

## Upcoming Events & Travel

**Important payment information: To allow ease of money handling we ask that all trip payments be made in full 3 days prior to the day of trip. You may pay by check, cash or credit card.**

### **Karaoke**

**Date: Monday, May 6, 2019 Time: 11:30 a.m.**

Pick your favorite song out of our library or bring your own and show us what you've got! Honor your mom or that special lady in your life with a song dedicated to her.

Music and Karaoke system provided by Kelly Warren!

### **Crystal Springs Trips**

**Date: May 8 and 22, 2019, Time: 1:15**

**Cost: \$5.00**

### **Water provided**

Soak your bones in the wonderful hot springs of Crystal Springs. Ride out on the bus together and get a discounted price into the springs included in the \$5.00 trip cost.

### **Golden Spike 150 Trip**

**Date: Saturday May 11, 2019**

**Time: 8:00 a.m.**

**Cost: \$10.00**

### **Lunch: Included**

Join the country as we celebrate the driving of the golden spike 150 years ago. This is going to be a really big deal so don't miss out on the chance to be a part of history in the making. Expect this day to be filled with the excitement of a national event with most likely more people in attendance than were present one hundred and fifty years ago. Along with the excitement and adventure be prepared for the possible delays in traffic, walks and any number of unforeseen inconveniences. This is going to be a fun event! Limited number of vehicle permits available if you choose to drive yourself and caravan out with us.

### **Paint Night**

**Date: Tuesday May 14, 2019**

**Time: 6:00 p.m.**

**Cost \$20.00**

Join us as we enjoy another great paint night. Tonya Huntsman will guide us from start to finish and provide all the materials needed. Leave having had a great night of socializing, cookies and take home a great painting!

### **Health and Fitness Day**

**Date: Thursday, May 15, 2019**

**Cost: Free**

**Lunch: \$3.00 recommended donation**

Take advantage of the opportunity to talk to local area Senior

## Expand Your Horizons!

Service agencies all in one location for your education and benefit. Participate in a mini-health screening as well as educational and fun games. Enjoy this year's keynote speaker Karen Rodriguez, a Social Entrepreneur and who was on this year's season of the Netflix series The Kindness Diaries as well as appearing on HBO's Inspiration Room. In 2018, she founded CodeinColor.us, an SLC based organization that promotes educational growth for minority students who need mentoring in technology and civic engagement. All topped off with a delicious lunch and entertainment.

### **Oil Painting Art Demonstration by Michael Calles**

**Date: Thursday May 16, 2019 Time: 10:00 a.m.**

Michael can usually be found at the zoo, national parks and forests, or local farm yards studying animals or painting landscapes but for this day he will be here at the Senior Center doing a demonstration for us. Join us for this opportunity to see him at work and learn tips to improve your own work.

### **Wii Bowling**

**Date: Tuesday May 21, 2019**

**Time: 1:00 p.m.**

Join us for another fun event as we bowl. Perfect your skill or learn how to play! All skill levels welcome!

### **Fishing Trip**

**Date: May 30, 2019**

**Time: 8:00 a.m.**

**Cost: \$5.00**

### **Lunch: Included**

It's that time of year again to get back out on the water and try our luck at fishing. Enjoy a day out in nature and a day to just relax and enjoy. The Department of Natural Resources will join us for the trip and provide expertise and equipment for those that need it. A valid fishing license is required for the trip if you will be fishing.

### **Wendover Day Trip**

**June 24, 2019**

**Time: 7:30, Cost: \$25.00**

### **Lunch: Included**

### **Sponsored by: Community Nursing Services**

Travel out to Montego Bay Casino on Le Bus Charter Bus Service. You will receive a fun book containing a free buffet, \$5.00 Lucky Bucks, \$7.00 in free play, 1 free Cocktail or beverage and a 15% off discount at the gift shop. Call Gary with any questions at 435-226-1453