

JANUARY

2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>ALL DAY – EVERY WEEKDAY</u> Exercising, Reading, Computers, Billiards, Piano/Organ, Checkers, Puzzles, Wii Video Games and Socializing</p>	<p>1  <u>NEW YEARS DAY HOLIDAY</u> (CENTER CLOSED)</p>	<p>2</p>	<p>3 9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson (801) 864-6403 12 Noon Lunch & Presentation Barry Knight – with Knight Tours & Cruises 1:00 pm Bingo, Ceramics, & Billiards</p>	<p>4 12:30 pm Movie Day at the Center “Now You See Me”</p>
<p>7 <u>NO FIRESIDES IN JANUARY</u></p>	<p>8 9am-3 pm From M.A.G.–Dawn Loper Medicare “Open Enrollment” & Social Security 10:30 am “Chair Exercise” Class 12:00 Noon – Lunch & Presentation – by The New RMCC 1 pm “Good Nutrition Habits” w/Betty Wade – (at The Sr. Center) 1 pm: Table Games 1 pm: Corporate Board Meeting</p>	<p>9</p>	<p>10 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 & Program Country Music w/ “The Hired Guns” 1:00pm Bingo, Ceramics, Billiards 4:00 pm “Caregivers” Support Group – (Lounge Area)</p>	<p>11</p>
<p>14 <u>NO FIRESIDE</u></p>	<p>15 9 am Breakfast (No Lunch Today) 10:30 am “Chair Exercise” Class 1 pm Table Games</p>	<p>16 Utah Grizzlies Hockey Game in SLC Cost: \$28 - includes admission & transp. (Bus leaves Center at 5:30 p.m.)</p>	<p>17 9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson (801)-864-6403 10:30 am “Senior Book Club” 11am Applegate Health Screening 12:00 Noon Lunch & Presentation Jim Kohler – “Old” home movies of Midway 1:00pm Bingo, Ceramics, Billiards 1:30pm Senior Advisory Board Mtg</p>	<p>18</p>
<p>21 <u>MARTIN LUTHER KING JR. DAY HOLIDAY</u> (CENTER CLOSED)</p>	<p>22 9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403 10:30 am “Chair Exercise” Class 12:00 Noon Lunch & Presentation “Dedicated Chefs” (with Eric Soliel) 1:00 pm Table Games</p>	<p>23</p>	<p>24 9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403 12:00 Noon Lunch (Visiting & Socializing) 1:00 pm: Bingo, Ceramics, Billiards</p>	<p>25 9:00 am Men’s “Breakfast Club” at Chick’s Café (on one’s own)</p>
<p>28 <u>NO FIRESIDE</u></p>	<p>29 9, 10 & 11 am “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403 10:30 am “Chair Exercise” Class 12:00 Noon Lunch (Visiting & Socializing) 1:00 pm Table Games</p>	<p>30 Bowling at “Holiday Lanes” in Heber 12:30 pm Lunch (on one’s own) 1 pm – Bowling (Cost: FREE, if “registered” w/our group – limit 2 games)</p>	<p>31 9, 10 & 11 am, 3 “Piano Classes for Seniors” Contact: Christy Ackerson (801)-864-6403 11:00am “Sit & Dance” by Becky (At the Sr. Center -No charge) 12:00 Noon Lunch (Visiting & Socializing) 1:00 pm Bingo, Ceramics, Billiards</p>	