



October



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website:</p>  <p>Fellowship, Food & Fun</p>	<p>OFFSITE SUPPORT GROUPS 10/13 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant 10/12 10:00 Parkinson's Support Group- Aurora Health Care 10/20 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>**All Orange Events are held Offsite</p>	<p>1 9:00 Hand Chimes 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 9:00 and 10:30 Yoga 12:00 ROMEO's—Sunset 12:30 Bridge 1:00 Flying Geese Quilters 6:00 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club</p>	<p>2 8:00 Coffee & Conversation 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class</p> <p>Packer Day-Wear your Green & Gold</p> <p>3 Saturday 10:00 Beg. Country Line Dance</p> <p>4 Sunday</p>	
<p>5 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 German Club 1:00 Euchre 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159</p>	<p>6 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo Sponsored by ManorCare Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:30 Senior Dining—Party Palace Social at 5:30 6:00 Winnebago Woodworkers at Horace Mann High School</p>	<p>7 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 12:30 Movie—"Maleficent" 1:15 Sheepshead 3:30 Sewing Lab 7:30 Wed Night Dance Happy Travelers—Fireside Theatre "West Side Story"</p>	<p>8 9:00 Speaker—Ginny Nyhuis 10 signs of Alzheimer's Disease 9:00 Foot Care 9:00 Hand Chimes 10:00 Senior Outreach 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 9:00 and 10:30 Yoga 12:30 Bridge 6:00 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers</p>	<p>9 8:00 Senior Wellness Morning 8:30 Hearing Screening/Hearing Aid Cleaning 9:00 Health Screenings 10:00 Jeopardy 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead Packer Day-Wear your Green & Gold 10 Saturday 10:00 Beg. Country Line Dance 11 Sunday</p>
<p>12 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 German Club 1:00 Euchre 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159 6:30 FDL Area Writers Club</p>	<p>13 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 Bike Ride-Hobbs Woods meet At Rolling Meadows Rest Stop 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Which Smart Phone is Right for you 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining—Blanck's in Johnsborg - Social at 5:30</p>	<p>14 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 1:15 Sheepshead 3:30 Sewing Lab 7:30 Wed Night Dance</p>	<p>15 9:00 Hand Chimes 9:00 Foot Care 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 1:30 AARP 1:30 Karl Stewart Presentation On his book series "The Legend of See Bird" 6:00 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook</p>	<p>16 8:00 Flu Shots 8:30 SCAC 10:00 Red Hat Chorus 10:00 Happy Travelers Preview Colorado Rail 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class 5:00 Supper Club at American Legion 5:00 Social; 5:30 Dinner Packer Day-Wear your Green & Gold 17 Saturday 18 Sunday Happy Travelers leave for Branson</p>
<p>19 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club 1:00 German Club 1:00 Euchre 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159</p>	<p>20 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo Sponsored by Lake View Place 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 3:15 Group Discussion—"Mindfulness" 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining—Sebastians Social at 5:30</p>	<p>21 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Apple iPad Basics I 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:15 Sheepshead 3:30 Sewing Lab 7:30 Wed Night Dance</p>	<p>22 9:00 Hand Chimes 10:00 Hiking 10:00 Beginning Bridge 10:00 Journaling 9:00 and 10:30 Yoga 12:30 Movie—"Maleficent" 12:30 Bridge 1:00 SALT/TRIAD 6:00 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group</p>	<p>23 9:00 Friends Board 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class Packer Day-Wear your Green & Gold 24 Saturday 10:00 Beg. Country Line Dance 25 Sunday</p>
<p>26 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 German Club 1:00 Euchre 1:00 Poker 1:15 Sheepshead 4:30 TOPS #1159 Gift Shop Name Contest Deadline</p>	<p>27 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Massage 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 Community Cares-Deerview 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining—Schmitt's Social at 5:30</p>	<p>28 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Apple iPad Basics II 9:45 Video Chair Exercise 12:00 Hand & Foot 1:15 Sheepshead 1:00 Umbrella Brigade 2:30 Umbrella Brigade at Woodlands 7:30 Wed Night Dance</p>	<p>29 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Beginning Bridge 9:00 and 10:30 Yoga 12:30 Bridge 6:00 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Happy Travelers—Keshena Casino And dinner at Jim and Linds</p>	<p>30 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class 5:00 Scrapbook Crop Packer Day-Wear your Green & Gold 31 Saturday 9:00 Scrapbook Crop</p>