



# November 2021 Activities

Activity Calendar Subject to Change



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 National Author's Day</p> 	<p>2</p>	<p>3 Birthday Day</p>  <p>Best Friends Band 11:30</p>	<p>4</p>	<p>5 National Donut Day</p> 
<p>8 Fire Prevention Week</p> 	<p>9 Tai Chi 10:00 a.m.</p>	<p>10 Myers Day USO/VETERANS CELEBRATION</p> 	<p>11 Center Closed for Veterans Day</p> 	<p>12</p>
<p>15 18 Gillies \$1 Lunch</p> 	<p>16 Tai Chi 10:00 a.m.</p>	<p>17 Homemade Bread Day</p> 	<p>18 Integrity/Aegis Foot Clinic</p> <p>9:30-12 Noon by appt. 435-723-9000 Commodities</p>	<p>19 Thanksgiving Dinner 11:45 Entertainment will be announced</p>
<p>22</p>	<p>23 Tai Chi 10:00 a.m.</p>	<p>24 National Sardines Day</p> 	<p>25 and 26 Center Closed for Thanksgiving</p>	
<p>29 Square Dance Day</p>	<p>30 Tai Chi 10:00 a.m.</p>		<p>Don't forget to turn your clocks back on Sunday, November 7 Daylight Savings time ends and we have more daylight in the mornings</p>	

### Trips & Party Dates!

November 3 Birthday Dinner

November 10 Myers Lunch

November 15 -Gillies Lunch

### Appointments & Classes

◆ Commodities November 18

### Staff Phone Numbers

General Line - 435-226-1450

Nancy - 435-226-1451

Kayla -435-226-1452

Tammy -435-226-1454

Katy -435-226-1455

Transit -435-226-1456

Bonnie -435-226-1457

### Daily Scheduled Activities

Pickleball 7:30 a.m. -8:45 a.m. M-F

Silver Sneakers 9:00 a.m. M-F

Pickleball Too 10:00 11:15 M-F

Fitness Room 7:30 a.m.-3:00 p.m. M-Th

7:30 a.m. to 1:00 F

Tai Chi Tuesday 10:00 a.m.

Lunch Served M-F 11:45am-12:45pm