FFGDM Activities RSVP Form Example

**You Can Join Napier Exchange Activities August 10 - 15**

The following exchange activities are open to all members. If interested, print this page and send it with your selections and your check, payable to FFGDM, to Shelley Bain at 1008 38th St, Des Moines, IA 50311 **by July 25**. Reservations are required.

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| Name(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  Date |  Description |  Time (approx.) | Cost per person | # people | TotalCost |
| Mon - Aug 10 | Des Moines City Hall Tour  | 10:00 am | none |  |  |
|  | Iowa State Capitol Tour | 11:00 – 12:00 | none |  |  |
|  | Lunch at the State Capitol  | 12:00 – 1:00 | $10 |  |  |
|  | *Please select your lunch choices below:* |
|  | La Mie Sandwich Box - sandwich, side (small house salad or small fresh fruit) and cookie |
|  |  | avocado on ciabatta with fresh pesto, sprouts, lettuce and cream cheese |
|  |  | french ham & brie on baguette with lettuce & dijon |
|  |  | turkey club on ciabatta with swiss, bacon, lettuce & mayo |
|  |  | chicken salad on croissant with tarragon, celery, walnut & cranberries |
|  |  | Plus, select small house salad  |
|  |  | or small fresh fruit |
|  | La Mie Salad Box - includes ciabatta roll & cookie |
|  |  | apple avocado + mesclun greens, almond, carrot, feta, cranberries  |
|  |  | greek + romaine hearts, tomato, artichoke, capers, feta, hummus, red onion, egg  |
|  |  | spinach + turkey, avocado, carrot, roasted beets, egg  |
| Tues - Aug 11 | World Food Prize Hall of Laureates tour | 9:00 am | none |  |  |
|  | Des Moines Art Center tour  | 11:00 am – Noon | $2 |  |  |
|  | Pizza Party lunch  | 12:15 – 1:30 pm. | $10 |  |  |
|  | ACCI (bonobos) tour | 2:15 – 4:00 pm | $15 |  |  |
| Wed - Aug 12 | Sticks Studio tour  | 10:00 – 11:00 am  | none |  |  |
|  | Lunch in Valley Junction  | 11:00 am – 1:30 pm | On own |  |  |
|  | Salisbury House and Garden tour  | 2:00 – 3:30 pm | $10 |  |  |
| Fri - Aug 14 | Farewell Potluck at Simpson Barn | 5:45 pm | Potluck |  |  |
|  | What you’ll bring: \_\_ meat/main / \_\_ salad/side / \_\_ dessert/other  |  |  |
|  | Grand Total |  |  |