**MARCH 2019**

**Monday**

- **10:00 am** Tour of Daniels Canyon Elementary School (Read with Children-Activity)
- **10:00 am** Chair “Yoga” Class

**Tuesday**

- **7:00 pm** Fireside
  - Heber Valley Choir & Orchestra

**Wednesday**

- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
- **12:00 Noon – Special “Mardi Gras” Luncheon** (with Ken & Mary LeBlanc) & Program (Music & Vocals by “Starford Duo”)
- **1:00 pm** Table Games

**Thursday**

- **9, 10 & 11 am** “Piano Classes for Seniors” Contact: Christy Ackerson (801)-864-6403
- **12:00 Noon Lunch** (Visiting & Socialization)
- **1:00 pm** Bingo, Ceramics, Billiards

**Friday**

- **11:30 am- “Ladies Luncheon”** (at “The Old Goat” Restaurant in Heber - Lunch on one’s own- Meet at the eatery)

**ALL DAY – EVERY WEEKDAY**

- Exercising, Reading, Computers, Billiards, Piano/Organ, Checkers, Puzzles, Wii Video Games and Socializing

**4**

- **10:00 am** Chair “Yoga” Class

**5**

- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
- **12:00 Noon – Special “Mardi Gras” Luncheon** (with Ken & Mary LeBlanc) & Program (Music & Vocals by “Starford Duo”)
- **1:00 pm** Table Games

**6**

- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
- **11:00 am** Dawn Loper from MAG w/Medicare & Social Security Assistance
- **10:30 am** UVU Nursing Students “Health Screening”
- **12:00 Noon Lunch & Presentation** - Dawn Loper w/MAG “Aging Services”
- **1:00 pm** Table Games
- **1:00 pm** Corporate Board Meeting

**7**

- **9, 10 & 11 am** “Piano Classes for Seniors” Contact: Christy Ackerson (801)-864-6403
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- **1:00 pm** Bingo, Ceramics, Billiards

**8**

- **Tomorrow 1:45 pm “Beauty & The Beast” – at the Dejoria Center- in Kamas**
  - Cost: $20- admission & transportation (Bus leaves at 1:45pm – Show at 3pm)

**11**

- **10:00 am** Chair “Yoga” Class

**12**

- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
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- **10:30 am** UVU Nursing Students “Health Screening”
- **12:00 Noon Lunch & Presentation** - Dawn Loper w/MAG “Aging Services”
- **1:00 pm** Table Games
- **1:00 pm** Corporate Board Meeting

**13**

- **10:00 am** Day Trip to “The Legends” Motorcycle Museum - in Springville
  - Cost:$7- includes admission and Transportation.

**14**

- **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 & St. Patrick’s Day Social/Program** (Miss Wasatch” 2019)
- **1:00 pm** Bingo, Ceramics, Billiards

**15**

- **10:00 am** Chair “Yoga” Class

**18**

- **10:00 am** Chair “Yoga” Class
- **11:30 am** Movie (“The Mountain Between Us”) & Potluck” Lunch- at the Center

**19**

- **9:00 am Breakfast “Presentation” by Tanta Lisa Clayton of Utah Legal Services (No Lunch Today)
- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
- **1:00 pm** Table Games

**20**

- **9, 10 & 11 am** “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403
- **10:30 am** “Senior Book Club”
- **11:00 am** Applegate Health Screening
- **12:00 Noon – Lunch** (Visiting & Socialization)
- **1:00 pm** Bingo, Ceramics, Billiards
- **1:30 pm** Senior Adv. Board Mtg

**21**

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- **10:30 am** “Senior Book Club”
- **11:00 am** Applegate Health Screening
- **12:00 Noon – Lunch** (Visiting & Socialization)
- **1:00 pm** Bingo, Ceramics, Billiards
- **1:30 pm** Senior Adv. Board Mtg

**22**

- **9, 10 & 11 am** “Piano Classes for Seniors” Contact: Christy Ackerson(801)-864-6403
- **11:00 am** “St. & Dance” w/Becky Randall Probst, Director “State of the County Health Dept.”
- **1:00 pm** Bingo, Ceramics, Billiards

**23**

- **10:00 am** Chair “Yoga” Class

**24**

- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
- **12:00 Noon – Lunch & Presentation** Sherrie Pace of the Utah Poison Control Center
- **1:00 pm** Table Games

**25**

- **10:00 am** Chair “Yoga” Class

**26**

- **10:30 am** “Chair Exercise” Class
- **11:00 am** Chess Club
- **12:00 Noon – Lunch & Presentation** Sherrie Pace of the Utah Poison Control Center
- **1:00 pm** Table Games

**27**

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