








TO REGISTER FOR
ACTIVITIES CALL
385-201-2349



ACTIVITIES CALENDAR

SEPTEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p>  <p>SENIOR CENTER CLOSED</p>	<p>3</p> <p>10:15 Crochet Club 11 Medicare Pres. 11:30 Medicare & Molina booth 11:30-12:00 BINGO</p>	<p>4</p> <p>10:30 - 11:30 Tai Chi (video) 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p> 	<p>5</p> <p>11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p> 	<p>6</p> <p>10-11 Line Dance 11:30-12:00 BINGO 11:00-12:00 B/P Clinic <i>Prov by Stonehenge in AF</i> TIMPANOGOS STORYTELLING FESTIVAL, 1-6:30pm</p>	
<p>9</p> <p>Tech help available by appt - call to sign up 10:30 - 11:30 Tai Chi (video) 12:30-1:30 Tai Chi (Live)</p>	<p>10</p> <p>9:30-12:00 Watercolor 10:15am Crochet Club 11:30-12:00 BINGO</p> 	<p>11</p> <p>10:30-12 Dr Humphreys 10:30 - 11:30 Tai Chi (video) 11 am-Injury & Falls Prevention by IHC 12:15 - PIZZA RAFFLE 12:30 - BUNCO</p>	<p>12</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p>	<p>13</p> <p>10-11 Line Dance 11:30-12:00 BINGO</p> 	
<p>16</p> <p>Tech help available by appt - call to sign up 10:30 - 11:30 Tai Chi (video) 12:30-1:30 Tai Chi (Live) 12:30 Monday Movie Mania! <i>"Some Like it Hot"</i></p>	<p>17</p> <p>9:30-12:00 Watercolor 10:15am Crochet Club 11:30-12:00 BINGO</p> 	<p>18</p> <p>10:30 - 11:30 Tai Chi (video) 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p>	<p>19</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 11:00 Intro to Medicare 12:30-1:30 Tai Chi (Live)</p>	<p>20</p> <p>10-11 Line Dance 11:30-12:00 BINGO 12:30-Healthy Sleep <i>by Humana</i></p>	
<p>23</p> <p>Tech help available by appt - call to sign up 10:30 - 11:30 Tai Chi (video) 12:30-1:30 Tai Chi (Live)</p>	<p>24</p> <p>9:30-12:00 Watercolor 10:15am Crochet Club 11:30-12:00 BINGO</p> 	<p>25</p> <p>10:30-11:30 Mindfulness & Meditation Class 12:15 - PIZZA RAFFLE <i>must attend lunch to enter</i></p>	<p>26</p> <p>9:30-12:00 Watercolor 11-12 Quilting Club 12:30-1:30 Tai Chi (Live)</p>	<p>27</p> <p>10-11 Line Dance 11:30-12:00 BINGO 12:00 Birthday Celebration <i>Prov by Abbington</i></p> 	
<p>30</p> <p>Available Weekly: Comp or Family Hstry 1-on-1's <i>*call for appointment</i> 10:30 - 11:30 Tai Chi (video) 12:30-1:30 Tai Chi (Live)</p>					
		<p>Coming up in October:</p> <ul style="list-style-type: none"> - Fall Foliage Tour - Dinner Night Out - Spooky Senior Shindig 	