


Active Living Center

OCTOBER

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>October is... Breast Cancer Awareness Month www.NationalDayCalendar.com</p>		1 Billiards 9am-12pm Rummikub 12pm-2pm Bridge 12pm-3pm Caregiver's Support Grp 1-2pm (A) 1-4pm Knit & Crochet Group	2 Billiards 9am-12pm Bunco 10am-2pm 500 Cards 12pm-3pm	3 Billiards 9am-12pm Bible Study 10am-11am (A) Wii Bowling 11am-1pm (B)	4 Billiards 9am-12pm Bingo 10am-11am Cribbage 12pm-3pm	5 Billiards 9am-12pm
6  <p>OCTOBER IS EYE INJURY PREVENTION MONTH</p> <p>Eye injuries can cause permanent loss of vision. Take eye injuries seriously and call your ophthalmologist immediately to seek urgent medical attention.</p>	7 Billiards 9am-12pm Cribbage 12pm-3pm	8 Billiards 9am-12pm Rummikub 12pm-2pm Bridge 12pm-3pm Memory Loss Support Grp 1-2pm (A) 1-4pm Knit & Crochet Group Cancer Support Group 6-7:30pm (A&B)	9 NATIONAL WALK TO SCHOOL DAY Billiards 9am-12pm Blood Pressure Checks 9:30am-12pm Bunco 10am-2pm 500 Cards 12pm-3pm Parkinson's Support Grp 1-2pm (A&B)	10 Billiards 9am-12pm Bible Study 10am-11am (Y-Conf)	11 Billiards 9am-12pm Bingo 10am-11am Potluck 12pm-1pm Cribbage 12pm-3pm Bunco 5:30pm-9:30pm	12 Billiards 9am-12pm 
13  <p>Bluegrass Music 1-4pm</p>	14 Billiards 9am-12pm Book Club 12pm-1pm (B) Cribbage 12pm-3pm	15 Billiards 9am-12pm Rummikub 12pm-2pm Bridge 12pm-3pm 1-4pm Knit & Crochet Group Doc Talk 5:30-6:30pm (5:00 Dinner)	16 Billiards 9am-12pm 500 Cards 12pm-3pm Birthday Celebration ALL DAY	17 Billiards 9am-12pm Bible Study 10am-11am (A) Wii Bowling 11am-1pm (B)	18 Billiards 9am-12pm Bunco 10am-2pm Bingo 10am-11am Cribbage 12pm-3pm	19 Billiards 9am-12pm
20  <p>SUDDEN CARDIAC ARREST AWARENESS MONTH</p>	21 NATIONAL CHECK YOUR MEDS DAY Billiards 9am-12pm Cribbage 12pm-3pm Coin Club 6pm-9pm	22 Billiards 9am-12pm Rummikub 12pm-2pm Bridge 12pm-3pm 1-4pm Knit & Crochet Group	23 Billiards 9am-12pm 500 Cards 12pm-3pm	24 Billiards 9am-12pm Bible Study 10am-11am (A) Wii Bowling 11am-1pm (B) Spinning Group 6-9pm	25 Billiards 9am-12pm Bingo 10am-11am Sing Along w/Laurie 11am-12pm Cribbage 12pm-3pm	26 Billiards 9am-12pm 
27  <p>Physical Therapy Month October</p>	28 Billiards 9am-12pm Cribbage 12pm-3pm Fall Harvest Fun Night 5pm-7pm 	29 Billiards 9am-12pm Rummikub 12pm-2pm Bridge 12pm-3pm 1-4pm Knit & Crochet Group	30 Billiards 9am-12pm Coffee Talk 10:30am-11:15am (A&B) 500 Cards 12pm-3pm	31 Happy Halloween  Billiards 9am-12pm Bible Study 10am-11am (A) Wii Bowling 11am-1pm (B)		

A = Classroom A

B = Classroom B

YC = Youth Center

The Active Living Center




Cancer Support Group
2nd Tues of the Month (Oct 8)
6:00pm - 7:30pm
(Located in Classroom A & B)

Those who are living with Cancer are invited to attend. This is a peer-led facilitated group with open discussion to support each other in a confidential environment. For more information contact Kris Bolin at the YMCA at (218) 327-1161 or kbolin@ymcaitasca.org

Caregiver Support Group
1st Tues of the Month (Oct 1)
1:00pm-2:30pm
(Located in Classroom A & B)

Anyone who is a caregiver is encouraged to come. Open discussion to support each other in a confidential environment. Sponsored by ElderCircle.

Wii Bowling
Every Thursday
11:00am-1:00pm
(Located in Classroom B)



Wii bowling is a video game played on big screen tv and can be played standing or in a seated position. All ages and abilities are welcome. Come give it a try!

Book Club
2nd Mon of the Month (Oct 14)
12:00pm-1:00pm

Bring a bag lunch and join us for Book Club. We meet and discuss one book a month. Join any time and bring ideas for future book discussions.

Memory Loss Caregiver Support Group
2nd Tues of the Month (Oct 8)
1:00pm-2:30pm
(Located in Classroom A)

Anyone who is a caregiver of someone suffering from memory loss, Dementia, or Alzheimer. Open discussion to support each other in a confidential environment. Sponsored by ElderCircle.

Parkinson's Support Group
2nd Wed of the Month (Oct 9)
1:00pm-2:00pm
(Located in Classroom A & B)

Those who have Parkinson's and their caregivers are invited to come support each other. Educational opportunities are available a couple times a year. Sponsored by ElderCircle.

Coffee Talk
Wednesday, October 30th
10:30am-11:15am
(Located in Classroom A&B)

Join us for Coffee Talk. This month Lisa Rodenberg from Edward Jones will return to present, "Outlook and Opportunities: Investing in the Late Innings of the Bull Market." A 30-minute discussion will be followed by 15 minutes of Q & A.

FREE Blood Pressure Checks
2nd Wednesday of the Month (Oct 9)
9:30am-12pm
Ages 18 and older

Accra nurses will be located in the hallway by the ALC to provide blood pressure checks monthly. Stop on by to stay on top of your blood pressure.

Doc Talk (Free & Open to the Public)
Third Tues of the Month (Oct 15)
5:00-6:30pm
(Located in Classroom A & B)

Lisa Owens, MD & Dawn Hayes, RN will present, "Breast Care: A Team Approach." FREE light dinner will be served starting at 5:00pm. Sponsored by Grand Itasca Clinic & Hospital/ Fairview Health Services.

Sing-Along w/Laurie
Friday Oct 25 11am-12pm
(Located in the ALC)

Please join us to hear Laurie sing and play the piano. She will be playing songs from the 50's and 60's.

Birthdays Celebration
3rd Wed of the Month (Oct 16)
All Day
(Located in the ALC)

Come meet others who share your Birthday month. We will have cake all day!

Pot Luck (Firehouse Chili)
2nd Friday of the Month (Oct 11)
12:00-1:00pm
(Located in the ALC)

Pot luck is at noon on the second Friday of the month. If you'd like to participate, please bring a dish to share.

Hook, Yarn & Needle Crafters
Every Tuesday
1:00pm-4pm
(Located in the ALC)

Bring your hooks, yarn & needles and enjoy the company of other creative yarn crafters. Do you want to learn? We'd be happy to teach you!

500 Cards
Every Wednesday
12:00pm-3:00pm
(Located in the ALC)

Cribbage
Every Monday & Friday
12:00pm-3:00pm
(Located in the ALC)

Bridge
Every Tuesday
12:00pm-3:00pm
(Located in the ALC)

Gather with friends old and new to play a variety of card games. All skill levels are invited & they are also willing to teach. Come join us for cards!

BINGO every Friday
10:00am-11:00am
(Located in the ALC)

Come join us for great fun every Friday. Bring a prize from home or \$1.00. Also .25 cents per person to play for the pot.

Billiards Club
Monday through Saturday
9:00am-12:00pm
(Located in the ALC)

Come play billiards! Monday through Saturday every week 9am-12pm. All levels are invited to come join in.

Directors Letter

Greetings from the Active Living Center! Halloween month is here and the Y will be hosting Fall Harvest Fun Night on Monday, October 28th from 5:00pm to 7:00pm. Bring the kids for trick or treating, spooky house, games, a light meal and more!

Please join us for Doc Talk on October 15th. Lisa Owens, MD & Dawn Hayes, RN will present, "Breast Care: A Team Approach." Be sure to arrive early for a free light supper and a good seat.

This month's artist to display their work in the Active Living Center is Photographer Jordan Weis of Weisguy Photography. Please take a few minutes to admire his work. We're serving Firehouse Chili at this months potluck. Just about anything goes with Chili so feel free to bring sides, salads and desserts!

Best Regards!
 -Nene Callahan

Dominoes/ Rummikub Group
Every Tuesday
12:00pm-2:00pm
(Located in the Active Living Center)

Come play Spinner Dominoes or Rummikub. Spinner Dominoes is a shorter version of regular dominoes and also has the option to play Mexican train dominoes. Rummikub is a fast moving game or rummy played with tiles. Come join in the fun.

Bunco
1st & 2nd Wednesday 10:00am
(October 2 & 9)

3rd Friday 10:00am-2:00pm
(October 18)

2nd Friday 5:30pm-9:30pm
(October 11)
(Located in the ALC)

Bunco is a dice game played with 2 or more players. Come join the fun.

QUESTIONS PLEASE CONTACT
NENE OR JONI
PHONE: 218-327-1161 x292
EMAIL: NSCALLAHAN@YMCAITASCA.ORG
EMAIL: JNAMYST@YMCAITASCA.ORG



Firehouse Chili
Makes 16 Servings

Ingredients:

- 2 Tbsp Canola Oil
- 4 lbs lean ground beef
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 4 cans (16 oz each) kidney beans, rinsed and drained
- 3 cans (28 oz each) stewed tomatoes, chopped
- 1 can (14-1/2 oz) beef broth
- 3 Tbsp chili powder
- 2 Tbsp ground coriander
- 2 Tbsp ground cumin
- 4 garlic cloves, minced
- 1 tsp dried oregano



Instructions:

In a Dutch oven, heat canola oil over medium heat. Brown beef in batches, crumbling meat, until no longer pink; drain and set aside. Add onions and green pepper; cook until tender. Return meat to Dutch oven. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, covered, until flavors are blended, about 1 1/2 hours.