

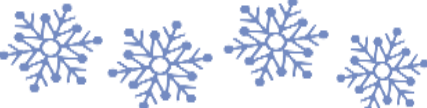



TO REGISTER FOR ACTIVITIES
CALL CORINNE: 385-201-2349

ACTIVITIES CALENDAR

JANUARY 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>Available Weekly: Computer or Family History 1-on-1's <i>*call for appointment</i></p> | <p>1</p> <p>New Year's Day</p> <p>Senior Center Closed</p> | <p>2</p> <p>10:30-11:30 Tai Chi (video) 10:30-12 Dr Humphrey 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p> | <p>3</p> <p>11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p> | <p>4</p> <p>10-11 DANCE NOON YEARS CARNIVAL 11 am- 1pm</p> |
| <p>7</p> <p>10:30-11:30 Tai Chi (live) 12:30 Financial presentation</p>   | <p>8</p> <p>10:15 Crochet Club 11:30-12:00 BINGO 12:30-1:30 Tai Chi (Live) 12:30 -BUNCO BASH & Games</p> | <p>9</p> <p>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p> | <p>10</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p> | <p>11</p> <p>10-11 DANCE 11:30-12:00 BINGO 11:00-12:00 B/P Clinic</p> |
| <p>14</p> <p>10:30-11:30 Tai Chi (live)</p>  | <p>15</p> <p>10:15 Crochet Club 11:30-12:00 BINGO 12:30-1:30 Tai Chi (Live)</p> | <p>16</p> <p>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p> | <p>17</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (Live) Bean Museum Trip 12:30 PM</p> | <p>18</p> <p>10-11 DANCE 11:30-12:00 BINGO 11:00-12:00 B/P Clinic 12:30 Financial presentation</p> |
| <p>21</p> <p>Martin Luther King Day</p> <p>SENIOR CENTER CLOSED</p> | <p>22</p> <p>10:15 Crochet Club 11:30-12:00 BINGO 12:30-1:30 Tai Chi (Live)</p> | <p>23</p> <p>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p> | <p>24</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p> | <p>25</p> <p>10-11 DANCE 11:30-12:00 BINGO 11:00-12:00 B/P Clinic 12:00 Birthday Celebration</p> |
| <p>28</p> <p>10:30-11:30 Tai Chi (live) 12:30 Monday Movie Mania <i>The Hudsucker Proxy</i></p> | <p>29</p> <p>10:15 Crochet Club 11-12:30 - Fix it clinic 11:30-12:00 BINGO 12:30-1:30 Tai Chi (Live)</p> | <p>30</p> <p>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p> | <p>31</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p> |  |



COMING UP IN FEBRUARY...



Feb 12: UVU Student Nurses Free Health Screening
Feb 12: Valentine's Dance 7-9 pm
Feb 21: Dinner Night Out



COMING UP IN MARCH...

Talent Show: TBA. Get your talents ready to share
Wendover Overnight Trip- Registration will open soon.

