October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 **10:00** Book Club, AL **10:15** BP Clinic **10:30** ALDI & Hy-Vee (Bus) **3:30** 2nd Chair Brass, HC Patio **5:00** NC Walking Event, 1801 Doors	2 **10:00** OWLS - Weeds are much more than plants out of place (Bus) **5:00** LaVone Newell Piano, AL **5:00** Cyclone Trivia, GR	3 **10:00** N Walmart & Fareway (Bus) **10:30** Friday Chat - The Recipe, GR **1:30** Sign Language Class, Founders' Room	4 **11:00** ISU FB at Cincinnati, ESPN 2 or GR **2:00** ISU Volleyball, Hilton **4:30** ISU Symphony, MET (No bus) **6:15** Central Iowa Symphony, City Aud, (Bus)
5 **2:00** Hymn Sing, AL	6 **9:00** COVID & Flu Vaccine Clinic, Yoga Rm **10:00** Fareway (Bus) **Noon** Join the Table Lunch, GR **1:30** Downton Abbey Movie (Bus)	7 **9:30** Coffee, Pkwy 4 host, GR **10:30** Walgreens and Dollar Tree Shopping (Bus) **1:00** Artists' Gathering, Art Studio **1:30** Ted Talk-Techniques to enhance learning and memory, Yoga Room **1:30** Hearing Aid Maintenance	8 **Day 1: Dubuque Trip** **10:15** BP Clinic **10:30** ALDI & Hy-Vee (Bus) **6:30** The Story of Feed Sacks, APL (Bus)	9 **Day 2: Dubuque Trip** **6:00** The Great Gatsby Ballet, Stephens (Bus)	10 **10:00** N Walmart & Fareway (Bus) **10:30** Friday Chat - Terry Stark, Chocolaterie Stam, GR **1:30** Sign Language Class, Founders' Room **6:45** ISU Wind Ensemble, MET (Bus)	11 **8:00** Walk to End Alzheimer's, Brookside (Bus) **2:30** ISU FB at Colorado, ESPN and GR **6:30** Spirits in the Gardens, Reiman (Bus)
12 **2:00** Hymn Sing, AL	13 **10:00** Fareway (Bus) **Noon** Join the Table Lunch, GR **2:00** NC Stitchers **6:30** Phi Mu Alpha Sinfonia Performance, GR	14 **9:30** Coffee and Farewell for Ronnie, Pkwy 4 host, GR **1:00** Artists' Gathering, Art Studio **1:30** Ted Talk-Retirement: The best years of your life?, Yoga Room **6:00** DMMO Guild, GR	15 **10:15** BP Clinic **10:30** ALDI & Hy-Vee (Bus) **1:40** Low Vision Group (Bus) **2:00** Iowa Sports Foundation Presentation, GR	16 **9:30 - 3:00** Community Orchard Outing (Bus) **5:00** LaVone Newell Piano, AL **5:45** ISU Volleyball (Bus)	17 **10:00** N Walmart & Fareway (Bus) **10:30** Friday Chat - Gary Hoard, Artist, GR **1:30** Sign Language Class, Founders' Room **1:30** Activity Games, Grn Rm **4:00** Happy Hour, GR **5:45** iLuminate, Stephens (Bus)	18 **9:00-2:00** Scandinavian Coffee (Bus 9am-11:30am) **6:30** Movie Night: 7 Brides for 7 Brothers, GR **6:45** Town & Gown: Sean Chen (Bus)
19 **2:00** Hymn Sing, AL **6:45** The Addams Family, Stephens (Bus)	20 **10:00** Fareway (Bus) **Noon** Join the Table Lunch, GR **2:00** Fire Station #2 Relocation Talk, GR **6:30** Mixed Bridge, Founders' Rm	21 **9:30** Coffee, S1 & 2, GR **1:00** Artists' Gathering, Art Studio **1:30** Ted Talk-After watching this, your brain will not be the same, Yoga Room **2:00** Bible Study, AL **2:00** Wheatsfield Shopping (Bus)	22 **10:15** BP Clinic **10:30** ALDI & Hy-Vee (Bus) **12:00** Lunch at Clouds Cafe (Bus)	23 **10:00** Orange You Glad It's October, GR **1:30** Book Presentation & Reading with Kathy Svec, Art Studio **2:00** Eat, Move, and Groove Presentation, GR **5:45** ISU Volleyball (Bus)	24 **9:30** Residents' Council, GR **10:00** N Walmart & Fareway (Bus) **1:30** Sign Language Class, Founders' Room **2:00** Horizon Club Educational Speaker - Rebecca Reisinger, Attorney	25 **TBD** ISU FB vs BYU - Homecoming (Bus)
26 **12:45** Iowa State Singers, MET (Bus) **2:00** Hymn Sing, AL	27 **Fall Clean Up Day, Outside** **10:00** Fareway (Bus) **Noon** Join the Table Lunch, GR **2:45** Memory Cafe, Northminster	28 **9:30** Coffee, L1 & 2, GR **1:00** Artists' Gathering, Art Studio **1:30** Ted Talk-Music and Emotion Through Time, Yoga Room **6:00-7:00** NC Trick or Treat	29 **10:15** BP Clinic **10:30** ALDI & Hy-Vee (Bus) **5:45** ISU Volleyball, Hilton (Bus)	30 **Fall Clean Up Day (Rain Date)** **2:00-4:00** Main Street Stroll (Bus)	31 **10:30** Friday Chat - Des Moines Art Center, GR **1:30** Spooky Ballads by Dave Swenson, GR **5:45** ISU Volleyball, Hilton (Bus) HALLOWEEN	