

OCTOBER

ACTIVITY calendar

Mon	Tue	Wed	Thu	Fri
Piano Lessons  Please Contact Margaret Schloss H: 435-654-2876 C: 385-207-8527	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano • Puzzles • Craft Room • Ping Pong 	1 11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group 5:00 Ruth Hale "Flowers For Mrs. Harris"	2 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	3 10:00 Strength Training 10:45 Ping Pong 11:30 Chess Club 1:00 Cards — Bridge
6 10:00 Heber Historic Tour 1:00 Oil Paint Class 1:00 Cards—Canasta 1:00 Duplicate Bridge	7 Treasure Table 10:30 Chair Exercise 10:30 Computer Class 12:00 Lunch 1:00 Bunco 1:00 Ceramics 1:00 Fall Prevention Workshop	8 11:00 Acrylic Paint Workshop 7:00 The Addams Family @ Timpanogos Valley Theater 1:00 Cards—Bridge	9 Treasure Table 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	10 10:00 Strength Training 11:30 Chess Club 1:00 Cards — Bridge 7:00 "Big River" @ Ideal Theater Heber
13 CLOSED 	14 10:30 Chair Exercise 10:30 Computer Class 12:00 Lunch 1:00 Bunco 1:00 Ceramics 2:00 Caregiver Support Group 3:30 Drawing Class	15 11:00 Lunch & Bowling at Holiday Lanes 1:00 Cards—Bridge 2:00 Grief Support Group 10:00 or 2:00 Cooking Class "Panera Soup"	16 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	17 10:00 Strength Training 11:30 Chess Club 1:00 Cards — Bridge <hr/> 18 Saturday → 5:00 "The Who Tribute" Ideal Theater Heber
20 1:00 Watercolor Class 1:00 Cards—Canasta 1:00 Duplicate Bridge	21 10:30 Chair Exercise 10:30 Computer Class 12:00 Breakfast 1:00 Bunco 1:00 Ceramics	22 10:00 Heber Historic Tour 1:00 Cards—Bridge	23 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano	24 10:00 Strength Training 10:45 Ping Pong 11:30 Chess Club 1:00 Cards — Bridge
27 Orem Cinemark "Truth & Treason" Time TBD 1:00 Cards—Canasta 1:00 Duplicate Bridge	28 10:30 Chair Exercise 10:30 Computer Class 12:00 Lunch 1:00 Bunco 1:00 Ceramics	29 1:00 Personalized Water bottle Class 1:00 Cards—Bridge	30 9:00 Yoga 10:30 Tai Chi 11:00 Farmer Market 12:00 Lunch 1:00 Bingo 1:00 Ceramics 1:00 Piano Halloween Lunch	31 10:00 Strength Training 11:30 Chess Club 1:00 Cards — Bridge