

October

Activity Calendar

Mon	Tue	Wed	Thu	Fri
2 	3 Treasure Table 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class	4 10:30 Halloween Broom Craft 	5 Treasure Table 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo 7:00 Quilters Group	6 10:30 Lunch @ Daniel Summit  12:00 Bridge Card Group
9 CLOSED	10 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class 3:00 Caregiver Support Group	11 2:00 Grief Support Group @ Center 7:00 Timpanogos Theatre 	12 9:00 Yoga 10:30 Tai Chi 5:30 Pizza Dinner 6:30 Halloween Train 	13 12:00 Bridge Card Group
16 Orem Cinemark Time TBD 	17  10:00 Breakfast 10:30 Chair Exercise	18  8:30 Wendover Day Trip  11:30 Lunch & Bowling at Holiday Lanes	19 9:00 Yoga 10:30 Tai Chi 12:00 Lunch 1:00 Bingo	20  12:00 Bridge Card Group
23 	24 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class	25 10:00 & 2:00 Cooking Class Freezer Meals  2:00 Grief Support Group @ Center	26 9:00 Yoga 10:00 Piano Lessons 10:30 Book Club 10:30 Tai Chi 12:00 Lunch 1:00 Bingo	27 10:00-3:00 AARP Driving Class 12:00 Bridge Card Group
30	31 10:30 Chair Exercise 12:00 Lunch 1:00 Bunco 1:00 Step On Class Halloween Party		 * Contact Christy Ackerson 801-864-6403	ALL DAY – EVERY WEEKDAY <ul style="list-style-type: none"> • Exercising • Reading • Computers • Billiards • Piano/Organ • Checkers • Puzzles • Wii Video • Games • Ceramics