

# Circle News

Senior Circle

Northeast Regional Medical Center  
www.nermc.com  
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Northeast Missouri Chapter ♦ Volume 11, Issue 4 ♦ October/November/December

## From Your Advisor: Laura Gruber

Here we are again at the end of another year. Where did this year go? Senior Circle was so busy with parties, trips, picnics and Lunch & Learns that the year just flew by. Well, don't expect to slow down in the last three months! We still have three trips to go - the Mystery Trip in October, Branson in November and the Dinner Theatre in Kansas City in December. And then there are the parties! Halloween, Thanksgiving and the winter dance are all on the horizon.

With the coming of Fall also comes the potential for bad weather. Please note our weather policy which appears later in this newsletter. I don't want anyone to risk injury coming to a cancelled event!

As we come to the end of 2011 (the 10<sup>th</sup> year of Senior Circle) and look forward to 2012, I want to let each one of you know how much I appreciate being able to get to know all of you. I feel extremely lucky to have a job where I am able to make friends with so many wonderful people and, I hope, make a difference in your lives.

Laura



## Congratulations to Our CEO: Eric Barber



### National Recognition

Eric Barber, CEO, Northeast Regional, has been named one of "291 Hospital and Health System Leaders to Know" by Becker's Hospital Review, which recognizes individuals leading prominent American healthcare organizations. Mr. Barber joined Northeast as Chief Executive Officer in May, 2010. With over 10 years of healthcare experience in a variety of acute healthcare systems, Barber has successfully completed multiple plant facility projects at Northeast, including renovation of the OB/GYN/Nursery Unit, Patient Care Tower and a new Cardiac Catheterization Lab. Mr. Barber has recruited Orthopedics, Neurology, and Internal Medicine physicians. Congratulations Mr. Barber!

### Don't Forget!

- **Monday** Coffee Klatch – Hy-Vee
- **Tuesday** Bridge & Bingo
- **Thursday** Cards
- **Friday** Cards
- **MWF** Walking Group

## NRMC News

### *Northeast Regional Medical Group moves to Park 1600~*

Northeast Regional Medical Group has moved to 1607 South Baltimore. The group includes Dr. David Pfohl, Dr Mat Hardee, Dr Kevin Rhodes, Dr Bernesta Williams, Kathy Ayers, RNP and staff. Their phone number will remain the same - (660) 627-3363.

### *Dr David Kermode joins ATSU-Gutensohn Clinics~*

Dr Robert Schneider would like to announce that Dr David Kermode has joined the medical staff at the Gutensohn Clinics. Dr Kermode will be located on the second floor of the Gutensohn Clinic and new phone number is 626-2992. Dr Kermode an active medical staff surgeon at Northeast Regional Medical Center.

the store to receive it. Call 660-785-1153 by October 7 for reservations! **Please note location - Conference Room #4 is on the first floor of NRMC. The door is directly across the hall from the Laboratory Door.**

**Tuesday, October 11**

### **“Lunch Bunch & 5¢ Movie”: Dutch Treat**

#### **Noon, Pickler’s Famous**

Come have a sandwich or a hot dog and ice cream then go upstairs for a movie - what a fun way to spend an October afternoon! The movie we will see is very fitting to the Halloween season - House on Haunted Hill with Vincent Price (Did you know that Vincent Price has a Kirksville connection?). Here is a short synopsis of the plot:

Eccentric millionaire Fredrick Loren and his 4th wife, Annabelle, have invited 5 people to the house on Haunted Hill for a "haunted House" party. Whoever will stay in the house for one night will earn ten thousand dollars each. As the night progresses, all the guests are trapped inside the house with ghosts, murderers, and other terrors.

*Written by [Tony Mayer <tones120c@aol.com>](mailto:tones120c@aol.com)*

5 cents admission to the movie  
12oz soda & bag of popcorn - 65 cents each  
See you at the movies!

**Wednesday, October 12**

### **“New Member Orientation”: FREE**

**9:00 a.m., Northeast Regional Medical Center, Cafeteria** Learn more about the benefits of Senior Circle at the Member Orientation meeting and get to know other new members over coffee and Danish.

**Friday, October 14**

### **“Fall Cake Contest”**

**2 p.m., Northeast Regional Medical Center, Cafeteria** If you didn't come to the pie contest in July you missed a real treat. The pies were delicious. The fun part is that after the judging we all get to judge for ourselves which cake was the best! Members who would like to enter their cakes in the competition should call the Senior Circle office by **October 12**. Cakes need to be at the Cafeteria by 1:45 pm. Put your name on the bottom of the cake plate so the judges won't know who made which cake.

## Calendar of Events



★ **Monday, October 10**

### **“Lunch & Learn”: FREE**

**Noon, Northeast Regional Medical Center, Conference Room #4** It's Flu Season and we need to protect ourselves against this potentially deadly disease. Dr. David Pfohl will give a presentation on the importance of getting yourself vaccinated. Hy-Vee Pharmacy will be on hand before and after his talk to give you a flu shot. Hy-Vee will charge the same for the shot as they would if you had gone to

★ Tuesday, October 18

“Lunch & Learn”: FREE

**Noon, St. Andrew’s Apartments, Dining Room**  
Collette Vacations is the tour company that organizes the national Senior Circle Trips. Sonia Smith our Collette Vacations representative was here earlier this year and many of you asked her to give us more information on trips available in the US. She will give us information on some of the most popular US trips that Collette offers. Call 660-785-1153 by October 14 for reservations!

★ Thursday, October 20

“Lunch & Learn”: Dutch Treat

**11 a.m., Pizza Haus, 116 N. 4<sup>th</sup> Street, Edina, MO**  
This month we are lucky to have with us Cindy Carter, RN and Chief Nursing Officer at NRMC. Cindy will give us an update on the changes that have been happening in nursing at NRMC over the last year. Call 660-785-1153 by October 18 for reservations.

Thursday, October 21

“Lunch Bunch”: Dutch Treat

**11:30 a.m., Costa Rican Café Company**

The Costa Rican Café Company has opened where Washington Street Java use to be. According to their Facebook page: “All food items are made in-house and we are using a tremendous amount of local ingredients, as so much is in season right now! Breads, bagels, muffins, scones, and cookies can be found fresh every day of the week!” From personal experience I can tell you that they have great soups and sandwiches! Call 660-785-1153 by October 19 to RSVP for this event.

Tuesday, October 25

“3<sup>rd</sup> Annual NEMO Senior Expo”: Free

**10 a.m. to 2 p.m., Rehoboth Baptist Church**  
Senior Circle will participate again this year in the NEMO Senior Expo. Hope to see you there!

★ Thursday, October 27

“Lunch & Learn”: FREE

**Noon, St. Andrew’s Apartments, Dining Room**  
Eric Barber, CEO of Northeast Regional Medical Center will give us an up date on everything that has been going on at NRMC. Bring your questions.

(This L&L will take the place of our monthly member meeting this month and we will have cupcakes to celebrate birthdays!) Call 660-785-1153 by October 24 to register for this event.

Monday, October 31

“Halloween Party”: FREE

**2 p.m., St. Andrew’s Apartments, Dining Room** It is a night for ghost and goblins – Let’s bring them out early at the Senior Circle Halloween Party. I promise to have you home to see all the little Trick-or-Treaters but there is no reason you can’t get in your costume early and have fun with Senior Circle. Be prepared for treats and maybe even a few tricks! Call the Senior Circle office by October 28 to register for this event.



Wednesday, November 2

“New Member Orientation”: FREE

**9:00 a.m., Northeast Regional Medical Center, Cafeteria** Learn more about the benefits of Senior Circle at the Member Orientation meeting and get to know other new members over coffee and Danish.

★ Thursday, November 3

“Lunch & Learn”: FREE

**Noon, St. Andrew’s Apartments, Dining Room**  
The holidays are fast approaching and with them lots of opportunities to over indulge. November is American Diabetes Month and Kathy Ayers, NP and Certified Diabetes Educator will give us information to help us control diabetes during this time of temptation. Even if you don’t have diabetes this talk could help you to keep from over indulging during the holidays! Call 660-785-1153 by November 1 for reservations!

★ Thursday, November 10

“Lunch & Learn”: FREE

**Noon, Depot Inn in La Plata, Lobby**  
Lori Drennann, RN, Director of the Critical Care Unit at NRMC will be our speaker. Call 660-785-1153 by November 8 for reservations!

★ **Tuesday, November 15**

“Lunch & Learn”: FREE

**Noon, St. Andrew’s Apartments, Dining Room**

Join Senior Circle and Dr. David Butters to learn how prostate cancer can affect the whole family. This time I know we are on his schedule! Call 660-785-1153 by November 11 for reservations.

**Thursday, November 17**

“Senior Circle Thanksgiving Dinner”: Free, Bring a side dish

**5:30 p.m., NRM C Cafeteria**

Senior Circle will supply the ham, turkey, dressing, tableware and drinks. You bring a side dish to share. **It is important that everyone RSVP so that enough ham and turkey is ordered.** RSVP to the Senior Circle office at 785-1153. Let us know what you plan to bring so that we don’t have all salads and no desserts! Decorating will begin at 4:00 p.m. Senior Circle provides friendship and companionship



throughout the year - here is our opportunity to give thanks together!

**Wednesday, November 30**

“Lunch and a Play in Macon”: Dutch Treat

**Noon, AJ’s Restaurant, 1407 N. Missouri St., Macon, MO**

**2 pm., Matinee at the Maples Repertory, The Trial of Ebenezer Scrooge**

One year after his miraculous transformation, Scrooge is back to his old ways, suing Jacob Marley and the Ghosts for breaking and entering, kidnapping, slander, pain and suffering and infliction of emotional distress! Lunch is Dutch Treat. Tickets to the play are \$25.00 each, \$22.00 each if we have 12 or more go together. Call the Senior Circle Office at 660-785-1153 by November 21 if you would like to go. We will wagon train it down to Macon and will leave from the Health & Fitness Center parking lot at 11:15 a.m.



**Thursday, December 1**

“PEPPI Organizing Meeting”: FREE

**2 p.m., NRM C Conference Room #2**

Some of you may remember that several years ago Senior Circle offered an exercise class called PEPPI. This class is meant to help with strength building and balance and is peer led. We now have a member who is willing to lead the class. If you are interested in learning more and making sure that the dates we set for the class which will start after the first of the year will work for you please come to this organizational meeting. Call 660-785-1153 for more information.

★ **Tuesday, December 6**

“Lunch & Learn”: FREE

**Noon, St. Andrew’s Apartments, Dining Room**

Dr. Matthew Hardee, Internist with the Northeast Regional Medical Group will be our speaker. At this time a topic has not yet been decided. If you have a topic you are particularly interested in let the Senior Circle Office know and we will ask Dr. Hardee if he would like to talk about it. RSVP by December 2.

**Friday, December 9**

“Lunch Bunch”: Dutch Treat

**11:30 a.m., Bonzai Japanese**

The holiday season is in full swing – why not do something totally different and have a Japanese lunch with Senior Circle? RSVP to the Senior Circle office by December 7.

★ **Friday, December 16**

“Monthly Member Meeting”: FREE

**2 p.m., NRM C Conference Room #1**

We will be doing something a little different this month – we will have a cookie swap and caroling party. Bring your favorite holiday cookie (and the recipe if you are willing to share – no family secrets need be given out!) and we will swap and sample while singing carols.



Monday, Dec. 19, 6 p.m. to 9:00 p.m.,

**“Senior Circle Holiday Party”: See cost below**

Dance the night away at the Senior Circle Holiday Dance, beginning at 6 p.m. at the Catholic Newman Center at Truman State University in Kirksville. Gary Blurton and The Mystery Train Band will begin playing at 7 p.m. Enjoy a Buffet Dinner, Door Prizes, Dancing and the company of your fellow Senior Circle members. For those members who are avid card players, card tables will be set up in the back of the room!

When purchased in advance, tickets for this event are \$8.00 for members and \$16.00 for non-members. Tickets purchased at the door will be \$16.00 for members and \$18.00 for non-members. Tickets are available in the Senior Circle Office and at Senior Circle events that take place prior to December 19. Call the Senior Circle Office at 785-1153 to RSVP by December 9.

This is a non-smoking event.

Come enjoy the music, food, and the fellowship of Senior Circle!

## Local 2011 Trips

**IMPORTANT NOTICE:** If you are planning on taking any of the Senior Circle trips it is imperative that you put down your deposit as soon as possible and make your final payment by the deadline. In order for us to go on these trips we need to have at least 30 people going. If we do not have the number by the deadline we will have to cancel the trip.

### ► A Branson Christmas November 8, 9, 2011

Back by popular demand we are heading back for a Branson Christmas. Join us for a wonderful time in beautiful Branson, Missouri. For great shows, great food and a relaxing get away, we will stay in a beautiful motel and enjoy the following shows: Pierce Arrow (The Funniest Comedian in town is in this show), The Legends, A cruise on the Branson Bell with dinner, and the entertaining Shoji Tabuchi Show! We will eat lunch at Lamberts on the way down, so come hungry. There will be time to explore Dick’s Five and Dime, The Landing, and of course a driving tour of the enchanting Christmas lights. We will also stop in at the Stone Hill Winery for a little sampling and a tour. Cost which includes all shows, motel and meals is \$310.00 per person. Checks made payable to Gloria Hartung from Glory-Bee Tours and mailed to Senior Circle.

**Deadline for payment: October 1**

### ► New Theatre Dinner Theatre December 14, 2011

The comedy you play, GAME SHOW is set during a “live broadcast” of a fictional,TV game show. Audience members are picked as contestants to play the game and win actual prizes.

**“It’s a cross between a quiz program and “Survivor” with more plot twists than you’ll see in a year of soaps! The surprise of the new season!” – NY Times**

A stop for Christmas Shopping will follow the show.



Trips to the Dinner Theatre fill fast. Reserve your seat today!

**Cost: \$90.00 per person. Deadline: October 31.**

## Local 2012 Trips

► *Two Steppin Across Texas*  
*Into the heart of Texas...beautiful San Antonio*

**April 24-29, 2012**

Dig out your boots and cowboy hats partners and get ready to have a great time! We are heading across the great state of Texas on our way to beautiful San Antonio.

We will stay in Oklahoma City going down and back and while there we will do a little sight seeing. One stop will be the Oklahoma City Memorial which is beautiful at night and will tug at your heart strings.

Once in San Antonio we will tour the Alamo, Steve Homestead, Omni Theatre, take a boat ride on the famous Riverwalk, visit the SAS Factory Shoe Store, shop at the Spanish historic shopping district, enjoy Trolley rides and a day in the Hill Country of Fredricksburg. We will visit a World War II Museum, enjoy the delightful shops of the town and all the amazing food, with all kinds of extra surprises along the way...even a lady on a swing!

This will be a delightful trip, one sure to write home to Mom about.

Hope you can join us.

**Approximate cost: \$675**  
**Deadline: March 15, 2012**

► *Window to Another World*  
*Shipshewana, Indiana*

**June 4-7, 2012**

Please join us as we experience life in a slower pace, without all the frills and deadlines to

which we have all grown accustomed. Amish and Mennonite lifestyles are always fascinating to experience. On this trip we will visit the Hosteller House and Museum (experience what it is like to be in a tornado), Shipshewana Conference Center and Museum, the Noodle Factory, the Candy and Jelly Factory, the Cheese Factory, and the Coffin Factory. We will have dinner in a real Amish home, and enjoy an Amish step-on guide giving us a tour of the countryside. Enjoy the midwest's largest Flea Market (15 acres) featuring hundreds of vendors selling everything from fresh fruit to handcrafted furniture...a definite "do not miss" Hoosier tradition. We will visit the 50 Quilt Gardens that are made of live flowers and is an unbelievable beauty! On the way home we will sightsee some more and make stops at whatever meets our fancy.

**Approximate cost: \$450**  
**Deadline: April 30, 2012**

► *Chicago, IL – The Windy City*  
July 16 – 20, 2012

Join Senior Circle as we travel north for a fun filled and sight-seeing packed adventure in Chicago. This trip includes: 4 nights lodging, Motorcoach transportation, 8 meals: 4 breakfast and 4 dinners. We will visit Shedd Aquarium, the Willis Tower, Cruise on Lake Michigan, The Art Institute of Chicago and a visit to the Navy Pier. There will be a guided tour of Chicago and much more. This trip should fill fast so sign up soon to reserve your seat. Cost: \$439 pp (double), \$559 (Single).

**Deadline for payment: May 10, 2012.**

► *Country Music City...Here We Come*  
*Nashville, Tennessee*

**September 2-6, 2012**

Let's go to the country music capital and have a good 'ole time! On this trip we will go to the Grand Ole Opry where we will have back

stage passes and a chance to sing on that famous stage, a visit to the Ryman Theatre, take a cruise on the Nashville River Queen, tour the Country Music Hall of Fame, visit the Fontanel Mansion and Farm (home of Barbara Mandrell and an unbelievable site!)...here we will have dinner and a show as well. We will visit the Kix Brooks (Brooks & Dunn famous winery), and go to Lychenburg to tour the Jack Daniels Distillery (which sits in a dry county) ☺. We will tour the largest tobacco farm in Tennessee and maybe even make our own biscuits. A visit to Nashville is not complete until you take in the Wild Horse Saloon so plan on that experience as well.

You will talk about this trip and all your trip experiences for a long time to come. Remember the Goo Goo Candies, we will have them as well. Good southern food and southern hospitality abounds...Join us.

**Approximate cost: \$575**

**Deadline: July 20, 2012**

**NOTE:** Additional short and day trips will be added during 2012. Watch for more trips in our next newsletter.

### Weather Cancellation Policy

Senior Circle does not want to put anyone at risk for weather related accidents or injury. If Kirksville RIII schools have cancelled classes then Senior Circle events scheduled for that same day are also cancelled. (If the local schools in Edina and La Plata are closed we will not meet there as well.) If the event is not on a school day or in the evening after School is out and the weather is questionable, Senior Circle will notify the radio and TV stations in the area if the event has been cancelled. If possible an e-mail will be sent out to members and the voice mail message on the phone in the Senior Circle Office will give the correct information about the event. As always, you are the best judge as to whether or not it is safe for you to attend any of our events.



Senior Circle

Bring your friends to the Circle!

October 15 – December 15, 2011

As a Senior Circle member, you already know that our organization is all about aging gracefully, living well, having fun and saving money.

**Now isn't it time to share it with your friends?**

From now through December 15, each time you recruit a new member to our Northeast Missouri chapter, your name will be entered into a drawing for a Visa Gift Card. Three prizes will be awarded to members who recruit others: One \$100 and two \$50 prizes, drawn randomly from among all the entries.

**Invite your friends to join the Circle today!**

Call me at 660-785-1153 or stop by the Senior Circle office for more information!

2011 Member-to-Member Campaign

# October 2011

| Sunday | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday |
|--------|--|---|--|--|---|----------|
|        |    |   |  |  |   | 1        |
| 2      | 3<br>8 am<br>Coffee Klatch<br>Hy-Vee<br>1 pm Walking<br>Group - H&F  | 4<br>1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC  | 5<br>1 pm Walking<br>Group - H&F                                       | 6<br>10 am Cards<br>H&F  | 7<br>10 am Cards<br>H&F<br>1 pm<br>Walking<br>Group - H&F   | 8        |
| 9      | 10<br>8 am Coffee Klatch<br>Hy-Vee<br>Noon Lunch & Learn<br>NRMC #4<br>2 pm Bingo SLC<br>1 pm Walking<br>Group - H&F                         | 11<br>Noon – Lunch<br>Bunch followed<br>by Movie-<br>Pickler's<br>1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC | 12<br>9 am New<br>Member<br>Orientation<br>1 pm Walking<br>Group - H&F | 13<br>10 am Cards<br>H&F   | 14<br>10 am Cards<br>H&F<br>1 pm Walking<br>Group - H&F<br>2 pm Fall<br>Cake Contest<br>NRMC Cafe             | 15       |
| 16     | 17<br>8 am<br>Coffee Klatch<br>Hy-Vee<br>1 pm Walking<br>Group - H&F   | 18<br>Noon Lunch & Learn SLC<br>2 pm Bingo<br>SLC<br>1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC              | 19<br>1 pm Walking<br>Group - H&F                                      | 20<br>10 am Cards<br>H&F<br>11 am Lunch & Learn<br>Pizza Haus in<br>Edina  | 21<br>10 am Cards<br>H&F<br>Noon Lunch<br>Bunch – Costa<br>Rica Coffee<br>Shop<br>1 pm Walking<br>Group - H&F | 22       |
| 23     | 24<br>Same as above  | 25<br>10 am – 2 pm<br>Senior Expo<br>1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC                              | 26<br>1 pm Walking<br>Group - H&F                                      | 27<br>10 am Cards<br>H&F<br>Noon Lunch<br>& Learn SLC<br>2 pm Bingo<br>SLC | 28<br>10 am Cards<br>H&F<br>1 pm Walking<br>Group - H&F   | 29       |
| 30     | 31<br>Same as above<br>2 pm<br><br>Halloween Party<br>SLC |   |  |  |   |          |

# November 2011

| Sunday | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday |
|--------|---|--|--|---|---|----------|
|        |   | 1<br>1 pm Bridge H&F<br>2 pm Bingo SLC   | 2<br>9 am New Member Orientation<br>1 pm Walking Group - H&F   | 3<br>10 am Cards H&F<br>Noon Lunch & Learn SLC                         | 4<br>10 am Cards H&F<br>1 pm Walking Group - H&F  | 5        |
| 6      | 7<br>8 am Coffee Klatch Hy-Vee<br>1 pm Walking Group - H&F  | 8<br>1 pm Bridge H&F<br>2 pm Bingo SLC<br><br>Branson Trip          | 9<br>1 pm Walking Group - H&F  | 10<br>10 am Cards H&F<br>Noon Lunch & Learn Depot Inn Lobby, La Plata  | 11<br>10 am Cards H&F<br>1 pm Walking Group - H&F | 12       |
| 13     | 14<br>8 am Coffee Klatch Hy-Vee<br>1 pm Walking Group - H&F | 15<br>Noon Lunch & Learn SLC <br>1 pm Bridge H&F<br>2 pm Bingo SLC | 16<br>1 pm Walking Group - H&F   | 17<br>10 am Cards H&F<br>5:30 pm Thanksgiving Dinner – NRMCA Café     | 18<br>10 am Cards H&F<br>1 pm Walking Group - H&F | 19       |
| 20     | 21<br>8 am Coffee Klatch Hy-Vee<br>1 pm Walking Group - H&F | 22<br>1 pm Bridge H&F<br>2 pm Bingo SLC  | 23<br>1 pm Walking Group - H&F   | 24<br>  | 25<br>Health & Fitness Center Closed              | 26       |
| 27     | 28<br>8 am Coffee Klatch Hy-Vee<br>1 pm Walking Group - H&F | 29<br>1 pm Bridge H&F<br>2 pm Bingo SLC  | 30<br>Noon Lunch Bunch – AJ's in Macon<br>1 pm Walking Group - H&F<br>2 pm Play at the Maples Theatre in Macon |   |   |          |

# December 2011

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|---|---|--|---|--|---|
|   |   |   |  | 1   | 2  | 3   |
|   |   |   |  | 10 am Cards<br>H&F<br>2 pm PEPPi<br>Organizing<br>Meeting –<br>NRMCM #2 | 10 am Cards<br>H&F<br>1 pm<br>Walking<br>Group - H&F   |   |
| 4   | 5   | 6   | 7  | 8   | 9  | 10  |
|   | 8 am<br>Coffee Klatch<br>Hy-Vee<br>1 pm Walking<br>Group - H&F                                | 1 pm Bridge<br>H&F<br>Noon ★<br>Lunch<br>& Learn SLC<br>2 pm Bingo<br>SLC | 1 pm Walking<br>Group - H&F  | 10 am Cards<br>H&F  | 10 am Cards<br>H&F<br>Noon Lunch<br>Bunch -<br>Bonzai<br>1 pm<br>Walking<br>Group - H&F              |   |
| 11  | 12  | 13  | 14   | 15  | 16   | 17  |
|   | 8 am<br>Coffee Klatch<br>Hy-Vee<br>1 pm Walking<br>Group - H&F                                | 1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC                                   | 1 pm Walking<br>Group - H&F<br><br>Trip to KC for<br>New Theatre   | 10 am Cards<br>H&F  | 10 am Cards<br>H&F<br>1 pm Walking<br>Group - H&F<br>2 pm Monthly<br>Member<br>Meeting –<br>NRMCM #1 |   |
| 18  | 19  | 20  | 21   | 22  | 23   | 24  |
|   | 8 am<br>Coffee Klatch<br>Hy-Vee<br>1 pm Walking<br>Group - H&F<br>5:30 pm SC<br>Holiday Party | 1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC                                   | <br>happy hanukkah<br>1 pm Walking<br>Group - H&F | 10 am Cards<br>H&F  | 10 am Cards<br>H&F<br>1 pm<br>Walking<br>Group - H&F   |   |
| 25  | 26  | 27  | 28   | 29  | 30   | 31  |
|  | 8 am<br>Coffee Klatch<br>Hy-Vee<br><br>Health &<br>Fitness Center<br>Closed                   | 1 pm Bridge<br>H&F<br>2 pm Bingo<br>SLC                                   | 1 pm Walking<br>Group - H&F  | 10 am Cards<br>H&F  | 10 am Cards<br>H&F<br>1 pm<br>Walking<br>Group - H&F   |  |