

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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**Wellness Center**  
Lots of Choices for Exercise!  
**Game Night, LIB**  
Thursdays, 6 pm  
**1st National Bank**  
Fridays: 8:30—10:30 am



**1**  
9:30 Coffee, **Atrium J 1, 2 & 3**  
1:30 Hearing Aid Maintenance

**2**  
10:00 Book Club, AL  
10:30 ALDI's & Hy-Vee  
1:30 Bus to Slater Museum



**3**  
10:00 Writers' Group  
  
5:00 LaVone Newell, AL  
7:30 Bus to Central Iowa Symphony, Bandshell Pk.

**4**  
10:30 N Walmart & Fareway  
10:30 Friday Chat, MaryBeth Oostenbrug, Northminster  
"Hang Out"

**5**

**6**  
2:00 Hymn Sing, Green Room

**7**  
10:00 Fareway



**8**  
9:30 Coffee, **Atrium J 1, 2 & 3**  
  
**10:00 –11:00 Petting Zoo, on the Green**

**9**  
10:00 BP Clinic  
10:30 ALDI's & Hy-Vee  
10-5:00 Produce, Craft & Floral Displays, GR  
2:30 Taste Testing Station  
**4—7:00 Car Show, Dogbone Area**



**10**  
**10:30 Diana Shonrock, Iowa State Fair, Family & Food, GR**  
1-2:00 Outdoor Games on the Green  
2:30 Taste Testing Station  
**4:00 Heart of Iowa Band, Pergola**

**11**  
10:30 N Walmart & Fareway  
**11-3 Sweet & Savory Food Truck**  
11-3:00 Staff & Residents, Games on the GR Patio  
2:00 Contests & Story Telling  
**6:00 Country Dance with Larry Northup, GR**

**12**  
  
6:30 Bus to The Satin Dolls, Ames City Auditorium

**13**  
2:00 Hymn Sing, Green Room

**14**  
7:00 Bus to New Providence for Breakfast  
10:00 Fareway

**15**  
9:30 Coffee, **Atrium K 1, 2 & 3**

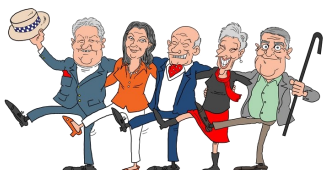
**16** Older Iowan Day at Iowa State Fair  
**8:00 Bus to Des Moines, State Fair**  
10:00 BP Clinic  
10:30 ALDI's & Hy-Vee

**17**  
10:00 Writers' Group  
1:00 "How to" Wellness Class on phone/watch use  
  
**3:00 Elvis is in the building! GR**

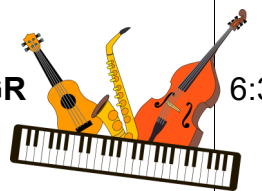


**18**  
10:30 Bus, Del Bluhm service  
10:30 N Walmart & Fareway  
10:30 Friday Chat, Seed Library, Vikram Bhargava, GR  
**3:00 Elvis in the HC**  
7:00 Bus to **Senior Variety Show, City Auditorium**

**19**  
1:30 Bus to **Senior Variety Show, City Auditorium**



**20**  
2:00 Hymn Sing, Green Room  
  
**3:00 Ken Jolls and friends, GR**



**21**  
10:00 Fareway  
  
6:30 Mixed Bridge

**22**  
9:30 Coffee, **Atrium K 1, 2 & 3**

**23**  
10:00 BP Clinic  
  
10:30 ALDI's & Hy-Vee

**24**

**25**  
9:30 Residents' Council  
10:30 N Walmart & Fareway  
  
4:30 Bus to Ames History Museum Benefit Dinner, CPMI Center

**26**

**27**  
2:00 Hymn Sing, Green Room  
2:30 Bus to ISU Faculty Fanfare Concert, MET



**28**  
10:00 Fareway

**29**  
9:30 Coffee, **Parkway Floor 1**

**30**  
10:00 BP Clinic  
  
10:30 ALDI's & Hy-Vee

**31**

