AUGUST 2015 Calendar - Wasatch County Seniors

Monday	Tuesday	Wednesday	Thursday	Friday
3 **7 p.m. NO** Monday night Fireside **(begin again next month)**	**4** **12:00 Noon – Lunch & Presentation – Kate Nederostek – "Healthy Habits for a Healthier You"** **1:30p** "Sassy Tappers" (Tap dance classes for Seniors	**5** **1:00 p.m. American Red Cross "Blood Drive"** (In the Auditorium) Call 654-4920 **7p.m.** – Art Classes by Lisa Gardner (last class)	**6** **10 & 11 am.** *2 "Piano Classes for Seniors"* Contact: Christy Ackerson **12:00 Noon – Lunch** (Visiting & Socializing) **1:00 p:** Bingo, Ceramics, billiards, handwork	**7** **4 p.m. "Salmon Supper" in Payson** **Cost: $20/person** (Buses leave Sr. Center at 2:30p)
10 **7 p.m. NO** Monday night Fireside **(begin again next month)**	**11** **12:00 Noon – Lunch & Presentation – Encompass Home Health "Stress Management"** **12:45 pm "Fall & Balance" Training** **1:30p** "Sassy Tappers" (Tap dance classes for Seniors)	**12** 	**13** **10 & 11 am.** *2 "Piano Classes for Seniors"* Contact: Christy Ackerson **12:00 Noon – Lunch & Special Recognition** (2015 Fair Days Grand Marshals- Gary and Carol Bonner) **1:00 p:** Bingo, Ceramics, Chess, billiards, handwork **4:00 pm;** ***"Caregivers' Chat Time"*** – in the Lounge Area.	**14** ***TOMORROW! (August 15th) Day Trip to Utah Natural History Museum at U.of U. (& Chuck-a-Rama Dinner)*** *(Bus leaves at 10 am.)*
17 **1:00p**. Senior Center Corporate Board Mtg. **7 p.m. NO** Monday night Fireside **(begin again next month)**	**18** **9:00 a.m. – Breakfast** **(No lunch today)** **1:30p** "Sassy Tappers" (Tap dance classes for Seniors)	**19** **Day Trip & Lunch at Ogden's Union Station** **(bus leaves at 9:00am)** **Cost: $10 for transportation, plus admission**	**20** **10 & 11 am.** *2 "Piano Classes for Seniors"* Contact: Christy Ackerson ****No Lunch Today**** **1:00 pm:** Ceramics, Chess, billiards & "handwork" **1:30 pm – County Senior Advisory Board Mtg.** **5:00 p.m. - "Hamburger Barbeque" & Entertainment** **(at Charleston Park)** ($3/per person "donation")	**21**
24 **7 p.m.** **Monday night Special "Evening of Piano Music"** **The Van Leuven Family – (from Denver, CO)**	**25** **12:00 Noon – Lunch** (Visiting & Socializing) **12:45 pm "Fall & Balance" Training** **1:30p** "Sassy Tappers" (Tap dance classes for Seniors)	**26**	**27** **10 & 11 am.** *2 "Piano Classes" for Seniors* Contact: Christy Ackerson **11:00am Applegate HC**: Blood pressure and glucose checks **12 Noon – Lunch & Presentation** USU Extension Service Leslie Crane " "Purchasing healthy food" **1:00 p:** Bingo, Ceramics, "handwork", & billiards	**28** ***Watch for next Tuesday's (9/1/15) "Picnic at the Heber City Park" – at 11:30 a.m.***
31 **7 p.m. NO** Monday night Fireside **(begin again on September 14th)**	***"Health & Mobility" Personized training -*** ***EVERY Tuesday and Thursday at 12:45 p.m. in the Game Room Any personal level and ability is welcome – (All are invited)***		***ALL DAY -- EVERY WEEKDAY*** **Billiards, Exercising, Reading, Computers, Puzzles, Piano Chess & Checkers. Wii games & Socializing**	**September 4 & 5**