

Monday

Tuesday

Wednesday

Thursday

Friday

January

Calendar - Wasatch County Seniors

2018

1 CENTER CLOSED
No Fireside



2
12:00 Noon – Lunch
(Visiting & Socializing)
1 pm: Table Games

3

4
10 & 11 am. 2 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403\

12 noon Lunch & Presentation
 (“2018 at our Center” - Pres. LaRee Pedro and Vice Pres., Dennis Allen)

1:00p: Bingo, Ceramics, Cards & billiards

5

8
1 p.m. Corp. Board Mtg.
No Fireside

9
10:30 am “Chair Exercise” Class
11:15 a.m. – Dawn Loper from M.A.G. – Medicare/Social Security
12:00 Noon – Lunch & Presentation
(Family & Aging Services Up-date – Dawn Loper)
1 pm: Table Games

10

11
10 & 11 am. 2 “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403\
11am Symbii H. Care – BP checks
12 Noon – Lunch & Program
“Vocals and Guitar Music with Joe Young”
1:00p: Bingo, Ceramics, Cards & billiards

12

15 CENTER CLOSED
No Fireside



16
10:30 am “Chair Exercise” Class
12 noon: Lunch
(visiting & socializing)
1 pm: Table Games

17

Tour of Heber Valley Milk & Artisan Cheese, in Midway

(Bus leaves Sr. Center – 10 a.m.)

Purchase Ice Cream Cone – on one’s own

18 10 & 11 am. 2 “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403
10:30 a.m. “Senior Book Club”
11 a.m. Applegate Home C. – BP checks
12:00 Noon – Lunch
(visiting & socializing)
1:00p: Bingo, Ceramics, Cards & Billiards
1:30 pm - County Advisory Board Mtg.
4:00 p.m. “Caregivers” Chat Time in the Lounge Area.

19

22
No Fireside

23
9:00 a.m. Breakfast & Program
(Country Music by “The Hired Guns”)
(No lunch today)
10:30 am “Chair Exercise” Class
1 pm: Table Games

24

25
Day Trip to State Capitol -- Bus leaves Center at 9 a.m. (lunch provided & no trans. charge)
10 & 11 am. 2 “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403
12:00 Noon – Lunch & Presentation
(Mike Davis, County Manager – “State of the County” Report)
1:00p: Bingo, Ceramics, Cards & Billiards

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29
No Fireside

30
10:30 am “Chair Exercise” Class
11:00 a.m. UVU Nurses – Health Screenings
12:00 Noon – Lunch & Presentation
(UVU Student Nurses)
1 pm: Table Games

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ALL DAY – EVERY WEEKDAY

Exercising, Reading, Computers, Billiards
Piano, Checkers, Puzzles, Wii video games, & socializing