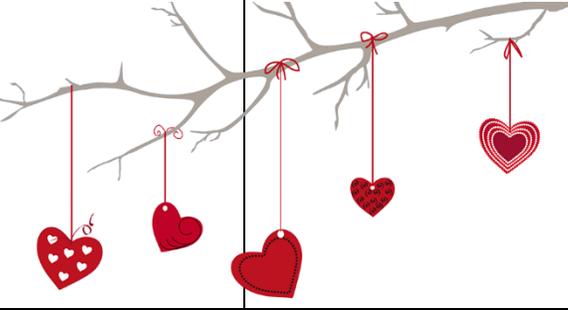




February



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p><u>ALL DAY – EVERY WEEKDAY</u> <i>Exercising, Reading, Computers, Billiards, Piano/Organ, Checkers, Puzzles, Wii Video Games and Socializing</i></p> |  |  | | <p>1</p> <p>10:30 am- “Upcycle” Calendar Trinkets (“Crafting w/Mary”) At the Senior Center</p> |
| <p>4</p> <p>7:00 pm Fireside An Evening of Music w/Rob Sorensen & Family</p> | <p>5</p> <p>10:30 am “Chair Exercise” Class 12:00 Noon – Lunch (Visiting & Socialization) 1:00 pm: Table Games</p> | <p>6</p> <p>9:00 am “Chair Yoga” Fitness- at “The Fit Stop” (Everyone meets there)</p> | <p>7</p> <p>9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 11am Symbii H. Health – BP/Glucose checks 12:00 Noon Lunch (Visiting & Socialization) 1:00pm Bingo, Ceramics, Billiards</p> | <p>8</p> <p>5:30 pm “Cheese Tasting” at the Heber Valley Artisan Cheese- in Midway Cost: \$21.50 (Bus leaves Center at 5:30 pm) Tomorrow → 12:30 pm “Swan Lake” in SLC Cost \$55- Admission & Transportation (Dinner ones own- Blue Iguana) Bus leaves at 12:30 pm</p> |
| <p>11</p> <p>1:00 pm Valentine’s Day Card Making at the Senior Center Cost: \$2 (for Supplies) 7:00 pm Fireside Music & Fun with “Hired Guns”</p> | <p>12</p> <p>10:30 am “Chair Exercise” Class 11:00 am Dawn Loper from MAG w/ Medicare & Social Security Assistance 12:00 Noon Lunch & Presentation- Dawn Loper w/MAG “Aging Services” 1 pm Table Games 1 pm: Corporate Board Meeting</p> | <p>13</p> <p>12:30 pm Movie at the Center “Sleepless in Seattle”</p> | <p>14</p> <p>9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson (801)-864-6403 10:30 am “Senior Book Club” 12:00 Noon “Valentine’s” Lunch- Piano Music with Raneva Lemon 1:00pm Bingo, Ceramics, Billiards 4:00 pm “Caregivers” Support Group – (Lounge Area)</p> | <p>15</p> |
| <p>18</p> <p>President’s Day Holiday (Center Closed)</p> <p>No Fireside</p> | <p>19</p> <p>10:30 am “Chair Exercise” Class 10:30 am UVU Nursing Students “Health Screening” 12:00 Noon – Lunch (Visiting & Socialization) 1:00 pm Table Games</p> | <p>20</p> | <p>21</p> <p>9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403 12:00 Noon Lunch & Presentation Heidi Demarco, Director of M.A.G Aging and Family Services 1:00 pm: Bingo, Ceramics, Billiards 1:30pm Senior Advisory Board Mtg</p> | <p>22</p> <p>12:30 pm “Wicked” at the Eccles Center in SLC. Bus leaves at 12:30 pm. Cost \$70- includes Admission & Transportation (Dinner one’s own – Chuck-A-Rama)</p> |
| <p>25</p> <p>7:00 pm Fireside Merry Music Makers- “Winter Review” (Joyce Clark, Director)</p> | <p>26</p> <p>9:00 am Breakfast (No Lunch Today) 10:30 am “Chair Exercise” Class 1:00 pm Table Games</p> | <p>27</p> <p>11:00 am “Remember When” & Potluck Lunch at the Senior Center</p> | <p>28</p> <p>9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403 11:00 am Applegate Health Screening 12:00 Noon Lunch & Presentation- “Elder Quest” Kendall Crittenden & Tom Melville 1:00 pm Bingo, Ceramics, Billiards</p> | |