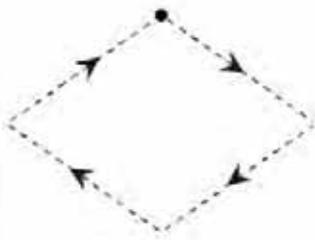
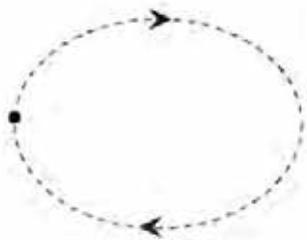
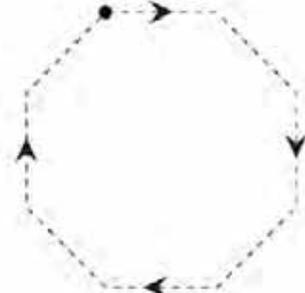
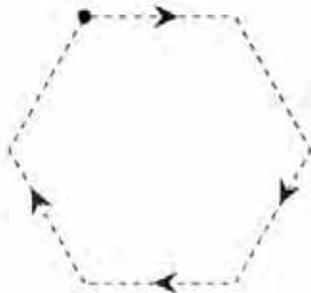
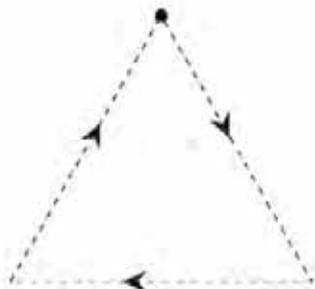
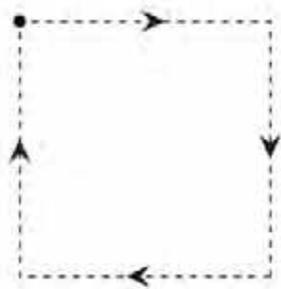


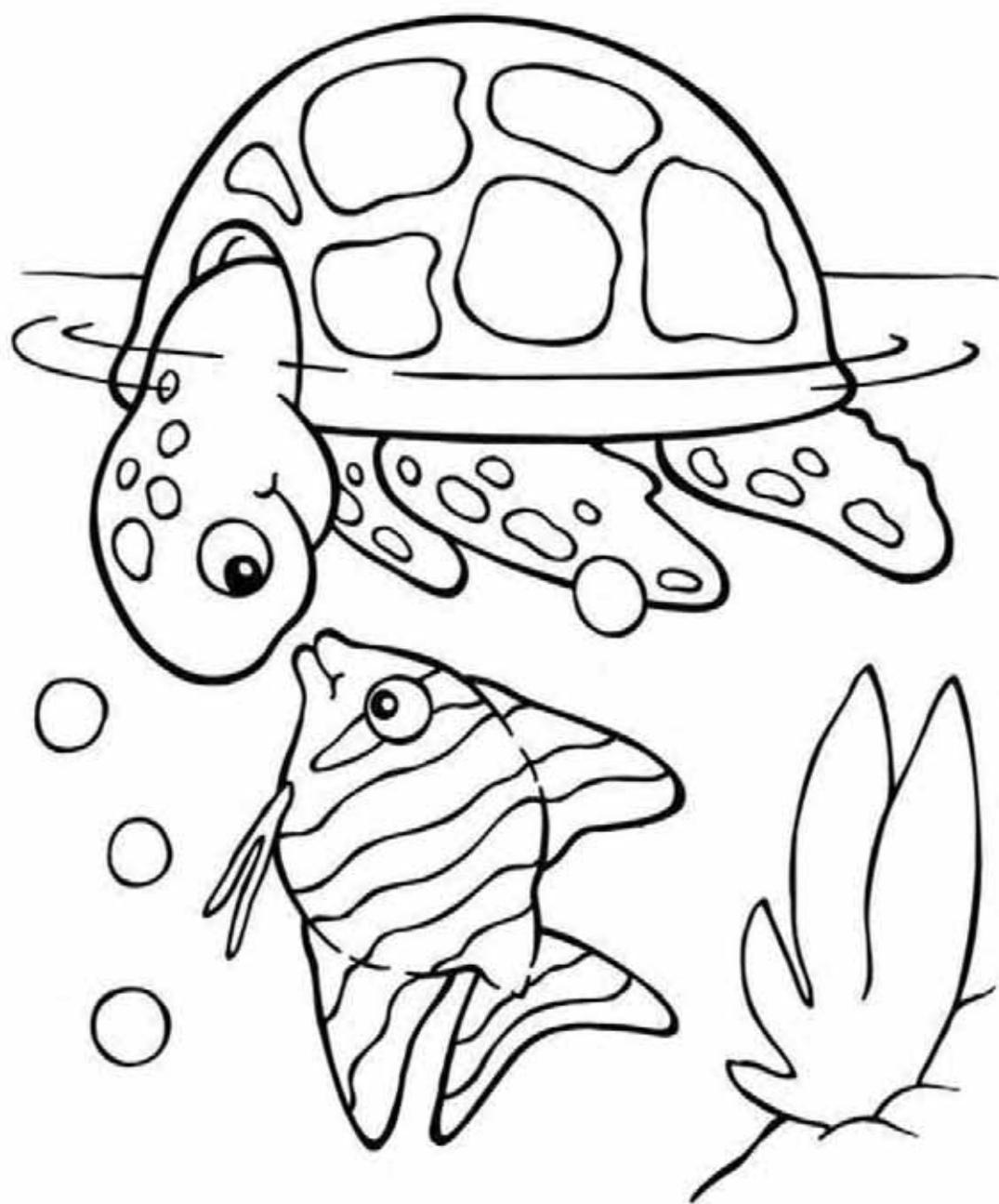
rain



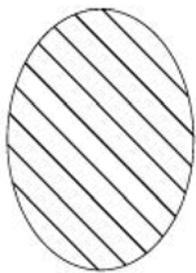
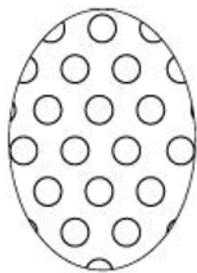
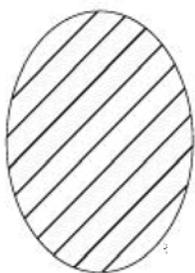
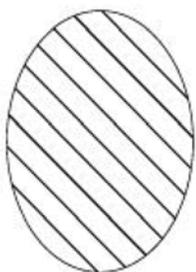
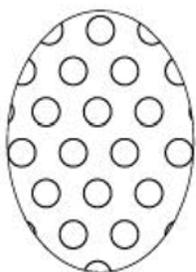
flower

SHAPES





FIND THE MATCHING EGGS







7 WAYS TO SURVIVE AND THRIVE IN *Mud Season*

by Sara Barry

You and your kids are tired of winter. But before spring comes in earnest, you have to make it through the dreaded mud season. The days are longer and sometimes warmer, but it's melty and messy and hard to do much outside. Here are seven ways to survive mud season—and maybe even find a little mud magic.

7 WAYS TO SURVIVE

MUD SEASON



1 PLAY IN THE MUD

Everyone is tired of being cooped up inside, so ignore the weather and get outside to play. Go to the playground. Ride bikes. Fly a kite in the brisk spring winds. Or really embrace mud. Make mud pies. Put on rain boots for puddle stomping. Instead of scolding kids for getting dirty, surprise them by jumping in a puddle and splashing with them.

2 SEEK OUT SPRING

The calendar says spring arrives in March, but late snow storms and raw days don't always feel like spring. Keep it positive with an ongoing search for signs of spring.

Make your own spring bingo cards. Include pictures of classic signs of spring

like robins, crocuses, or buds on the trees. Add family or local symbols of the return of spring. Predict when you'll fill in your bingo card, and have a picnic (indoors if you have to) to celebrate a bingo.

Not seeing many signs of spring yet? Cheat a little and visit a spring bulb show. The warm, moist, fragrant air and colorful flowers provide a break from the chill, drab outdoors.

3 SAVOR THE SWEETNESS

Sugar houses can also be warm, moist, and fragrant this time of year. Warm days and cold nights are necessary to make maple syrup, so maple season and mud season often overlap. Visiting a sugar house brightens up early spring. No sugar houses nearby? Hold your own



pancake breakfast to celebrate. Better yet, invite neighbors you haven't seen much during the cold winter months to join you. (Then see tip #1 and turn the kids out to burn off that sugar together.)

4 COME TO YOUR SENSES

Take a senses walk and see what you notice. What colors do you see? What is revealed by melting snow? Do you hear squelching mud or the drip of melt coming off the roof? Is the mud sticky or slick? Is the air soft or raw? Can you smell the dirt? What does almost spring smell like? What tastes do you associate with spring? You may not taste them on your senses walk, but you can come back home to a springy snack.

5 READ ALL ABOUT IT

Sometimes it's still too raw to get outside. Cozy up for some reading about the season. Choose stories and poems to celebrate different facets of spring. Think mud and maple, or dream ahead to warm days and gardens in bloom. Here are a handful of suggestions:

- **And Then It's Spring** by Julie Fogliano
- **Sugaring** by Jessie Haas
- **Puddles** by Jonathan London
- **Maple Syrup Season** by Anne Purmell
- **Jo McDonald Had a Garden** by Mary Quattlebaum
- **Mud** by Mary Lyn Ray

6 GROW SOMETHING

Planting seeds offers hope for warmer weather. Some seeds can be planted as soon as the ground can be



worked (if ground is frozen or really boggy, wait). You can start seedlings indoors to be ready for warmer, drier weather.

If you don't have room to set up plantings inside, try sowing in covered containers set outside.

- **Collect clean plastic milk jugs.**
 - **Cut nearly around the jug at the base of the handle.**
 - **Poke drainage holes in the bottom.**
- Then fill with a seeding soil mix.**
- **Add seeds, cover as directed, and thoroughly moisten the soil.**
 - **Tape up the jug creating a mini greenhouse. Leave the top off and place in a sunny place outdoors.**

Soon, you should see a haze of green inside. As the weather gets warmer, open the jug during the day so the plants don't cook. Close it during the cool nights. When it's warm enough, transfer your plants to pots or a garden plot.

7 CELEBRATE SOMETHING

The Cat in the Hat knew how to have fun even when the weather wasn't nice. Try a Dr. Seuss read-a-thon to celebrate Dr. Seuss's birthday on March 2nd. Hold a spring fling to celebrate the official start of spring on the vernal equinox March 20. Heading into April, enjoy spring poems for National Poetry Month or plan fun tricks and jokes for April Fool's Day. If you look at a celebrations calendar, you'll find early spring peppered with special days for everything from jelly beans to meatballs and penguins to pandas. Choose one and create a celebration around it. You can even make up your own holiday. Maybe the last Friday is Neighborhood Game Night or the second Saturday is Watch Cartoons in Your PJs day. Give yourself something to look forward to and break up routines. You don't have to love mud season, but you can make the most of it. Even though it might not feel like it, mud will dry up, days will warm up, and spring will soon be here for real. ■

MAY 25, 2019

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FUN OUTDOOR THINGS TO DO WITH KIDS IN DES MOINES

If you are visiting or have lived here your whole life, summer in Des Moines, Iowa has a ton to offer. Check out my top five outdoor things to do this summer.

OUTDOORS

WITH KIDS IN DES MOINES



JESTER PARK

Jester Park is a great place to visit or even camp when visiting Des Moines. This 1,675-acre park sits on the western part of Saylorville Lake. It offers camping, golfing, picnic areas, hiking trails, fishing, canoeing, natural playscape, bison to see and much more. Jester Park also offers an equestrian center which has horse rides and other fun activities throughout the year.

Jester Park offers more than 168 campsites and four modern rental cabins. Each cabin has a two-story walkout floor plan. These cabins book out more than a year in advance, so

make your reservations at <https://www.polkcountyiowa.gov/conservation/parks-trails/14-jester-park/>

Our favorite area, we visit frequently, is the natural playscape. It is easily to spend a half day just at this portion. There is water, bison and elk to see and rocks to climb. A few tips if you head to the natural playscape: Bring bathing suits and/or a change of clothes. The fountain and pond are the best parts for the kids so be prepared to get wet! Make sure to bring tennis shoes or hiking shoes, if you plan to explore the trails. Bring a picnic lunch and/or healthy snacks and waters.

SCIENCE CENTER OF IOWA
SUMMER
CAMP



2019 SUMMER CAMPS

JUNE 10–AUGUST 16, 2019

FIND MORE TO EXPLORE
with weeklong camps for Pre-K through 8th grade.

www.sciowa.org/camps



SCIENCE
CENTER
OF IOWA
& BLANK IMAX
DOME THEATER



Natural playscape at Jester Park.



“The Monster” roller coaster at Adventureland.

ADVENTURELAND

Does your family love rollercoasters? Adventureland Amusement Park is located in Altoona just east of Des Moines. Adventureland consists of an amusement park and Adventure Bay Water Park which contains over 100 rides for all ages. They also offer fun games and shows.

Right next door is Adventureland Inn which is a great place to stay if you are in the area. They offer an assortment

of different room types ranging from standard accommodations to suites. They also have two different courtyard areas with pools, including a zero depth entry pool for your little ones. This may be a perfect option if it is raining or cold when you come to stay. Adventureland also offers a huge campground, if camping is more your style. **Learn more about Adventureland and purchase your passes at <https://www.adventurelandpark.com/>**



Plan Your Visit!

clearlakeiowa.com

FAMILY FUN EVENTS

April 18: Green Expo
April 27: Muskie Tournament
May 18-19: Walleye Classic

June 7-8: Take Me Back Music Festival
June 8: TRI Clear Lake Triathlon
July 3-7: July 4th Celebration

Weekly Events starting in June!

Thursdays on Main
Lady of the Lake Dockside Night
Central Garden's Fresh on Fridays
Worship in the Park



Blank Park Zoo entrance.

BLANK PARK ZOO

The Blank Park Zoo is not a very large zoo, but it offers tons of fun for all ages. You will not want to miss the sea lion shows, lions, monkeys, feeding the giraffes and more. The zoo offers an area where you can feed and pet the goats, feed the fish and a large wooden playground where kids can play for hours.

Our children love to ride the train through the park, riding the camels and the carousel! Feel free to bring in a sack lunch and/or snacks. They offer several special activities and events throughout the day. Take a look at their event calendar at <https://www.blankparkzoo.com> before you go to plan your day.

HISTORICAL VALLEY JUNCTION

The Historic Valley Junction is a great place to wander around outdoors. It offers fun, unique, local shops, and restaurants. If you are visiting during the Summer, make sure you visit on a Thursday evening. Every Thursday starting at 4 p.m. they offer a Farmers' Market and Music in the Junction. It is a great way to enjoy music outdoors and grab some local produce or other fun items from local vendors.

Learn more about stores and events at <http://www.valleyjunction.com/>



Vendors at Farmer's Market

DOWNTOWN FARMERS' MARKET

Downtown Des Moines is a hot spot with loads of fun. One of the most popular farmers' markets, the Downtown Farmers' Market is held every Saturday from May through October. There are nearly 300 vendors including vendors with fresh produce, baked items, food,

handmade products, plants, flowers and so much more. There is live music and fun children's activities. The farmers' market is located just off the Des Moines river. After wandering the market, walk along the Des Moines river!

Learn more about the Downtown Farmers' Market at <http://www.desmoinesfarmersmarket.com/> ■





SPRING BREAK IN *Des Moines*

by Erin Huiatt

Spring Break Des Moines 2019 is just around the corner. There are several classes and workshops being held all over Des Moines. Check out this great list below and register quickly. These classes can fill-up super fast. If I am missing your class or workshop, let me know. Make sure to check out our event calendar to stay up-to-date with events and activities.

SPRING BREAK

IN DES MOINES

ARTFULL MONDAY, MARCH 18 – FRIDAY, MARCH 22

Spring Break camp registration is open! Artfull will host two sessions. Mornings from 9 a.m. to Noon for grades K-2 and afternoons from 1 to 4 p.m. for grades 3-5. Come explore an entire galaxy of art!

BLANK PARK ZOO MONDAY, MARCH 18 – WEDNESDAY, MARCH 20

9 a.m. to 4 p.m.
\$111 members; \$156 non-members

This year's Spring Safari theme is Zoo Clues. Take a look and you can find signs of animals everywhere outside! From scat to tracks, animals leave clues all around that we can use to figure out what they have been up to. Pull out the magnifying glasses and tweezers and join us as we become true Animal Detectives! This fun-packed camp will consist of hands-on lessons, games, art, zoo

exploration, and live animal encounters. For children ages 5 to 9 years.

THE BRENTON ARBORETUM MONDAY, MARCH 18 – FRIDAY, MARCH 22

Various times

Enjoy various workshops and programs during Spring Break week at The Brenton Arboretum. Each day offers a different theme. Make sure you register!

Monday: Movie Monday; 11 a.m. to 12:30 p.m.

Tuesday: Tie Dye Tuesday; 11 a.m. to Noon

Wednesday: Wilder Wednesday; 11 a.m. to Noon

Thursday: Thoughtful Thursday; 11 a.m. to Noon

Friday: Filthy Friday; 11 a.m. to Noon

CLIMB IOWA

SESSION 1: MARCH 18-19 SESSION 2: MARCH 21-22

9 a.m. to 4:30 p.m.
\$125 member; \$140 non-member

Climb Iowa camps will introduce young adventurers to rock climbing, but we won't stop there. Children will learn about trust, teamwork, and problem solving while developing their rock climbing skills through interactive games and activities. For ages 8 to 13 years old.

DES MOINES ART CENTER

VARIOUS DAYS AND TIMES

The Des Moines Art Center offers classes for all ages throughout the year.



GREATER DES MOINES BOTANICAL GARDEN

**TUESDAY, MARCH 19 –
FRIDAY, MARCH 22**

Looking for a fun family experience over spring break? Join us for an array of drop-in activities (free with paid admission) from 10 a.m. to 4 p.m. and explore the diversity of leaves with games, crafts, and activities. Members \$20 Youth/Adult Pair, \$15 Additional Youth; Nonmembers \$25

Youth/Adult Pair,
\$20 Additional Youth.

LEAF PRINT-MAKING

Tuesday, March 19
10:30-11:45 a.m. and
2-3:15 p.m.

Explore printmaking techniques and create multiple unique works of art that celebrate leaves.

LOOK INTO LEAVES

Wednesday, March 20
10:30- 11:45 a.m. and
2-3:15 p.m.

Zoom into leaves as we explore the food factory

of plants! Find out why plants are green and how photosynthesis works, then create beautiful leaf prints to take home.

LEAFY LANTERNS

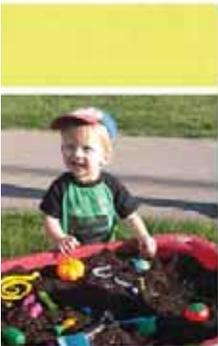
Thursday, March 21
10:30-11:45 a.m. and
2-3:15 p.m.

Light up your spring with botanically inspired leaf lanterns! Participants will use natural materials to build their own paper lantern to take home.



DSM Children's Museum 

**New Location Open March 9th!
Valley West Mall, Lower Level**



Our Mission:
To build the
foundation of
lifelong learning
by promoting the
power of play

**Admission
\$4.50
Ages 1-10**



Contact:
www.dsmchildrensmuseum.com
dsmchildren@gmail.com



HERB WINDOW BOX

Friday, March 22

10:30-11:45 a.m. and
2-3:15 p.m.

Taste a variety of different herbs and then plant your own window box. This easy-to-care-for project is perfect for indoor growing and will make your recipes taste great.

LEE COLE'S MAGICAMP

TUESDAY, MARCH 19 &

THURSDAY, MARCH 21

9 to 11:45 a.m.

RACCOON RIVER PARK NATURE LODGE

Spend two days learning from professional magician Lee Cole on how to entertain and amaze your friends and family! They will learn all sorts of tricks and all magic material are provided. For ages 7 to 15 years of age. \$45.

LIVING HISTORY FARMS

MONDAY, MARCH 18 –

FRIDAY, MARCH 22

9 a.m. to 4 p.m.

Camps are offered as 1-day or 5-day experiences. Receive a 15% discount if you are a member. There are three themes to choose from Celebrations Around the

World, Preservers of the Land, Families in 1900 and more. Prices vary on camp and how many days your child attends.

PINOT'S PALETTE

MONDAY, MARCH 18 –

THURSDAY, MARCH 21

1 to 3:30 p.m.

This week your kids have the opportunity to paint popular and colorful, iconic animals. Each afternoon, in addition to painting, they will have a creative craft and snack. Kids ages 5 and up are invited to join us! Parents are welcome to paint with their kids or drop off.

PIONEER COLUMBUS COMMUNITY CENTER

MONDAY, MARCH 18 –

FRIDAY, MARCH 22

Various Times

Monday, March 18

Imagination Playschool

9 a.m. to 2 p.m. (ages 7 and under)

ASAP Art – 9:30 to 11 a.m. (open to all ages)

Tuesday, March 19

Imagination Playschool

9 a.m. to 2 p.m. (ages 7 and under)

Soccer skills clinic – 10

a.m. to Noon (ages 5-12)

ASAP Art – 9:30 to 11 a.m.

(open to all ages)

Wednesday, March 20

Imagination Playschool

9 a.m. to 2 p.m. (ages 7 and under)

Baseball skills clinic – 10

a.m. to Noon (ages 5-12)

ASAP Art – 9:30 to 11 a.m. (open to all ages)

Thursday, March 21

Imagination Playschool

9 a.m. to 2 p.m. (ages 7 and under)

Basketball skills clinic – 10

a.m. to Noon (ages 5-12)

ASAP Art – 9:30 to 11 a.m. (open to all ages)

Friday, March 22 – 10 a.m.

to Noon

Imagination Playschool

9 a.m. to 2 p.m. (ages 7 and under)

ASAP Art – 9:30 to 11 a.m.

(open to all ages)

Movie in the gym

(TBD) – Noon

SKATE NORTH

MONDAY, MARCH 18 –

FRIDAY, MARCH 22

11:30 a.m. to 12:30 p.m.

Learn how to skate at Skate School during Spring Break. Open to ages 5-12, beginner and intermediate skaters. \$45 + tax



SPRING BREAK ARCHERY

THURSDAY, MARCH 21 & FRIDAY, MARCH 22

1 to 4 p.m.

RACCOON RIVER PARK NATURE LODGE

Looking for something fun to do during your spring break? How about spending some time at the Raccoon River Park Archery Facility? You will have the opportunity to practice your archery skills and possibly learn some new ones in this spring break day camp. \$30.

TIGERLILY STEM MONDAY, MARCH 18 – FRIDAY, MARCH 22

9 a.m. to 4 p.m.

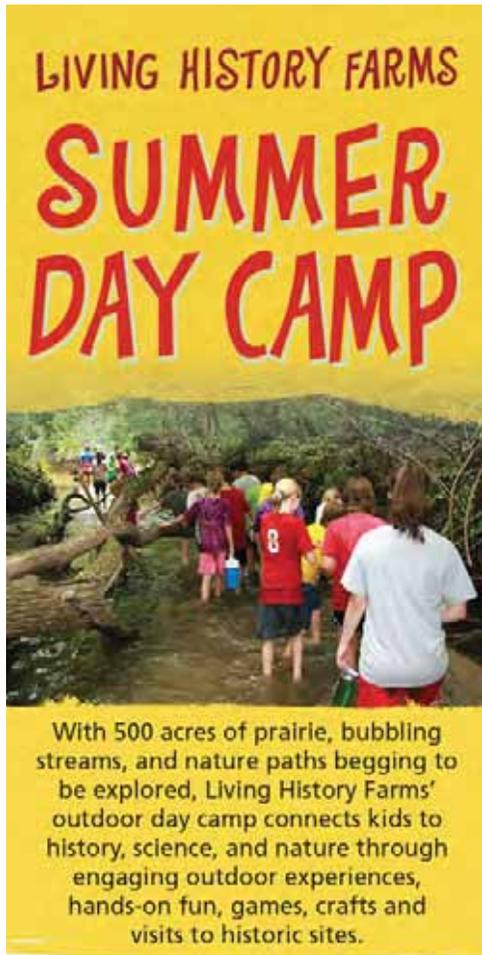
Planning a stay-cation over spring break? Join us for some beach and ocean inspired STEM fun & learning! We will be exploring marine biology, chemistry, engineering design and construction, art, beach sports, games and more! \$299

URBANDALE SWIMMING POOL

SPECIAL SPRING BREAK HOURS: Monday, March 18 – Friday, March 22 open 1 to 4 p.m. additionally to their normal hours.

NORMAL HOURS: Monday – Thursday 7 to 8:30 p.m.; Saturday & Sunday 1 to 4 p.m.

Wednesday, March 20: Pool Carnival; 1 to 4 p.m. \$6 per person for this event. 2 years of age & under free with paid adult; 3 years of age & older: \$5; Annual Passes are available. Learn more here. ■



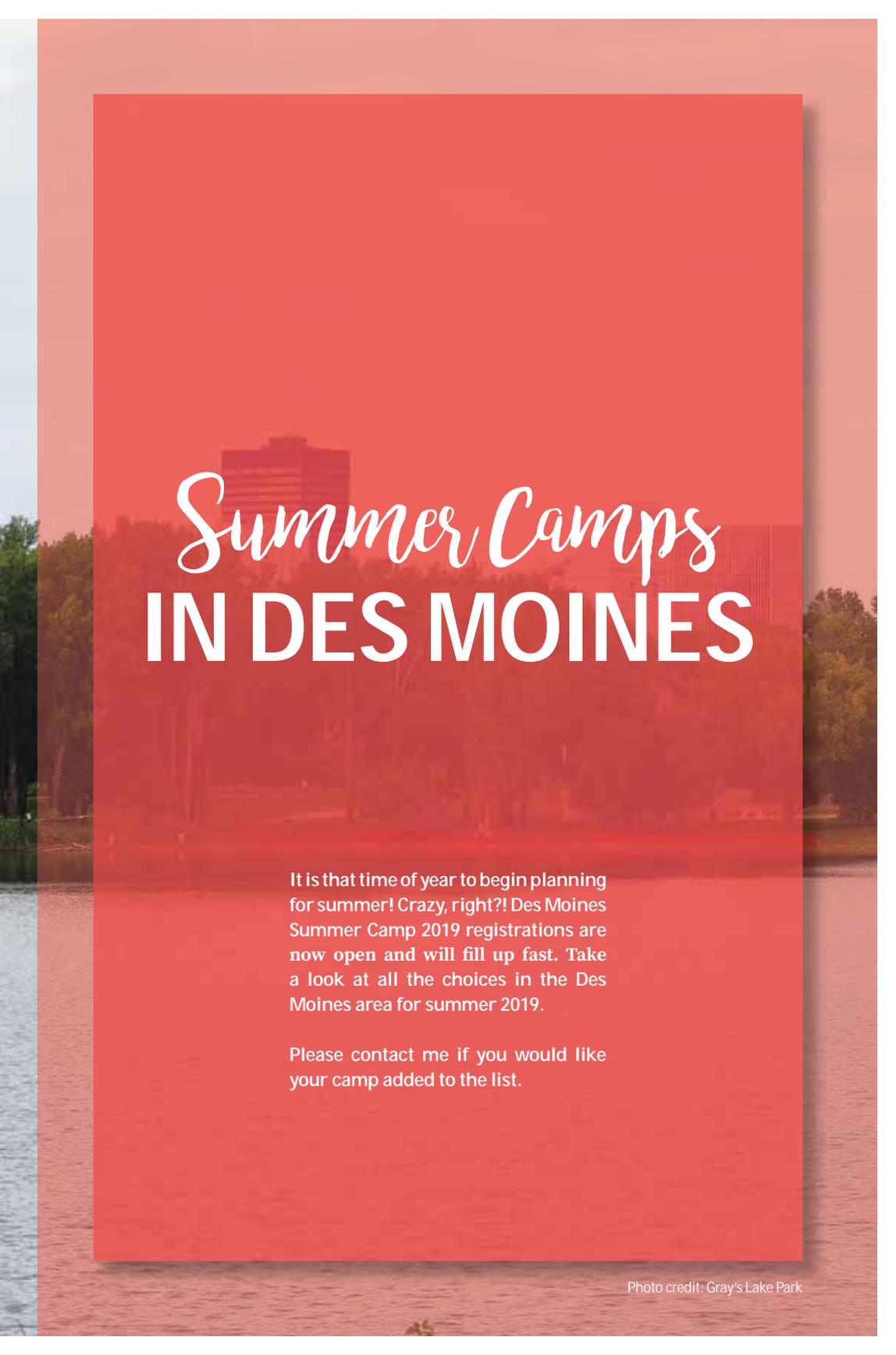
LIVING HISTORY FARMS
SUMMER DAY CAMP

With 500 acres of prairie, bubbling streams, and nature paths begging to be explored, Living History Farms' outdoor day camp connects kids to history, science, and nature through engaging outdoor experiences, hands-on fun, games, crafts and visits to historic sites.



www.LHF.org





Summer Camps **IN DES MOINES**

It is that time of year to begin planning for summer! Crazy, right?! Des Moines Summer Camp 2019 registrations are now open and will fill up fast. Take a look at all the choices in the Des Moines area for summer 2019.

Please contact me if you would like your camp added to the list.

SUMMER CAMPS

IN DES MOINES



COMMUNITY CAMPS

Here are some places around the community that offer summer camps.

- **ANKENY PARKS & RECREATION**
- **CLIVE PARKS & RECREATION**
- **DES MOINES PARKS & RECREATION**
- **GRIMES PARK & RECREATION**
- **INDIANOLA PARKS & RECREATION**
- **URBANDALE PARKS & RECREATION**
- **WAUKEE PARKS & RECREATION**
- **WEST DES MOINES PARKS & RECREATION**

FITNESS + FUN

CLIMB IOWA

Send your kids on a rock climbing adventure. Check out Climb Iowa's unique summer camps. They will engage your child's mind and body while keeping them active and teaching them new skills. Climb Iowa camps will introduce young adventurers to rock climbing. Children will learn about trust, teamwork, and problem solving while developing their rock climbing skills through interactive games and activities. Register and learn more at <http://www.climbiowa.com>



Blank Park Zoo.

Kid's Camp (ages 8 to 13 years): 3 days; 9 a.m. to 4:30 p.m.; \$180 for 3 days
Kinder Camp (ages 4 to 7 years): 2 days; 9 a.m. to Noon; \$80 for 2 days
Lifetime Fitness

You do not have to be a member of Lifetime, to sign-up for their amazing summer camps! Themes include Pirate's Life, Great Outdoors, Time Warp, Superhero Sizzle and more. Camps are available for ages 4 to 12 years. Register at <https://www.lifetime.life/>

PRAIRIE LIFE FITNESS

School-aged camps are educational and fun for children ages 3 to 12 years of age. They offer full day camps with fun themed weeks including Pirates Week, Spy Week, Everything Disney Week and more. If you are not a member, guests can purchase daily passes at the front desk at \$6 per day for children under 13, in addition to the camp charge. Learn more and register at <https://www.prairielife.com> **\$175 per full week.**

TRIAD GYMNASTICS

There are a lot of great options for

children 5 to 12 years of age for summer camp at Triad Gymnastics. Each week includes three field trips including swimming every Wednesday, gym time, age-appropriate themed activities, and fun on a huge inflatable slip 'n slide. They offer full and half day care. Register at <http://www.triadgymnastics.com>.

Full Day: 7 a.m. to 6 p.m.; \$50 per day or \$195 per week

Half Day: 7 a.m. to 12:30 p.m. OR 12:30 to 6 p.m.; \$25 per day

**Other fees may apply. 10% sibling discount offered.

YMCA

Greater Des Moines YMCA offers several summer camps. Each YMCA provides different types, dates, times and themes of camp. Check all locations. Check details of each camp and register at <https://www.dmymca.org>.

Traditional Day Camp: An entire week of camp for children kindergarten through 6th grade. Hours are 6:30 a.m. to 6 p.m. Monday through Friday, with



core programming, offered 9 a.m. to 4 p.m. \$150 week for YMCA members, \$195 week for non-members.

Preschool Camps: These camps are suited for children ages 3 to 5 years of age. They are offered 9 a.m. to Noon. The Waukee location offers an afternoon option, 1 to 4 p.m. for children ages 4 to 6 years. \$60 per week for YMCA members, \$100 week for non-members.

Specialty Camps: These camps provide opportunities for campers to explore specific topics and areas of interest including Camp Chef, Planet Animal and more. Available for children kindergarten through 6th grade. 6:30 a.m. to 6 p.m. Monday through Friday. \$190 per week for YMCA members, \$235 per week for non-members.

OUTDOORSY CAMPS

BLANK PARK ZOO

Sign your child up for a Summer Safari Camp at the Blank Park Zoo. There are weekly themed camps available starting in June through August. Camps are available for children ages 3 to 12 years of age and run Monday through Friday. Learn more and register at <https://www.blankparkzoo.com>.

They offer half day and full day opportunities. Half Day camps are \$90 per week for members, \$130 per week for non-members. Full Day camps are \$180 per week for members, \$260 per week for non-members.

CAMP FIRE HEART OF IOWA

Camp Fire Heart of Iowa offers a wide variety of programs throughout central Iowa fitting the needs of overnights and day campers alike. Whether you like creek stomping, bugs, or sports, they have got a summer of fun waiting for you! Offering programs for children in 1st -12th grade, Camp Fire offers a variety of themed options to get your child to truly experience summer. Learn more at <https://www.campfireiowa.org/>. Prices starting at \$195.

CENTRAL COLLEGE SUSTAINABILITY

Central College offers a variety of camps and clinics during the summer for young athletes, artists, and many others. In addition, the college hosts a diverse array of non-college, multi-day activities, including summer athletic camps, academic/business summits, and youth conferences. Learn more at register at <https://www.central.edu/camps/>

\$20 EXAM
Includes X-rays, Consultation & Report.

And we will donate that entire \$20 to Young Variety of Iowa to support their programs with kids! in our community!





LIVING HISTORY FARMS

Full and half day options available all summer long at Living History Farms. Full day camp hours are 9 a.m. to 4 p.m. and half day hours are 9 a.m. to Noon OR 1 to 4 p.m. Options available for children kindergarten through 8th grade. Prices based off of age and what session you register for.

Register at <https://www.lhf.org>

POLK COUNTY CONSERVATION

The Polk County Conservation offers several different summer day camps for different age levels all season long in the Des Moines area. Take a look at all the camps and register at <https://www.mycountyparks.com>.

EASTER SEALS OF IOWA

Camp Sunnyside is where children and adults with and without disabilities can enjoy canoeing, an animal farm,

horseback riding, archery, nature trails and much more! Register at <http://www.easterseals.com/>.

RELIGIOUS CAMPS

CYC - CATHOLIC YOUTH CAMP

Catholic Youth Camp is a co-ed, sleep-away summer camp. Each day campers will be able to participate in 3-4 outdoor activities, along with CYC programming and weekly staples like a talent show, adoration and reconciliation, campfire, carnival night, water fun day, dances, concerts, and more! For children in grades 3rd to 12th grade. Learn more and register at <https://stmcenter.com/why-cyc>.

LUTHERAN CHURCH OF HOPE: VACATION BIBLE SCHOOL

Join Lutheran Church of Hope for a week of action-packed fun! It's a time both kids and volunteers won't want



to miss. Through large group worship, music, skits, crafts, outdoor activities and lessons, children will explore five awesome stories from the Bible for children to learn and experience in memorable ways. Click the link above to be directed to each campus, details on dates and prices. Register at <http://www.lutheranchurchofhope.org/>.

WESLEY WOODS SUMMER CAMP

Wesley Woods is located in Indianola and has lots to offer. Your child can enjoy horseback riding, wagon tours, swimming, broken arrow pond, slip-n-slide, canoeing, climbing wall, fishing, bible study, worship and much more. Learn more and register at <http://www.wesleywoodsowa.org>.

ART, MUSIC + SCIENCE

CAMP BRAINIAC

Enjoy a full-day summer day camp that welcomes elementary school age kids 6-12! Camp Brainiac gives kids a break from the classroom but not necessarily from learning. Planned and run by Iowa licensed teachers, Brainiac campers will spend their days immersed in experiential learning with new activities each session. Campers have plenty of outdoor and free time to burn off energy too. This isn't like REAL summer school! Camp sessions are limited to 30 kids to ensure maximum fun. Visit <https://www.campbrainiac.com/> to learn more.

Session 1: June 17-21 at Colby Park in Windsor Heights

Session 2: July 8-12 (Confirming dates and location) Ridge Pointe Pavilion in Waukeez

Session 3: July 15-19 at Colby Park in Windsor Heights

Session 4: July 22-26 (Confirming dates and location) Ridge Pointe Pavilion in Waukeez

Session Time(s): Monday – Friday 8:30 a.m. to 4:30 p.m.

Fee/class: \$225

Age or grade of participants: Ages 6-12 (At least completed Kindergarten and up to entering 6th grade)

DES MOINES ART CENTER

The Des Moines Art Center offers tons of classes available for all ages. Fun themes include Patterns Gone Wild, Wild Animal Posters, Wild Hair Portraits and more. Camps are available for children as young as 5 years of age. Register at <https://www.desmoinesartcenter.org>.

DES MOINES COMMUNITY PLAYHOUSE

There are camps available for all ages starting from Kindergarten through grade 10. Camps are grouped by age level so children can learn according to their developmental needs. Keep an eye out for more details to be announced for summer 2019. Visit <https://www.dmplyhouse.com/> for more details.

GREATER DES MOINES BOTANICAL GARDEN

Spend your summer in Des Moines at the Greater Des Moines Botanical Garden. A lot of great options are available starting in June through August. Themes include Plants Unleashed, Magic in the Garden, Budding Chefs, and more. Camps are designed for children ages 6 to 10 years of age. Camps run Monday through Friday 9 a.m. to 3 p.m. Register at <https://www.dmbotanicalgarden.com>. Price is \$210 per week for members, \$250 per week for non-members.





Classes at the Science Center of Iowa.

SCIENCE CENTER OF IOWA

The Science Center of Iowa is another great option for a Des Moines Summer Camp in 2019 because they offer a lot of options for all ages starting at Pre-k through 8th grade. Morning camps run 9 a.m. to Noon and afternoon camps run 1 to 4 p.m. \$105 per week member, \$130 per week non-member. For older children, no half-day option is available. \$210 per week member, \$260 per week non-member. Learn more at register at <https://www.sciowa.org>. ■



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DES MOINES PUBLIC LIBRARY



MYDMP CON





The Des Moines Central Library will transform into an interactive hub of family-friendly festival for all fandoms on Sunday, May 5 at the second annual MyDMPL Con. And it's all FREE.

More than 1,000 people – many in costumes of their favorite superheroes, Disney princesses and film characters – stopped by at the inaugural MyDMPL Con in 2018, and this year's version will be bigger and better. Here are five – of the many – things you can expect to find:

1 COSTUMES, COSTUMES AND MORE COSTUMES!

In addition to children and families dressed as their favorite TV, film and video game stars, many of your favorite characters will be walking around the library for pictures, hugs and high-fives. Among those you will see: Wonder Woman and the Iowa League of Heroes, Disney princesses with Little Princess Parties, Paw Patrol puppies, and many more.

2 EXPLORE THE WORLD OF HOGWARTS!

Attendees will have a chance to explore several rooms dedicated to specific fandoms, including Harry Potter activities. Inside, find out your patronus, create your own remembralls, and even check out DumbleDore's desk.

3 GET HANDS-ON WITH INTERACTIVE ACTIVITIES!

It's not just costumes, either. Attendees can jump into their favorite movies or video games with a green screen, watch a Jester Puppets show, learn with IPTV, do science experiments with the Science Center of Iowa, make your own art, and more.

4 MEET THE LUCHADORES!

Luchadores, the term for Mexican wrestlers, will set up a real wrestling ring outside the library, where they'll perform and sign autographs for fans. Also outside, find local food trucks like Outside Scoop for refueling.

5 PLAY VIDEO GAMES!

One entire room inside the library will be geared towards teens and tweens, featuring a chance to play classics video games like Mario Kart and Super Smash Bros. Attendees can also learn how to do zombie cosplay, manga crafts, origami and more.

This is just a small dose of everything you'll find at the second MyDMPL Con. Go to dmpl.org for more information.

IF YOU GO

2019 MyDMPL Con

WHEN: 1-5 p.m., Sunday, May 5

WHERE: Des Moines Central Library, 1000 Grand Ave.

COST: Free! Free parking will also be available.

MORE INFO: Go to dmpl.org for a full lineup and schedule.

***Tim Paluch is the Community Engagement Supervisor for the Des Moines Public Library. ■**



LIBRARIES

IN DES MOINES

Have you been to your local library lately? Central Iowa libraries are one of the best free resources available to parents. You can borrow books, DVDs, CDs, audio books, magazines and E-books at no cost! That's right for free. If you are a parent who is constantly renting movies for the kiddos or buying new books at the bookstore this could save you some major cash. Plus you can pick up some great things for yourself as well. Here are just a few things at your local library that could make your life easier:

- **PARENTING BOOKS** – Tons of books out there on this subject
- **COOKBOOKS** – Find recipes for quick, make ahead or crock pot meals that will give you more time for other fun stuff (like laundry)
- **ADVENTURE PASSES** - A lot of the local libraries allow you to check-out an Adventure Pass which provides admission into the Science Center of Iowa, Blank Park Zoo or Living History Farms.
- **PUPPETS, AMERICAN DOLLS AND MORE** - A lot of libraries offer fun puppets to check out. The Grimes Public Library has American Dolls to check out!
- **DVDS** – Movies for veg out time when the kids are asleep or perhaps a Pilates or Yoga video for stress management
- **STORY TIMES AND OTHER FUN PROGRAMMING** - The local library offers several story times for different ages, LEGO days, crafts, STEM activities and more. Take a look at their event

calendar! Also check your local library for classes and story time for your kids. Here is a list of local libraries:

ADEL LIBRARY

303 S 10TH STREET ADEL, IA 50003; 515-993-3512

Monday 10 a.m. - 5 p.m.; Tues - Thurs 10 a.m. - 7 p.m.; Friday 10 a.m. - 5 p.m.; Saturday 10 a.m. - 1:30 p.m.; Sunday: CLOSED

Website: <http://adelpl.org/>

ALTOONA LIBRARY

700 8TH STREET SW ALTOONA, IA 50009; 515-967-3881

Mon - Thurs 9 a.m. - 9 p.m.; Fri & Sat 9 a.m. - 5:30 p.m.; Sunday 2 p.m. - 5:30 p.m.

Website: <https://www.altoona.lib.ia.us/>

KIRKENDALL LIBRARY

1210 NW PRAIRIE RIDGE DR. ANKENY, IA 50023; 515-965-6460

Mon – Thurs: 9 a.m. – 9 p.m. | Fri – Sat: 9 a.m. – 5:30 p.m. | Sunday: 2 p.m. – 5 p.m.

Website: <https://www.ankenyiowa.gov/>

CLIVE LIBRARY

1900 NW 114TH STREET CLIVE, IA 50325; 515-453-2221

Monday – Thursday 9 a.m. – 8 p.m. | Friday 9 a.m. – 6 p.m. | Saturday 9 a.m. – 5 p.m. | Sunday 1 p.m. – 5 p.m.

Website: <https://www.cityofclive.com/government/library>



CENTRAL LIBRARY

1000 GRAND AVENUE, 50309;

515-283-4152

Mon-Wed: 9 a.m. – 8 p.m. | Thu – Fri: 9 a.m. – 6 p.m. | Sat: CLOSED | Sun: 1 – 5 p.m. [September - May]

Pick-Up Window Hours: Mon – Fri: 4 – 6 p.m. | Sat: CLOSED

Website: <https://dmpl.org/locations-hours/central-library>

EAST SIDE LIBRARY

2559 HUBBELL AVENUE, 50317;

515-283-4152

Mon-Tue: 10 a.m. – 8 p.m. | Wed: CLOSED | Thu-Fri: 10 a.m. – 6 p.m. | Sat: 10 a.m. – 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/east-side-library>

FOREST AVENUE LIBRARY

1326 FOREST AVENUE, 50314;

515-283-4152

Mon: 10 a.m. – 8 p.m. | Tue-Wed: 10 a.m. – 6 p.m. | Thu: 10 a.m. – 8 p.m. | Fri: CLOSED | Sat: 10 a.m. – 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/forest-avenue-library>

FRANKLIN AVENUE LIBRARY

5000 FRANKLIN AVENUE, 50310;

515-283-4152

Mon-Tue: 10 a.m. – 8 p.m. | Wed: 10 a.m. – 6 p.m. | Thu: CLOSED | Fri: 10 a.m. – 6 p.m. | Sat: 10 a.m. – 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/franklin-avenue-library>

NORTH SIDE LIBRARY

3516 FIFTH AVENUE, 50313;

515-283-4152

Mon: CLOSED | Tue-Wed: 10 a.m. – 8 p.m. | Thu-Fri: 10 a.m. – 6 p.m. | Sat: 10 a.m. – 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/north-side-library>

SOUTH SIDE LIBRARY

1111 PORTER AVENUE, 50315;

515-283-4152

Mon: 10 a.m. – 8 p.m. | Tue: CLOSED | Wed: 10 a.m. – 8 p.m. | Thu-Fri: 10 a.m. – 6 p.m. | Sat: 10 a.m. – 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/south-side-library>





GRIMES LIBRARY

200 NORTH JAMES STREET GRIMES,
IA 50111; 515-986-3551

Mon - Thurs 9 a.m. - 8 p.m.; Friday 9 a.m.
- 6 p.m.; Saturday 9 a.m. - 5 p.m.; Sunday
1 to 5 p.m.

Website: <https://www.grimes.lib.ia.us/>

INDIANOLA LIBRARY

207 N. B STREET INDIANOLA, IA
50125; 515-961-9418

Mon - Weds 10 a.m. - 8 p.m.; Thursday 10
a.m. - 6 p.m.; Fri & Sat 10 a.m. - 5 p.m.;
Sunday: CLOSED

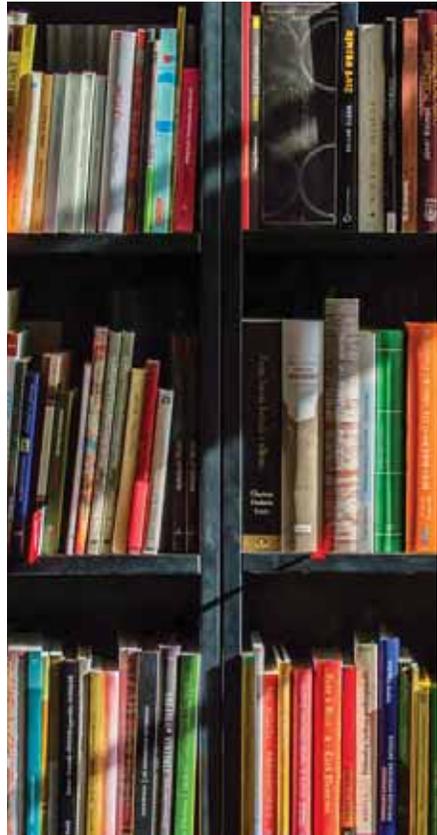
Website: <http://www.indianolaiowa.gov/227/Library>

URBANDALE LIBRARY

3520 86TH STREET URBANDALE, IA
50322; 515-273-3945

Mon - Thurs 9 a.m. - 9 p.m.; Fri - Sat 9
a.m. - 6 p.m.; Sunday 1 to 5 p.m.

Website: <http://www.urbandalelibrary.org/>





WEST DES MOINES LIBRARY

4000 MILLS CIVIC PARKWAY WEST DES MOINES, IA 50265; 515-222-3400

Mon - Thurs 9 a.m. - 9 p.m.; Friday 9 a.m. - 6 p.m.; Saturday 9 a.m. - 5 p.m.; Sunday 2 to 5 p.m.

Summer Hours (Memorial Day - Labor Day): Mon - Thurs 9 a.m. - 9 p.m.; Friday 9 a.m. - 6 p.m.; Saturday 10 a.m. - 4 p.m.; Sunday: CLOSED

Website: <http://www.wdmlibrary.org/>

WAUKEE LIBRARY

950 WARRIOR LANE, WAUKEE IA 50265; 515-978-7944

Monday - Thursday 9 a.m. - 8 p.m. | Friday 9 am - 5:30 pm | Saturday 9 a.m. - 4 p.m. | Sunday 1 to 4 p.m.

Website: <https://waukeepubliclibrary.org/> ■



DES MOINES PUBLIC LIBRARY

MYDMPL CON

FREE

A FAMILY-FRIENDLY FESTIVAL FOR ALL FANDOMS

 DES MOINES PUBLIC LIBRARY

**SUNDAY, MAY 5
1:00-5:00 PM**

**CENTRAL LIBRARY
1000 GRAND AVE**

KIDS EAT FREE

IN DES MOINES

MONDAY

Fighting Burrito: Kids 10 and under eat free with purchase of an adult entree! Located in Des Moines.

IHOP: One child eats free with purchase of an adult entree. All day long. Ankeny location.

Jethro's: One free kid's meal with one adult entree. All day long. Several locations.

Los Charros: Receive one free kids meal with every adult meal purchased and soft drink. Located in Ankeny.

Spaghetti Works: Kids 11 and under eat free all day Monday! Downtown Des Moines.

Maxies: Kids 12 and under eat for \$1. 4:30 to 9 p.m. Beverages not included. One kids meal per each paying adult meal. Located in W. Des Moines.

Village Inn: Kids can eat free with the purchase of an adult meal! Located in Altoona, Ames, Ankeny, Des Moines, Johnston, and W. Des Moines.

TUESDAY

Bennigans: Kids eat free with the purchase of an adult entree. 4 to 10 p.m. Located in Urbandale.
Chick-Fil-A: Grab a free

breakfast item of the week 7 to 10 a.m. Located in Ankeny, Des Moines and W. Des Moines.

Chili's: Children can receive a free entree off the kids menu per adult. Located in Ankeny.

Chuck's Restaurant: Kids 10 and under eat free with an adult entree. Located in Des Moines.

Denny's: Buy one adult meal and TWO kids can eat free! Located in Clive.

Famous Dave's: Children can receive a FREE Lil' Wilbur Kids meal with an adult entree. Located in Des Moines & W. Des Moines.

Fazoli's: Purchase one adult meal and receive TWO kids meals for 99 cents each from 5 pm to 8 pm. Located in Ames, Ankeny and Des Moines.

Fuddruckers: Kids eat free with one adult meal. Located in W. Des Moines.

Gateway Market: One of my favorites! Kids eat free after 4 pm. Buy one adult meal and receive TWO free kids meals! Located in Des Moines.

Godfather's: Kids can eat free at the buffet with adult buffet purchase. 5 p.m. to 7:30

p.m. and children 10 years and under. Located in Ankeny.

IHOP: One child eats free with purchase of an adult entree. All day long. Ankeny location.

Perkins: Kids can eat free ALL DAY, with the purchase of an adult meal. Located in Altoona, Ankeny, Des Moines, and W. Des Moines.

Pizza Ranch: Children 10 years and under eat free with the purchase of an Adult Buffet at regular price. Located in Altoona, Ankeny, Indianola, Urbandale and Waukee.

Ruby Tuesday: Kids eat free 5 p.m. to close with the purchase of an adult entree. Located in Urbandale.

Sports Page Grill: Kids eat free with the purchase of an adult meal. Located in Ankeny.

Village Inn: Kids can eat free with the purchase of an adult meal! Located in Altoona, Ames, Ankeny, Des Moines, Johnston, and W. Des Moines.

Wobbly Boots: Kids eat free all day on Tuesday. Located in Clive.

WEDNESDAY

Applebee's: Kids meals are half-price all day.



Bakers Square: Free pie Wednesday! Enjoy a FREE slice of pie with every meal purchased. Located in Clive.

Buffalo Wild Wings: Kids meals are half off with the purchase of an adult meal. Located in Ames, Ankeny, Des Moines, and W. Des Moines.

Cozy Cafe: More FREE pie! Free slice of pie with the purchase of a meal. Located in Des Moines, Johnston, Urbandale, Waukee and W. Des Moines.

Dairy Queen: Waukee only, children can receive a free kids meal with the purchase of an adult meal. 6 p.m. to 8 p.m.

Firehouse Subs: Kids eat free all day with the purchase of an adult combo meal. Located in Ames, Clive, Des Moines and W. Des Moines.

Pepperjax Grill: Kids Meals are 99 cents all day. Limited to two with the purchase of an adult entree. Kids 12 and under. Located in Ankeny and Clive.

R Taco: One free kids item per adult item purchased (limit one per kid).

Wig and Pen: Kids 12 and under can eat free. Beverages are not included. Multiple kids may eat free with a single adult entree. Located in Ankeny

THURSDAY

5 De Mayo: Receive a free kids meal for each adult meal. Located in Des Moines and W. Des Moines.

Cozy Cafe: Receive a free kids meal for lunch or dinner with an adult meal. Located in Des Moines, Johnston, Urbandale, Waukee and W. Des Moines.

Hy-Vee Market Grille: Another favorite! Kids 10 and under eat free with the purchase of an adult meal. These are located ALL over! In most cases, wherever there is a Hy-Vee you will find a Hy-Vee Market Grille.

Mama Laconas: After 5 pm kids eat free with an adult meal. Located in Urbandale. Mixed: Children can receive a free kid's meal with every adult meal purchased. Located in W. Des Moines.

SATURDAY

Gusto Pizza: Children can enjoy a free kids 7" single topping pizza and a fountain drink with the purchase of a 10" or 14" pizza. Located in Johnston and W. Des Moines.

Z'Mariks: You can receive one free kids bowl when you purchase an adult bowl! Located in Ankeny and Clive.

SUNDAY

The Chicken Coop: Kids eat free with the purchase of an adult meal. Dine in only. Located in W. Des Moines.

Fireside Grille: Kids eat free with one adult meal. Located in Altoona.

Guadalajaras: Kids eat free with an adult meal. Located in Ankeny.

Gusto Pizza: Children can enjoy a free kids 7" single topping pizza and a fountain drink with the purchase of a 10" or 14" pizza. Located in Johnston and W. Des Moines.

Legends American Grille: Kids eat 1/2 off with adult meal. Located in Johnston and W. Des Moines.

Longest Yard: Kids eat free with an adult meal. Located in Valley Junction.

Malo: Kids eat free from 10am to 2 p.m. with the purchase of an adult brunch buffet. Located in Des Moines.

Mickey's Irish Pub: Free kids meal with an adult meal. Located in Waukee.

Sam & Louie's Pizza: Free kids meal 12 years and under with every \$12 spent. Located in Urbandale.

EVERYDAY

Cici's Pizza: Kids 3 and under eat FREE every day of the week! Located in Des Moines.

McAlister's Deli: All kids meals are 99 cents every day when you dine-in. Beverages are not included. Located in W. Des Moines.

Sonic: Enjoy 1/2 price slashes and soft drinks from 2 to 4 p.m. daily. Located in Ankeny and Johnston. ■

THE #1 APP FOR PARENTS IN DSM!



Events
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Things To Do
Kids Eat Free
and So Much More!



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