

Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 2019 Calendar - Wasatch County Seniors				
2	3	4	5	6
HOLIDAY (CENTER CLOSED)	<p>10:30 am "Chair Exercise" Class</p> <p>10:30 am "Rusty Joints" Water Exercise</p> <p>12 noon Lunch & Presentation – Jenny Arroyo – Cap Tel "Closed Caption" Phone Use</p> <p>1 pm: Table Games & Billiards</p>	<p style="text-align: center;">Day Trip to Natural History Museum, in SLC</p> <p>Cost: \$17, includes Admission & Trans. (Bus leaves Center at 9 a.m.)</p>	<p>9, 10 & 11 am. 3 "Piano Classes for Seniors" Contact: Christy Ackerson (801) 864-6403</p> <p>11am Canyon Care Home Health – BP & Glucose checks</p> <p>12:00 Noon Lunch & Music with – Dave Allen – Vocals & Guitar</p> <p>1:00 p.m. Bingo, Ceramics, Billiards</p>	
9	10	11	12	13
<p>7 p.m. FIRESIDE Rob Harmon - Vocals</p>	<p>10:30 am "Chair Exercise" Class</p> <p>10:30 am "Rusty Joints" Water Exercise</p> <p>12 noon Lunch & Presentation – Dawn Loper – M.A.G. – Medicare, S.S. & Fraud</p> <p>1 pm: Table Games, Billiards & Chair Yoga</p> <p>1:00 p.m. Corp. Adv. Board Mtg.</p>		<p>9, 10 & 11 am. 3 "Piano Classes for Seniors" Contact: Christy Ackerson (801) 864-6403</p> <p>10 a.m. Tour & Box Lunch – at Moroni & John Besendorfer's Farm in Charleston/Casperville (S3 "donation" for meal)</p> <p>1:00p.m. Bingo, Ceramics</p> <p>4 p.m. Caregiver Support Group-- in the T.V. Lounge</p>	<p style="text-align: center;">Day Trip to "Garden of Quilts" at Thanksgiving Point, in Lehi</p> <p>Cost: \$28 includes: admission /transp. Lunch (on one's own) (Bus leaves Center at 9 a.m.)</p>
16	17	18	19	20
<p style="text-align: center;">Monday Afternoon at the Movie – "The Babe" (1 p.m. - At the Sr. Center)</p> <p>7 p.m. FIRESIDE Kent Winterton – Vocals & Guitar</p>	<p style="text-align: center;">10 a.m. (Note the Time Change) BREAKFAST (No Lunch today)</p> <p>10:30am "Chair Exercise" Class</p> <p>10:30 am "Rusty Joints" Water Exercise</p> <p>11:00 a.m. Table Games</p>	<p style="text-align: center;">All Day Trip to Wendover, NV (Cost: \$20 includes: transportation, Buffet, "lucky bucks", etc.) (Luxury Motor Coach leaves Center at 8:30 a.m.)</p>	<p>9, 10 & 11 am. 3 "Piano Classes for Seniors" Contact: Christy Ackerson (801) 864-6403</p> <p>10:30 am "Seniors Book Club"</p> <p>11:00 am. Applegate Home Health BP & Glucose checks</p> <p>12 noon – Lunch & Vocal Music with David Ekins</p> <p>1:00p.m. Bingo, Ceramics, & Billiards</p> <p>1:30 p.m. County Advisory Board Mtg.</p>	
23	24	25	26	27
<p style="text-align: center;">"Autumn Leaves" Scenic Drive (Lunch at Daniels Summit Lodge – on one's own) Cost: \$2.00 (Bus leaves Center at 11 a.m.)</p> <p>7 p.m. FIRESIDE "Swiss Miss" Royalty - 2019</p>	<p>10:30a.m. "Chair Exercise" Class</p> <p>10:30 am "Rusty Joints" Water Exercise</p> <p>12 noon Lunch & Presentation Misty Philbrick – Symbii Home Health</p> <p>1 pm: Table Games, Billiards & Chair Yoga</p>	<p style="text-align: center;">Day Trip to Hogle Zoo, in SLC</p> <p>Cost: \$21 includes admission & transp. (Bus leaves Center at 9 a.m.)</p>	<p>9, 10 & 11 am. 3 "Piano Classes for Seniors" Contact: Christy Ackerson (801) 864-6403</p> <p>11:00 am. Encompass Home Health BP & Glucose checks</p> <p>12 Noon Lunch & Presentation Rebecca Lynn – Costco Optical & Hearing</p> <p>1:00p.m.: Bingo, Ceramics, & Billiards</p>	
30				
<p>7 p.m. FIRESIDE Sidney Thiede & Friends "An Evening of Music"</p>			<p style="text-align: center;">ALL DAY – EVERY WEEKDAY <i>Exercising, Computers, Billiards, Reading, TV, Piano/Organ, Checkers, Puzzles, Wii Video Games and Socializing</i></p>	

