


| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie -"9 TO 5" 1:00 pm Jazzie Dance Exercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise room 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.</p> | <p>2</p> <p>8:00 am Penny Bingo- NO BINGO 8:30 am Enhance Fitness w/YMCA Instr 9:00 am Senior Yoga, Courtney in Fitness Rm 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Belly Dancing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo- NO BINGO 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 1:00 pm Tap Class 2:00 pm Ping Pong 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney donation 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate 6:00 -7:30 pm Cooking / Baking with Touchstone -1st & 3rd Tuesday of month (Making -" Indian Fried Bread...")</p> | <p>3</p> <p><i>10:30 a.m. Talk Show "Music Therapy" with Kim Audino from Brookdale Senior Living</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm 500 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 6:00 pm ACBL Duplicate Bridge</p> | <p>4</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini) 10:00 am Walking off the Pounds 10:00 am Men's Club 10:00 am Women's Club 10:30 am Balance Class w/YMCA Instr. 11:00 am Advanced Line Dance 11:30 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm Canasta 12:30 pm Penny Bingo 12:30 pm Woodcarving 12:30 pm ACBL Duplicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect. 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney</p> | <p>5</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 11:30 am-12:30 pm Lunch 12:00 pm Beginner Tap 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm Open Bridge 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Jerry O'Dell's Country Flavor Band"</i></p> |
| <p>8</p> <p><i>9:30 am Grief Support (2nd Monday of the month)</i></p> <p><i>10:30 a.m. Meridian Clinical Research- Informational Talk Show</i></p> <p><i>1:00 pm Birthday Party Hosted by CenterStage Tappers Entertainment- Robert Henderson</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 1:00 pm Jazzie Dance Exercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise room 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p> | <p>9</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga, Courtney in Fitness Rm 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Belly Dancing 10:30 am "Technology & Alzheimer's -Idea for Connecting with your Loved One" Alzheimer's Association- last class in series 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Hoopla 1:00 pm Tap Class 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p> | <p>10</p> <p><i>10:30 a.m. Talk Show "Dr. John Cook" Sioux City's Founder with Haley Aguirre from Sioux City Public Museum</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm Self Defense Escape Techniques-1st class instructed by Pam Stephan (Introduce techniques & practice)- please sign up 1:00 pm 500 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 6:00 pm ACBL Duplicate Bridge</p> | <p>11</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini) 10:00 am Walking off the Pounds 10:00 am Men's Club 10:00 am Women's Club 10:30 am Balance Class w/YMCA Instr. 10:00 am Diabetes Workshop offered by Connections Area Agency on Aging -Thursday's thru Nov 15th) 11:00 am Advanced Line Dance 11:30 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm Canasta 12:30 pm Penny Bingo 12:30 pm Woodcarving 12:30 pm ACBL Duplicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games, 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00 pm Self Defense Escape Techniques-1st class instructed by Pam Stephan (Introduce techniques & practice)- please</p> | <p>12</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 11:30 am-12:30 pm Lunch 12:00 pm Beginner Tap 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm Open Bridge 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "4 for the Road"</i></p> |
| <p>15</p> <p><i>10:00 a.m. Talk Show- "Scams and Personal Safety" With SCPD Crime Prevention Officer Andrew Dutler.</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie -"Monster in Law" 1:00 pm Jazzie Dance Exercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise room 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.</p> | <p>16</p> <p><i>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</i></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga, Courtney in Fitness Room 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Belly Dancing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Hoopla 1:00 pm Tap Class 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate 6:00 -7:30 pm Cooking / Baking with Touchstone -1st & 3rd Tuesday of month (Making -3 Layer Pumpkin Brownies"")</p> | <p>17</p> <p><i>10:30 a.m. Talk Show with Lori. L Hayungs from Family Life" Recognize the symptoms of Parkinson's Disease. (1st class of 3 part series: Next Oct 31st & Nov 14th)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm 500 1:00 pm Self Defense Escape Techniques-2nd class instructed by Pam Stephan (Review questions & answers) -please sign up 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 6:00 pm ACBL Duplicate Bridge</p> | <p>18</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini) 10:00 am Walking off the Pounds 10:00 am Men's Club 10:00 am Women's Club 10:30 am Balance Class w/YMCA Instr. 10:00 am Diabetes Workshop offered by Connections Area Agency on Aging -Thursday's thru Nov 15th) 11:00 am Advanced Line Dance 11:30 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm Canasta 12:30 pm Penny Bingo 12:30 pm Woodcarving 12:30 pm ACBL Duplicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games, 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00 pm Self Defense Escape Techniques-2nd class instructed by Pam Stephan (Review questions & answers) please sign up</p> | <p>19</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 11:30 am-12:30 pm Lunch 12:00 pm Beginner Tap 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm Open Bridge 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Country Brew"</i></p> <p><i>Free Dance -Sponsored by Briar Cliff University (The Students and Director form the Multicultural Program will be here dancing as well.)</i></p> |
| <p>22</p> <p><i>1:00 p.m. Parkinson's Support Group (4th Monday of month)</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie -"Mrs. Doubtfire" 1:00 pm Jazzie Dance Exercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise rm 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p> | <p>23</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga, Courtney in Fitness Rm 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Belly Dancing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Hoopla 1:00 pm Tap Class 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p> | <p>24</p> <p><i>10:30 a.m. Talk Show with Park Ranger, Jason Dykstra from Stone State Park " All about Stone State / Iowa State Parks"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm Scrabble 1:00 pm Phase 10 1:00 pm Crafts with Anna from Floyd Place (4th Wednesday of the month) - Halloween Spoons 1:00 pm Coloring Corner 1:00 pm 500 2:30 pm Walking of the Pounds 6:00 pm Meditation w/ Courtney 6:00 pm ACBL Duplicate Bridge</p> | <p>25</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini) 10:00 am Walking off the Pounds 10:00 am Men's Club 10:00 am Women's Club 10:00 am Diabetes Workshop offered by Connections Area Agency on Aging -Thursday's thru Nov 15th) 10:30 am Balance Class w/YMCA Instr. 11:30 am Beginner German 11:00 am Advanced Line Dance 11:30 am-12:30 pm Lunch 12:30 pm Canasta 12:30 pm Penny Bingo 12:30 pm Woodcarving 12:30 pm ACBL Duplicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games, 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney</p> | <p>26</p> <p><i>Drawing for the Winner of 1 of Ron's Limited Edition Prints- the winner gets their choice of 1.)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 11:30 am-12:30 pm Lunch 12:00 pm Beginner Tap 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm Open Bridge 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Shirley's Big Band" Halloween Dance</i> Prizes will be awarded to those competing in the Costume Contest</p> |
| <p>29</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie -"Hanging UP" 1:00 pm Jazzie Dance Exercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise room 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p> | <p>30</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga, Courtney in Fitness Rm 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Belly Dancing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 am Hoopla 1:00 pm Tap Class 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p> | <p>31</p> <p><i>10:30 a.m. Talk Show with Lori. L Hayungs from Family Life " Understand what causes Parkinson's Disease" 2nd class of 3 part series. (Last class Nov 14th)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm 500 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 6:00 pm ACBL Duplicate Bridge</p> | <p>Reminder: Raffle Tickets are on sale for Ron McKewon's Limited Editions Framed Prints. (Tickets are being sold for 1 for \$1.00 or 6 for \$5.00. The drawing will be held on Friday, Oct 26th. (1 Winner only and the winner will get to chose 1 of the 4 prints.) >>>>>>>>></p> |  |