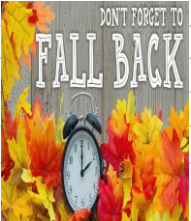



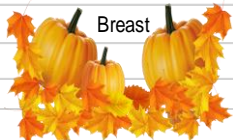













| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|---|
| 1  | 2 9:15 Center Opens 10:00 Chair Volleyball 10:30 Bingo 11:30 Lunch-BBQ Meatballs 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players | 3 9:15 Center Opens 10:00 Walking Club 10:30 Catch Phrase 10:30-10:50am Mobil hearing test w/ Custom Hearing Solutions 11:30 Lunch-Baked Cod Loin in Sweet Basil Sauce | 4 9:45 Main Arena Front Door at CHRISTENSEN FIELD 10:00 Special Music with Billy Troy Bring your own chair & water! 11:30 Lunch-Oven Fried Chicken Breast | 5 9:15 Center Opens 10:00 Technology Safety w/ Nye 10:30 Bingo 11:30 Lunch-Meatloaf with Gravy 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players | 6 9:15 Center Opens 10:00 Chair Volleyball 10:30 Wheel of Fortune 11:30 Lunch-Sweet and Sour Chicken Breast | 7 NU vs Northwestern  |
| 8 | 9 9:15 Center Opens 10:00 Chair Volleyball 10:30 Bingo 11:30 Lunch-Beef Chili Dog 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players | 10 9:15 Center Opens 10:00 Walking Club 10:15 Getting to Know You 10:30 Fish Bowl Game 11:30 Lunch-Baked Ham  | 11 VETERAN'S DAY  Center Closed | 12 9:15 Center Opens 10:00 Walking Club 10:30 Bingo-with Shalimar 11:30 Lunch-Beef Ravioli 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players | 13 9:15 Center Opens 10:00 Chair Volleyball 10:30 Horse Derby Game 11:30 Lunch-BBQ Chicken Breast  | 14 NU vs. Penn State  |
| 15  | 16 9:15 Center Opens 10:00 Chair Volleyball 10:30 Bingo 11:30 Lunch-Hamburger w/ Gravy 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players | 17 9:15 Center Opens 10:00 Walking Club 10:30 Fremont Therapy and Wellness *Regaining Bladder Control 11:00 Charades 11:30 Lunch-Seafood Chowder | 18 9:45 Main Arena Front Door at CHRISTENSEN FIELD 10:00 MUSIC W/ PAM KRAGT Bring your own chair! Bring your own coffee, water, or tea 11:30 Lunch-Roast Beef & Gravy | 19 9:15 Center Opens 10:00 Walking Club 10:30 Bingo 11:30 Lunch-Chicken Breast w/Gravy 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players 1:00 Parkinson's Group-meeting room | 20 9:15 Center Opens 10:00 Chair Volleyball 10:30 Family Feud 11:30 Lunch-Beef & Bean Chili | 21 NU vs. Illinois  |
| 22 | 23 9:15 Center Opens 10:00 Chair Volleyball 10:30 Bingo 11:30 Lunch-Taco Joe Sandwich 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players | 24 9:15 Center Opens 10:00 Walking Club 10:30 Corn Hole Tournament 11:30 Lunch-Swedish Meatballs  | 25 9:45 Main Arena Front Door at CHRISTENSEN FIELD 10:00 THE LINKS Bring your own chair! Bring your own coffee, water, or tea 11:30 Lunch-Turkey Dinner NO BOARD MEETING Next meeting Dec. 2, 2020 @ 1:30pm | 26  Center is Closed | 27 We are very thankful for all of our friends at the center!  Center is Closed | 28 NU vs. Iowa  |
| 29  | 30 9:15 Center Opens 10:00 Chair Volleyball 10:30 Bingo 11:30 Lunch-10 Grain Fish Filet 12:15 Check in for afternoon activities 12:30-2:30 Pitch and Pool Players |  | | LUNCH DETAILS: Lunch reservations need to be called in by the day before by noon Suggested donation:\$4.00 Lunch is served at 11:30am at the center  |  | |
| 1730 WEST 16TH-(LINDEN AND RIDGE ROAD) LOCATED AT CHRISTENSEN FIELD | | | | | | |