

What's Happening?

FIA/FRIENDSHIP CLUB
HARDIN COUNTY COMMUNITY SERVICES



NOVEMBER 2016



Dates to remember

ELECTION DAY!!!!

November 8th

Hardin Co. MHDD:

Dec 7, 8:30am at
Co. Office Bldg.

FIA Board

Meeting:

Jan 18, 2017,

8:30am, at

Friendship Club.

COME JOIN THE FUN!!

CHRISTMAS IS COMING FOR FIA!!

DECEMBER 16TH, 4-6:30pm, BETHANY LUTHERAN CHURCH, IOWA FALLS
Hardin County FIA will sponsor the 13th annual "Reach Out At Christmas", providing a Christmas party and gifts for nearly 60 individuals.

Volunteers are needed for the following:

- Donations for gifts- value of gifts for each recipient is approximately \$40, but any size donation is welcome.
- Assist with the party- help with games, the meal, clean-up, provide rides, etc.
- Donations of food for the meal.

Contact Mary at the Friendship Club for further information. 641-648-7500



Want to feel better? Be ***GRATEFUL!***

It's that time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life.

In fact, gratitude may be one of the most overlooked tools that we all have access to every day. Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous.

Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

Clips taken from an article by Amy Morin, who is a psychotherapist and the author of [13 Things Mentally Strong People Don't Do](#).

On October 12, the club house's last outing for the year was to the Music Man Square Museum in Mason City. It showcased the life and work of composer and musician Meredith Wilson, 1902-1984. Meredith Wilson wrote the musical "The Music Man", which took place in the fictional city of River City, a small town he modeled after Mason City, where he grew up.

The Music Man Square serves as a learning center for music students of all ages. We toured the Meredith Wilson museum, the beautifully restored 1895 Queen Ann style house, which is the birthplace of Wilson and where he grew up, and the 1912 River City indoor streetscape which is recreated from the set design of the 1962 Warner Brother's motion picture "The Music Man". The streetscape includes a real ice cream parlor. On our way to the museum we had lunch at the China Buffet. It was a great final outing.

If you have any ideas for future outings, please submit them to Mary or Jodie at the Friendship Club. We like to keep within an hour and a half of Iowa Falls driving distance.

With anticipation for next year, Tim Rogers



The Music Man Museum was really interesting and a fun place to tour. There was lots to see.



Before visiting the Music Man Museum, lunch was enjoyed by all at the China Buffet.



In September we enjoyed going to the National Balloon Museum in Indianola.



Ryan and Josh had birthdays so they brought cake to share with everyone.

NOV 2016

MON-WED-FRI

10:30A-3:30P

SUN	MONDAY	TUE	THU	FRIDAY	SAT	
		1 10:30 Chart and Chat 2 11:15 <i>Let's MOVE!</i> Friendship Lunch: Tomato soup, Grilled cheese sandwiches Servers: Tim, Barbara Clean-up: Kayla, Kathy, Judy BEHAVIORAL HEALTH	3 	10:30 Chart and Chat 4 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> Club Tournament! Pool, CD toss, Trivia, Cards, Darts, ???	5	
6 	10:30 Chart and Chat 7 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> Craft Day with Marian	8	10:30 Chart and Chat 9 11:15 <i>Let's MOVE!</i> Friendship Lunch: Chicken noodles and potatoes Servers: Shirley, Autumn Clean-up: Diane, Jared, Josh SBSC Activity Day!!	10	10:30 Chart and Chat 11 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> BINGO Samantha Mitchell 	12
13	10:30 Chart and Chat 14 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> Moxie Day Judy Billington 	15	10:30 Chart and Chat 16 11:15 <i>Let's MOVE!</i> Friendship Lunch: Thanksgiving Meal! Servers: Tina, Thresa, Glenda, Barbara Clean-up: Sharon, Linda, Roger Thanksgiving! Jay Duit Readings with Virginia 	17 	10:30 Chart and Chat 18 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> BOWLING Matt Mosher  Roger Bailey 	19
20	10:30 Chart and Chat 21 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> GROUP SHOPPING Participant Meeting	22 	10:30 Chart and Chat 23 11:15 <i>Let's MOVE!</i> GROUP Friendship Lunch: Spaghetti & meat balls Servers: Gina, Larissa, Josh Clean-up: Ryan, Jared, Thresa Calendar Plannina	24 T H A N K S G I V I N G	25 THANKSGIVING VACATION NO CLUB 	26
27	10:30 Chart and Chat 28 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> <i>Sack Lunch</i> NEWSLETTER MAILING	29	10:30 Chart and Chat 30 11:15 <i>Let's MOVE!</i> Friendship Lunch: Chili/Soup Day Servers: Clean-up: GREENBELT HOME CARE		Activities start at 1pm unless otherwise noted. Office Hours: 8:30A-10:30A 3:30P-4:00P Club Hours: 10:30A-3:30P	

Hardin County Community Services
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