NOVEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Daylight Saving Times End (Turn your clock back 1 hour)	2 Coffee Club Store	3 Northgate Wellness Center	4 Coffee Club AM Coffee Club PM Cornucopia craft elodie coffee co. at TASC Center	5 Library Wellness Center	6 Coffee Club Library	7
8	9 Coffee Club Store Mary M. B-day	10 Library Wellness Center	11 Coffee Club AM Coffee Club PM Penguin Craft Veterans Day Speaker	12 Library Wellness Center	13 Coffee Club Library Conservation Speaker	14
15	16 Coffee Club Store Fall Sticker Wall Hanging craft	17 Good Sam Wellness Center	18 Coffee Club AM Coffee Club PM Advisory Committee meets	19 Library Wellness Center	20 Coffee Club Library Pilgrim Farm Animal Magnet craft	21
22	23 Coffee Club Store	24 Library Wellness Center	25 TASC AWARDS BANQUET	26 Thanksgiving Day TASC Center Closed Teria B-Day	27 TASC Center Closed	28
29 Kim B-day	30 Coffee Club Store					

TASC, Inc
2213 Mt. Olivet Rd NW
Waukon, IA 52172
www.tascinc.org

TASC Times

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Calendar Details

November 4 - **elodie coffee co**, will be at the TASC Center serving drinks in the morning (See attached menu with prices, please bring cash in a closed envelope with your drink selection written on it and staff will assist you with your order.)

November 4 - Join Corinne Cook in a fun Thanksgiving Craft activity. The craft activity will be a Cornucopia. Cost $1.00, limited space, please sign up by November 1st.

November 11– Join Corrine Cook in a fun penguin craft activity. Cost. $.50, please sign up by November 6th.

November 11– Veterans Day, remember to express your gratitude for veterans' service, courage, and sacrifices. At 12:00pm Kelea Oftendahl with be at the TASC Center to speak on behalf of Veterans Day.

November 13 - Ross from the Conservation office will be presenting on the first Thanksgiving.

November 16 - Fall Sticker Wall hanging craft, Cost $.50, money due by November 12th. Limited Space.

November 20– Thanksgiving Pilgrim Farm Animals magnet craft. Cost: $1.00, money due by November 16th, Limited space.

November 25– The Annual TASC Awards Banquet at the Allamakee County Pavilion, details coming soon.
November 26& 27—TASC Dayhab Center closed for the holiday.

November month long activity - bring in a non-perishable food item to be donated to the local relief office. There will be a box in the Board Room for you to place your items.

Fitness Corner

Monthly Inspiration:
Do Something today that your future self will thank you for.

September punch card winners that went out for lunch: Dan, Kim & Taylor

The FIT building is open and supervised throughout the day.

If you do not have extra tennis shoes in the FIT Building please bring some soon before the snow starts falling.

STARS OF THE MONTH

Attendance: Kamryn
Extra Mile: Wade K
Positive Relations: Jayme

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee Club & Store Outing	***Nursing Home*** *(1st, 3rd & 4th week)*	***Coffee Club Outings AM***	***Library & Wellness Center***	***Coffee Club & Library Outing***
Art	***WWC/Park & Library Outing***	***Coffee Club Outings PM***	***City/Park Outing***	Journaling
Current Events	Movie Club	Technology	Spa/Hygiene	Science
Relationships	Exercise	Animal Discovery	Art	Art
Spa Hour	Art	Art	Money Skills	Living skills/
Relationships	Independent &	Independent &	Travel	Meal planning
Independent &	Group Exercise	Group Exercise	Cooking	Cooking
Group Exercise	Living Skills	Games & Puzzles	Independent	Relationships
Book Club	Book Club	Health	Living Skills	Games/
Travel	Music Appreciation	Relationships	Sensory	Home Maintenance
Games & Puzzles	Relationships	Social Hour	Current Events	Hobbies
History Fun	Social Skills	Sensory	Exercise/Health	Healthy Living
	Money Skills	Cooking	Games & Puzzles	Music appreciation
	Health		Exercise	