




# November 2019 Central Iowa CARES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 YMCA 10am Or Scrapbooking  Warrior Lanes 12:30pm <b>\$8.25</b> (Must bring socks in order to bowl) Or Volunteer at Goodwill 1pm- 2pm Or Wii Bowling Tournament	2
3	4 Volunteer at New Hope 10am-11am Or Brain Games  Visiting ARL 1pm Or Karaoke	5 Courage League 10am <b>\$6</b> Or Craft  Prairie Meadows (Bring ID) 11:30am (Orchestra) Or Hand Weightlifting	6 Dunkin Donuts 10am <b>\$5</b> Or Current Events  Valley West Mall 1pm Or Volunteer at Restore 1pm- 2pm Or Bingo	7 YMCA 10am Or Balloon Ball  National Balloon Museum 1pm <b>\$5</b> Or Volunteer at Goodwill 1pm- 2pm Or Jeopardy	8 Many Hands Thrift Market 10am Or Just Dance  Volunteer at Goodwill 1pm- 2pm Or Sign Language	9

10	<p>11</p> <p>Volunteer at New Hope 10am-11am Or El Rodeo 11am \$12 Or Learning Topics</p> <p>Restore 1pm-2pm Or Origami</p>	<p>12</p> <p>YMCA 10am Or Birthday Celebrations</p> <p>Prairie Meadows (Bring ID) 11:30am (Oldies) Or Science Experiment</p>	<p>13</p> <p>Consumer's Meeting 9:30am</p> <hr/> <p>Target 10:30am Or Free Time</p> <p>Walmart 1pm Or Volunteer at Restore 1pm-2pm Or Scene It Game</p>	<p>14</p> <p>Jordan Creek Movie Theater \$8 Or Yoga</p> <p>Volunteer at Goodwill 1pm-2pm Or Deal or No Deal</p>	<p>15</p> <p>YMCA 10am Or Charades</p> <p>Volunteer at Goodwill 1pm-2pm Or Craft</p>	16
17	<p>18</p> <p>Volunteer at New Hope 10am-11am Or Bingo</p> <p>Mayhem Collectibles 1pm Or Activity Sheets</p>	<p>19</p> <p>YMCA 10am Or Current Events</p> <p>Prairie Meadows (Bring ID) 11:30am (Orchestra) Or Board Games</p>	<p>20</p> <p>World Food Prize Hall 10:30am Or Cooking Class with JK</p> <p>John Wayne Birthplace and Museum 1pm \$15 Or Volunteer at Restore 1pm-2pm Or Learning Topics</p>	<p>21</p> <p>Courage League 10am \$6 Or Musical Steps</p> <p>Volunteer at Goodwill 1pm-2pm Or Craft</p>	<p>22</p> <p>Winter Market 10am Or Exercise Video</p> <p>Volunteer at Goodwill 1pm-2pm Or Paint Nails</p>	23

24	<p>25</p> <p>Volunteer at New Hope 10am-11am Or Valley Community Center (Movie Monday) 10:15am Or Hangman</p> <p>Volunteer at Restore 1pm- 2pm Or Consumer's Choice</p>	<p>26</p> <p>YMCA 10am Or Science Experiment</p> <p>Prairie Meadows (Bring ID) 11:30am (Polka) Or Sign Language</p>	<p>27</p> <p>Library 10am Or Decorate Cookies</p> <p>Thanksgiving Pot Luck (Staff will provide lunch)</p> <p>Volunteer at the Restore 1pm- 2pm Or Learn about Thanksgiving</p>	<p>28</p>  <p><i>Closed for the Holiday</i></p>	<p>29</p> <p><i>Closed for the Holiday</i></p>	<p>30</p>
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