

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>October 2019</b></p> <p><i>HAB Activity Calendar</i></p>	<p><b>1</b></p> <p><i>Mental Health Program w/Amy in main program area</i></p> <p>10:00-11:30</p>	<p><b>2</b></p> <p><i>What Would You Tell Your Younger Self?</i></p> <p>1:00-1:45</p>	<p><b>3</b></p> <p><i>Book Club</i></p> <p>10:45-11:30</p>	<p><b>4</b></p> <p><i>Learning Assertiveness</i></p> <p>1:00-1:45</p>
<p><b>7</b></p> <p><i>Negative vs. Positive Thoughts</i></p> <p>1:00-1:45</p>	<p><b>8</b></p> <p><i>Better Communication</i></p> <p>1:00-1:45</p>	<p><b>9</b></p> <p><i>Bass Farms &amp; Picnic w/Marion &amp; Iowa City</i></p> <p>10:00-1:30</p>	<p><b>10</b></p> <p><i>Friends &amp; Cliques</i></p> <p>1:00-1:45</p>	<p><b>11</b></p> <p><i>Dollar Tree Outing</i></p> <p>10:15-11:30</p>
<p><b>14</b></p> <p><i>You're Not A Burden</i></p> <p>1:00-1:45</p>	<p><b>15</b></p> <p><i>M&amp;M Bookstore</i></p> <p>10:00-11:30</p>	<p><b>16</b></p> <p><i>Suicide Prevention w/Tom B. in main program area</i></p> <p>10:00-11:30</p>	<p><b>17</b></p> <p><i>Book Club</i></p> <p>10:45-11:30</p>	<p><b>18</b></p> <p><i>Hiawatha Library w/Creative Care Unit</i></p> <p>10:00-1:30</p>
<p><b>21</b></p> <p><i>Personal Rights</i></p> <p>1:00-1:45</p>	<p><b>22</b></p> <p><i>Bible Study w/Debbie</i></p> <p>1:00-1:45</p>	<p><b>23</b></p> <p><i>Dairy Queen (Lunch at 11:30)</i></p> <p>12:00-1:30</p>	<p><b>24</b></p> <p><i>Fear of Dying</i></p> <p>1:00-1:45</p>	<p><b>25</b></p> <p><i>Library Outing</i></p> <p>10:00-11:30</p>
<p><b>28</b></p> <p><i>Conflict Management</i></p> <p>1:00-1:45</p>	<p><b>29</b></p> <p><i>Stepping Out of Your Comfort Zone</i></p> <p>1:00-1:45</p>	<p><b>30</b></p> <p><i>Five Below Store &amp; Lunch at Wendys (\$10.00 for lunch)</i></p> <p>10:15-1:30</p>	<p><b>31</b></p> <p><i>Book Club</i></p> <p>10:45-11:30</p>	