






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

# ACTIVITIES CALENDAR

## JANUARY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tai Chi Video Exercises available anytime upon request.</p>		<p><b>1</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>2</b></p> <p>9:30-12:00 Watercolor 11-12 Quilting Club</p>	<p><b>3</b></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></p>
<p><b>6</b></p>  <p>Available Weekly: Comp or Family Hstry 1-on-1's <i>*call for appointment</i> 12:30-1:00 Tai Chi (Live)</p>	<p><b>7</b></p>  <p>10:15 Crochet Club 11-12 Medicare &amp; Molina 11:30-12:00 BINGO</p>	<p><b>8</b></p> <p>10-10:30 Chair Yoga 10:30-11:30 Mindfulness &amp; Meditation Class 12:30 - BUNCO BASH &amp; Games</p>	<p><b>9</b></p> <p>9:30-12:00 Watercolor 11-12 Quilting</p> 	<p><b>10</b></p> <p>10-11 Line Dance 11:30-12:00 BINGO <b>Live Animal Show 12:30pm</b></p>
<p><b>13</b></p>  <p>Tech help by appt 12:30-1:00 Tai Chi (Live)</p>	<p><b>14</b></p> <p>10:15 Crochet Club 11:30-12:00 BINGO</p>	<p><b>15</b></p> <p>10-10:30 Chair Yoga 10:30-11:30 Mindfulness &amp; Meditation Class</p>	<p><b>16</b></p> <p>9:30-12:00 Watercolor 11-12 Quilting Club</p>	<p><b>17</b></p> <p>10-11 Line Dance 11:30-12:00 BINGO</p> 
<p><b>20</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>21</b></p> <p>10:15 Crochet Club 11:30-12:00 BINGO</p> 	<p><b>22</b></p> <p>10-10:30 Chair Yoga 10:30-11:30 Mindfulness &amp; Meditation Class</p> 	<p><b>23</b></p> <p>11-12 Quilting Club <b>Stained Glass Tour &amp; Lunch 10:00am-3:30pm</b></p>	<p><b>24</b></p> <p>10-11 Line Dance 11:30-12:00 BINGO <b>12:00 Birthday Celebration</b></p>
<p><b>27</b></p> <p>12:30-1:00 Tai Chi (Live) 12:30 Monday Movie Mania! "Ocean's 11"</p> 	<p><b>28</b></p> <p>10:15 Crochet Club 11:30-12:00 BINGO</p>	<p><b>29</b></p> <p>10-10:30 Chair Yoga 10:30-11:30 Mindfulness &amp; Meditation Class</p>	<p><b>30</b></p> <p>9:30-12:00 Watercolor 11-12 Quilting Club</p>	<p><b>31</b></p> <p>10-11 Line Dance 11:30-12:00 BINGO</p> 

Come renew or sign up for your **2020 Membership**. \$5 for the calendar year.



**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

