

# OCTOBER 2019 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FREE and Ongoing Knitting/Needlework: Thursday, 12:30 PM</b></p> <p><b>Computer Assistance, Thursday, 9-11 AM</b></p> <p><b>Scrabble: Tues., 10:00 AM</b></p> <p><b>Strat-O-Matic Baseball: Mondays, Tuesdays, Thursdays, 2-4 PM</b></p> <p><b>Euchre: Wed., 12:30 PM</b></p>	<p><b>1</b></p> <p><b>9-11 Walgreen's Flu Shot Clinic</b></p> <p><b>9:30 Trip Down Memory Lane</b></p> <p><b>10:00 POP-UP with NPL</b></p> <p>10/12:30 Poker</p> <p><b>11:00 Bingo: Evergreen</b></p> <p>12:30 Intermediate Bridge</p> <p>1-3 Rummikub</p> <p><b>1-1:30 Sign Language 3 (Ends)</b></p> <p>3-7 PM Spades</p> <p>4-7 Five Crowns</p>	<p><b>2</b></p> <p>8-4 All Day Painter's Wksp.</p> <p>9:30 Mindfulness Meditation</p> <p>9:30 Mexican Train Dominoes</p> <p><b>10:30 ISU Senior Professionals Educational Offerings</b></p> <p><b>12:30 Women's Grief Support</b></p> <p>12:30 Advanced Bridge</p> <p>1-3 Chess</p> <p><b>3-4:30 Men's Grief Support</b></p> <p>5:45 Practices for Inner Peace</p>	<p><b>3</b></p> <p><b>9:00 8 Ball Tournament</b></p> <p><b>10:00 Great Books</b></p> <p><b>10:30 Neptune Memorial Reef</b></p> <p>12:30 Intermediate Bridge</p> <p>12:30 Poker</p> <p><b>12:30 Ukulele Lessons</b></p> <p><b>2-4 ARCooustic Jam</b></p> <p>3-7 PM Spades</p>	<p><b>4</b></p> <p><b>10 &amp; 1 Movie: Top Hat</b></p> <p><b>10:15 ARC Avid Readers Book Club</b></p> <p>12-4 Quilting and Sewing</p> <p><b>12:30 Texas Hold 'Em Poker Tournament</b></p> <p>12:30 Advanced Bridge</p> <p><b>1-5 American Red Cross Blood Drive</b></p>
<p><b>7</b></p> <p><b>8-4 All Day Quilting &amp; Sewing</b></p> <p>9:30 Mindfulness Meditation</p> <p>10:00 California Canasta</p> <p>10:00 Beginner Bridge</p> <p><b>10-11:30 Brain Focused Total Wellness Program</b></p> <p>12:30 Advanced Bridge</p> <p><b>1-3 Healing Touch</b></p>	<p><b>8</b></p> <p>10/12:30 Poker</p> <p><b>10:00 Beg. Sign Language (N)</b></p> <p><b>11:00 Bingo: Blair House</b></p> <p>12:30 Intermediate Bridge</p> <p><b>12:30 Pinochle Tournament</b></p> <p>1-3 Rummikub</p> <p><b>1-1:30 Sign Language 4 (N)</b></p> <p>3-7 PM Spades</p> <p>4-7 Five Crowns</p>	<p><b>9</b></p> <p>8-4 All Day Painter's Wksp.</p> <p>9:30 Mindfulness Meditation</p> <p>9:30 Mexican Train Dominoes</p> <p><b>10:30 FREE Seminar: Smartphone Robo Call, Accessories and Safety Tips</b></p> <p>12:30 Advanced Bridge</p> <p><b>1:00 Hy-Vee Dietitian: Fall Healthy Recipes-Samples</b></p> <p>1-3 Chess</p> <p>5:45 Practices for Inner Peace</p>	<p><b>10</b></p> <p><b>9:00 8 Ball Tournament</b></p> <p><b>9-11 Information &amp; Assistance Outreach</b></p> <p><b>10-12 Stamping</b></p> <p>12:30 Intermediate Bridge</p> <p>12:30 Poker</p> <p><b>12:30 NO Ukulele Lessons</b></p> <p><b>1-3 SHIP</b></p> <p><b>2-4 ARCooustic Jam</b></p> <p>3-7 PM Spades</p>	<p><b>11</b></p> <p><b>8:30-11:30 &amp; 12:30-3:30 ISU Audiology FREE Screenings</b></p> <p><b>9-3:30 Carol Boerckel: Watercolor Textures</b></p> <p><b>9-10:30 Android Apps</b></p> <p><b>11-12:30 iPhone Apps</b></p> <p>12-4 Quilting and Sewing</p> <p>12:30 Advanced Bridge</p> <p><b>12:30 Bunco</b></p>
<p><b>14</b></p> <p>9:30 Mindfulness Meditation</p> <p>10:00 California Canasta</p> <p><b>10-11:30 Brain Focused Total Wellness Program</b></p> <p>10:00 Beginner Bridge</p> <p>12:30 Advanced Bridge</p> <p><b>1-4 Charlotte Archer: Still Life Flowers</b></p>	<p><b>15</b></p> <p><b>10:00 POP-UP with NPL</b></p> <p><b>10:00 Beg. Sign Language</b></p> <p>10/12:30 Poker</p> <p><b>11:00 Bingo: Sugar Creek</b></p> <p>12:30 Pinochle</p> <p>12:30 Intermediate Bridge</p> <p>1-3 Rummikub</p> <p><b>1-1:30 Sign Language 4</b></p> <p><b>1 Parkinson's Support Group</b></p> <p>3-7 PM Spades</p> <p>4-7 Five Crowns</p> <p><b>5:30-7 Stroke Support Group</b></p>	<p><b>16</b></p> <p>8-4 All Day Painter's Wksp.</p> <p><b>9-11 Vision Screenings: Normal Lions Club</b></p> <p>9:30 Mindfulness Meditation</p> <p>9:30 Mexican Train Dominoes</p> <p><b>10:30 Music Enrichment</b></p> <p><b>12:30 Euchre Tournament</b></p> <p><b>12:30 Women's Grief Support</b></p> <p>12:30 Advanced Bridge</p> <p>1-3 Chess</p> <p><b>3-4:30 Men's Grief Support</b></p> <p>5:45 Practices for Inner Peace</p>	<p><b>17</b></p> <p><b>8:30-12:30 Smart Driver</b></p> <p><b>9:00 8 Ball Tournament</b></p> <p><b>10-12 One-on-One Durable Power Attorney</b></p> <p><b>10:00 Make and Take: Luminaries</b></p> <p>12-3 Mah Jongg</p> <p>12:30 Poker</p> <p>12:30 Inter. Bridge</p> <p><b>12:30 Ukulele Lessons</b></p> <p><b>2-4 ARCooustic Jam</b></p> <p>3-7 PM Spades</p>	<p><b>18</b></p> <p><b>8-4 All Day Quilting and Sewing</b></p> <p><b>8:30-12:30 Smart Driver</b></p> <p>9-12 Hand and Foot</p> <p><b>12:30 Texas Hold 'Em Poker Tournament</b></p> <p>12:30 Advanced Bridge</p> <p><b>1-3 Rules of the Road</b></p>
<p><b>21</b></p> <p><b>8-4 All Day Stamping</b></p> <p>9:30 Mindfulness Meditation</p> <p>10:00 California Canasta</p> <p><b>10-11:30 Brain Focused Total Wellness Program (E)</b></p> <p>10:00 Beginner Bridge</p> <p><b>11:00 Virtual Reality: Normal Public Library</b></p> <p>12:30 Advanced Bridge</p> <p><b>1-3 Healing Touch</b></p>	<p><b>22</b></p> <p>10/12:30 Poker</p> <p><b>10:00 Beg. Sign Language</b></p> <p><b>11:00 Bingo: Walgreen's on Raab</b></p> <p>12:30 Intermediate Bridge</p> <p>1-3 Rummikub</p> <p><b>1-1:30 Sign Language 4</b></p> <p><b>3:00 Music Enrichment</b></p> <p>3-7 PM Spades</p> <p>4-7 Five Crowns</p>	<p><b>23</b></p> <p>8-4 All Day Painter's Wksp.</p> <p>9:30 Mindfulness Meditation</p> <p>9:30 Mexican Train Dominoes</p> <p><b>10:30 Advocate BroMenn:</b></p> <p><b>Doctor Talk: Chronic Disease</b></p> <p>12:30 Advanced Bridge</p> <p><b>12:00 ARC Tech Club</b></p> <p>1-3 Chess</p> <p>5:45 Practices for Inner Peace</p>	<p><b>24</b></p> <p><b>9-11 Information &amp; Assistance Outreach</b></p> <p><b>10-12 Stamping</b></p> <p><b>12:30 Int. Bridge Tourney</b></p> <p>12:30 Poker</p> <p><b>12:30 Ukulele Lessons (E)</b></p> <p><b>2-4 ARCooustic Jam</b></p> <p>3-7 PM Spades</p>	<p><b>25</b></p> <p><b>8:30-11:30 Intermediate Crochet</b></p> <p><b>9:00-10:30 Android GPS</b></p> <p><b>11:00-12:30 iPhone GPS</b></p> <p>12-4 Quilting and Sewing</p> <p><b>12:30 Advanced Bridge Tournament</b></p> <p><b>12:30 Bunco</b></p>
<p><b>28</b></p> <p><b>8:00-12:00 PM Card Class: Alcohol Ink</b></p> <p>9:30 Mindfulness Meditation</p> <p>10:00 California Canasta</p> <p><b>10 &amp; 1 Movie: The Money Pit</b></p> <p>10:00 Beginner Bridge</p> <p>12:30 Advanced Bridge</p> <p><b>1-3 SHIP</b></p>	<p><b>29</b></p> <p>10/12:30 Poker</p> <p><b>10:00 Beg. Sign Language (E)</b></p> <p><b>11:00 Bingo: F3E</b></p> <p>12:30 Intermediate Bridge</p> <p>1-3 Rummikub</p> <p><b>1-1:30 Sign Language 4 (E)</b></p> <p><b>2:00 Senior Scholar Bach to Broadway FREE Piano Concert</b></p> <p>3-7 PM Spades</p> <p>4-7 Five Crowns</p>	<p><b>30</b></p> <p>8-4 All Day Painter's Wksp.</p> <p>9:30 Mindfulness Meditation</p> <p>9:30 Mexican Train Dominoes</p> <p><b>10:30 Be SMART: Gun Safety</b></p> <p>12:30 Advanced Bridge</p> <p>1-3 Chess</p> <p>5:45 Practices for Inner Peace</p>	<p><b>31</b></p> <p><b>9:00 8 Ball Tournament</b></p> <p>12-3 Mah Jongg</p> <p>12:30 Poker</p> <p>12:30 Inter. Bridge</p> <p>12:30 Slow Jam</p> <p><b>2-4 ARCooustic Jam</b></p> <p>3-7 PM Spades</p>	<p><b>FREE and Ongoing Hand &amp; Foot: Fri., 9 AM</b></p> <p><b>Mah Jongg: Mon., 12-3 PM, Wed., 11:30-3:00 PM</b></p> <p><b>Thursdays, 12-3 PM</b></p> <p><b>Pinochle: Tues., 12:30</b></p> <p><b>Fun and Games: Mondays, 1-4 PM</b></p>