



Monday

October 2021 Activities

Activity Calendar Subject to Change



Friday

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>"Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter." -Carol Bishop Hippo</p>		<p>1</p>
<p>4 Fire Prevention Week</p>	<p>5 Tai Chi 10:00 a.m.</p>	<p>6 Birthday Day</p> <p>Best Friends Band 11:30</p>	<p>7</p>	<p>8 National Fluffernutter Day</p>
<p>11 Closed for Columbus Day</p>	<p>12 Tai Chi 10:00 a.m.</p>	<p>13 Myers Lunch</p>	<p>14 Integrity/Aegis Foot Clinic</p> <p>9:30-12 Noon by appt. 435-723-9000</p>	<p>15 National Grouch Day</p>
<p>18 Gillies \$1 Lunch</p>	<p>19 Tai Chi 10:00 a.m.</p>	<p>20</p>	<p>21 Commodities</p>	<p>22</p>
<p>25</p>	<p>26 Tai Chi 10:00 a.m.</p> <p>ZOOM to Learn: Relay Utah 1:00 p.m. See Page 12</p>	<p>27</p>	<p>28 Halloween Celebration</p>	<p>29 Closed for 5th Friday Cleaning Day</p>

Trips & Party Dates!

October 6 Birthday Dinner

October 13 Myers Lunch

October 18 -Gillies Lunch

Appointments & Classes

◆ Commodities October 21

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. M-F

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

Pickleball Too 10:00 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