













| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|--|--|
| 1 1:30 Bus to VB vs Baylor 2:00 Hymn Sing, AL | 2 10:00 Fareway 1-3:30 Flu & Covid Shot Clinic, Providers Rm. 3:00 Active Aging Talk: Nutrition with Ryan & Massage with Darlene, GR | 3 9:30 Coffee, Parkway 3 10:30 Artist Talk, Isaac Pryor 1:30 Hearing Aid Maintenance 2:00 Bus to Ada Hayden Hike | 4 10:00 Book Club, AL 10:30 ALDI's & Hy-Vee 12:45 Ravine Talk & NC Walk 2:30 Bus to Brunner with Docent Cindy Scholten 6:30 Bus to ISU Lecture on Interest Rates, Inflation | 5 10:00 Writers' Group 10:00 Bus to O.W.L.S., McFarland Park 2:00 Spelling Bee, GR  5:00 LaVone Newell, AL | 6 10:30 N Walmart & Fareway 10:30 Friday Chat with Shana Moothedath, Scams & Tech 1:30 Wii Bowling, Wellness 2:30 Bus to Carolyn Abbott's Exhibit and Talk, Green Hills 6:00 Bus to VB vs Texas Tech | 7 5:15 Bus to Step Show 6:30 Bus to Central Iowa Symphony, City Auditorium ISU Football vs TCU, 7:00, Fox/FS2 TV |
|  Active Aging Week | | | | | | |
| 8 2:00 Hymn Sing, AL 1:30 Bus to Concert: Lake Wobegon Band, AHS | 9 10:00 Fareway  | 10 9:30 Coffee, Parkway 4 10:30 Hispanic Heritage Celebration with Steve Coon, GR  6:00 DM Opera Guild meeting, GR | 11 10:00 BP Clinic 10:30 ALDI's & Hy-Vee 10:00 Bus to Christiansen Forest Preserve & lunch, Huxley 6:30 Bus to Ames History Lecture on Jack Trice, Public Library | 12 Columbus Day 11:30 Bus to Nature at Noon, Reiman Gardens, The Iowa Arboretum 4:30 Bus to Artist Lecture: Climate Change in Glass, Brunner 5:30 Bus to ISU Lecture, Reiman Gardens | 13 10:30 Apple Tasting, Fareway Dustin 10:30 N Walmart & Fareway 11:30 Bus to Medicine Wheel Ada Hayden Park | 14 Walk to End Alzheimer's Ceremony at 9:00, CPMI 9:30 Ames Children's Chorus Concert, GR  |
| 15 2:00 Hymn Sing, AL  6:45 Bus to ISU Symphony Orchestra, MET | 16 NC Coat Drive 10:00 Fareway  6:30 Mixed Bridge 7:30 AHS Fall Choral Concert | 17 9:30 Coffee, Parkway 4  | 18 10:00 BP Clinic 10:30 ALDI's & Hy-Vee | 19 10:00 Writers' Group 5:00 LaVone Newell, AL | 20 10:30 N Walmart & Fareway 10:30 Friday Chat with Mel Crippen | 21 9-2:00 Scandinavian Coffee at Bethesda Lutheran. Bus at 9:00 |
| 22 2:00 Hymn Sing, AL 2:30 Bus to ISU Symphonic Concert Band, City Aud. | 23 10:00 Fareway  1:00 Jim Kellerman music, GR 7:30 Bus to Norman Borlaug Lecture, Memorial Union 7:30 Marching Band Spectacular, AHS Gym | 24 9:30 Coffee, Atrium L-1 7:00 Bus to Orchestra of Mexico, Stephens | 25 10:00 BP Clinic 10:30 ALDI's & Hy-Vee | 26 6:45 Bus to Octubaween, MET 7:30 AHS Fall Orchestra Concert | 27 9:30 Residents' Council, GR 10:30 N Walmart & Fareway 11:00 Bus to Jewell, Lunch & Ethanol Plant  | 28 1:00 Bus to Organ Studio Recital, MET 1:30 Bus to VB vs Oklahoma |
| 29 12:45 Bus to the Iowa Statesmen, MET 1:30 Bus to VB vs Oklahoma 2:00 Hymn Sing, AL | 30 10:00 Fareway | 31 Halloween 9:30 Coffee, Atrium L-2 3:00 Halloween Party! GR  |  | | | Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30 |