

# SEPTEMBER

# ACTIVITY CALENDAR

| Mon  | Tue  | Wed   | Thu   | Fri   |
|--|--|---|---|---|
| <b>1</b><br><br>Happy Labor Day!<br><b>WE'RE CLOSED</b>   | <b>2</b><br>10:30 Chair Exercise<br><b>12:00 Breakfast</b><br>1:00 Bunco<br>1:00 Ceramics  | <b>3</b><br><br><b>11:00 Lunch &amp; Bowling at Holiday Lanes</b><br>1:00 Cards—Bridge<br><b>2:00 Grief Support Group</b>    | <b>4</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Ceramics<br>1:00 Piano  | <b>5</b><br><b>9:45 Fire Station 51 Tour</b> <br>10:00 Strength Training Class<br><b>10:45 Ping Pong</b><br>11:30 Chess Club<br>1:00 Cards — Bridge    |
| <b>8</b><br>10:00 or 1:00<br><b>Oil Paint Class</b><br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge          | <b>9</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>1:00 Ceramics<br>2:00 Caregiver Support Group  | <b>10</b><br>10:00 or 2:00<br><b>Cooking Class</b><br><b>Zuppa's Chicken Pesto Sandwich</b><br><br>1:00 Cards—Bridge         | <b>11</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Ceramics<br>1:00 Piano   | <b>12</b><br>10:00 Strength Training Class<br>11:30 Chess Club<br>1:00 Cards — Bridge<br> <b>1:00 Flower Arrangement Class</b>                        |
| <b>15</b><br><b>Orem Cinemark "Downton Abbey" Time TBD</b><br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge | <b>16</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>1:00 Ceramics<br><b>Lunch Party!!</b><br><br><b>3:30 Drawing Class</b> | <b>17</b><br><br><b>11:00 Lunch &amp; Bowling at Holiday Lanes</b><br>1:00 Cards—Bridge<br><b>2:00 Grief Support Group</b> | <b>18</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Ceramics<br>1:00 Piano   | <b>19</b><br>10:00 Strength Training Class<br><b>10:45 Ping Pong</b><br>11:30 Chess Club<br>1:00 Cards — Bridge   |
| <b>22</b><br><b>Watercolor Class</b><br>10:00 or 1:00<br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge      | <b>23</b><br>10:30 Chair Exercise<br><b>12:00 Breakfast</b><br>1:00 Bunco<br>1:00 Ceramics   | <b>24</b><br>1:00 Cards—Bridge<br><b>4:30 Sandy Hale "Sister Act"</b><br>  | <b>25</b><br>9:00 Yoga<br>10:30 Tai Chi<br>11:00 Farmer Market<br><b>12:00 Lunch</b><br>1:00 Bingo<br>1:00 Ceramics<br>1:00 Piano   | <b>26</b> <br><b>9:30 Salmon Run &amp; Lunch</b><br>10:00 Strength Training Class<br>11:30 Chess Club<br>1:00 Cards — Bridge                         |
| <b>29</b><br><b>10:00 Heber Historic Tour</b><br><br>1:00 Cards—Canasta<br>1:00 Duplicate Bridge              | <b>30</b><br>10:30 Chair Exercise<br><b>12:00 Lunch</b><br>1:00 Bunco<br>1:00 Ceramics   |   | <b>Piano Lessons</b><br><br>Please Contact Margaret Schloss<br>H: 435-654-2876<br>C: 385-207-8527 | <b>ALL DAY – EVERY WEEKDAY</b> <ul style="list-style-type: none"> <li>• Exercising</li> <li>• Reading</li> <li>• Computers</li> <li>• Billiards</li> <li>• Piano</li> <li>• Puzzles</li> <li>• Craft Room</li> <li>• Ping Pong</li> </ul> |