

Sun Mon Tue Wed Thu Fri Sat

Wellness Center
Lots of Choices for Exercise!
Game Night, LIB
Thursdays, 6 pm
1st National Bank



1
10:30 N Walmart & Fareway
10:30 Friday Chat with HSS's Nancy Carroll

2
ISU Football vs UNI
10:30 Bus to ISU Tail Gate Step Show
1:00 game, No Bus

3
2:00 Hymn Sing, AL

6:30 The Kenaston Band, GR

4 Labor Day No Mail
10:00 Fareway

LABOR DAY
4:30 Bus to Texas Roadhouse

5
9:30 Coffee, Parkway Floor 1
1:30 Hearing Aid Maintenance

6
10:00 BP Clinic
10:00 Book Club, AL
10:30 ALDI's & Hy-Vee

7
10:00 Writers' Group
10:00 Bus to O.W.L.S. McFarland Park
10:30 Transitions & the Life Care Promise, GR
4:00 LaVone Newell, AL

8
10:30 N Walmart & Fareway
10:30 Friday Chat with Gabriele Edwards, Ames City Forester

9 ISU Football vs Iowa
12:00 Bus to ISU Tail Gate Step Show
2-6:00 Tail Gate Party, Crest
2:30 game

10 Grandparent's Day
2:00 Hymn Sing, AL

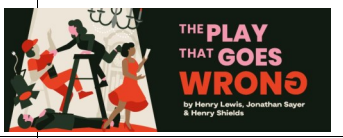
11
10:00 Fareway
8:30 Bus to Ada Hayden Golf Cart Tours
2:00 Northcrest Stitches Meeting, GR

12
9:30 Coffee, Parkway Floor 2

13
10:00 BP Clinic
10:30 ALDI's & Hy-Vee

14
5:10 Bus to Artist Talk and reception, ISU CP Museum
6:00 Bus to Volleyball vs

15
10:30 N Walmart & Fareway
10:30 Friday Chat: Mel Crippen
6:00 Bus to VB vs Ohio
7:00 Bus to *The Play That Goes Wrong*, ACTORS



17
2:00 Hymn Sing, AL

18
10:00 Fareway
6:30 Mixed Bridge

19
9:30 Coffee, Parkway Floor 2

20
10:00 BP Clinic
10:30 ALDI's & Hy-Vee
1:10 Bus to Tour the Student Innovation Building

21
10:00 Writers' Group
12:00 OctoberFest, GR

4:00 LaVone Newell, AL

22
10:30 N Walmart & Fareway
10:30 Friday Chat, Sign Language and Lip Reading

23 First Day of Fall
ISU Football vs Oklahoma State
TBD Bus to ISU Tail Gate Step Show



24
12-4:00 Ames Artists' Studio Tour, Self-Guided
1:30 Bus to *The Play That Goes Wrong*, ACTORS
2:00 Hymn Sing, AL

25
10:00 Fareway
3:00 Memory Café, Northminster Presbyterian Church

26
9:30 Coffee, Parkway Floor 3

27
10:00 BP Clinic
10:30 ALDI's & Hy-Vee

28 National Good Neighbor Day
3:00 Sherry Luxton piano concert, GR

29
9:30 Residents' Council mtg.
10:30 N Walmart & Fareway
6:30 Firepit concert with Paul Lasley and friends

30
10-4:00 Ames Artists' Studio Tour, Self-Guided, No Bus
1:30 Bus to Volleyball vs Baylor