


Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'Dell's Country Flavor Band"</i></p>
<p>4</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Mall Cop" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>5 9:30 a.m. Thankful Tree with Becky from Continental Springs (Limit of 15)</p> <p>3:00 pm Cooking with Brad "Taco/Ham & Pickles Pin Wheels" (1st & 3rd Tues.) Sign up -limit of 25</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>6 10:30 a.m. Talk Show "Animal Communication: What are Your Animals Saying" with Mary Fuxa from Body Works</p> <p>10:30 a.m. New Life Band -Entertaining Us</p> <p>2:00 p.m. BCU Social Group -Should You Be Happy or Broke? Economic & Social Concerns for Life</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500, Coloring Corner, Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>7 1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>8 9:30-11:00 a.m. & 12:30-2:00 p.m. BCU Health Screening with Physical Therapy Students</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Country Brew"</i></p>
<p>11 9:30 am Grief Support (2nd Monday)</p> <p>1:00 pm Birthday Party (2nd Monday) Hosts: Ron's Painting Class Entertainment: Ballroom/Merry Go Rounders</p> <p>2:00 p.m. BCU Social Group Food and Traditions</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>12 1:30 p.m. Big Word Small Word with BAM (Bickford Assisted Living and Memory Care) (2nd Tues.) (Limit of 15)</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>13 10:30 a.m. Talk Show "STEMM" with Melanie Berte-Hickey</p> <p>1:00 p.m. Genealogy Class (2nd Wed.)</p> <p>1:00 p.m. Sioux City Art Center Ornament (Sign up -limit of 20)</p> <p>2:00 p.m. BCU Social Group Coping Wheel of Fortune</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>14 9:30 a.m. Brunch & Learn- "Bone Health" with Nicholas from OsteoStong</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>15</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Triple Threat-Free Will Donation at Door"</i></p>
<p>18 11:45-12:30 p.m. Free Balance Screening with Blake from ATI Physical Therapy (3rd Monday)</p> <p>3:30 pm Heritage Hobbies (3rd Monday every other month) Sign up -limit of 15</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "The Lucky Ones" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>19 3:00 pm Cooking with Brad "Chocolate Covered Cherry Cupcakes" (1st & 3rd Tues.) Sign up -limit of 25</p> <p>4:00 p.m. Alzheimer's Support Group (3rd Tuesday)</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>20 10:30 a.m. Talk Show "Your Retirement Road Map: Medicare and Medicaid" with Jason Dunlap from Countryside</p> <p>2:00 p.m. BCU Social Group -Gender Roles: What's the Same? What's Different?</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>21 1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>22</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "4 On the Road"</i></p>
<p>25 1:00 p.m. - (4th Monday) NO GROUP IN NOV. OR DEC. Parkinson's Support Group - Returning JANUARY 27TH.</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Stranger than Fiction" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>26 3:00 pm Healthy Cooking with the Y (4th Tuesday) Sign up -limit of 20</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>27 10:30 a.m. NO Talk Show</p> <p>10:30 a.m. -2:00 p.m. Blood Drive</p> <p>1:00 p.m. Crafts with Anna "Pony Bead Indian Corn" (4th Wed.) Sign up -limit of 35</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>28 Center is Closed</p> 	<p>29 Center is Closed</p> 