

Daily Activities:

In house Lunch: Monday-Friday (except Holidays) 11:45 - \$3 if over 60 - Please call a day ahead if you want to join us for lunch (Or no later than 9:30 am the day of)

Weekday Mornings Low Impact Exercise with CD:

Please Come! Every Monday through Friday at 10am (New Time)

MONDAYS:

AFEP / Arthritis Foundation Exercise Class:

Please note this month only dates: Monday April 15th, 22nd and 29th only at 10:25 am

***NOTE: NO AFEP CLASS ON MONDAY APRIL 1st IT WILL BE:**

THURSDAY APRIL 4th **INSTEAD** AT 10:25 am



***Also: NO AFEP CLASS ON MONDAY APRIL 8th IT WILL BE:**

THURSDAY APRIL 11th **INSTEAD** AT 10:25 am

"Caregiver Academy" Great Class! Free - Monday, April 8th 12:30 pm -

This months Topic: "Family Dynamics, Involving the Family"

TUESDAYS:

****To do: Call or Come in WEEKS AHEAD to sign up for trips- these spots fill fast!***

St George Shopping: Tuesday April 9th, Bus \$8

Mah Jong: Every Tuesday at 1 pm (beginners welcome - they will teach you)

Antiquing & Thrift Stores in Hurricane & St George - April 16th

with "Group Share-Pot Bless" (see Tina for details on that) Bus \$8

Toenail trims: \$5 per person! OR Toenail trims, filing & 10 minute foot massage:\$10

You **MUST** call & Schedule/Sign up for this event (Age 60 & over)

WEDNESDAYS:

Local Shopping: Every Wednesday (after lunch)

Cards & Games: Every Wednesday at 12:30 pm

Birthday Lunch: April 17th - Music to follow by "The Baker Bunch"

THURSDAYS:

The "Senior Sew & Sews " Every Thursday 10:30 a.m.

***Care & Share:** Thursday April 4th or Thursday April 18th (2-6 p.m.)

Fun with Brett from Zions Way: April 25th (during lunch)

FRIDAYS:

Breakfast for Lunch - Friday, April 19th

"Going Green" for Arbor Day Lunch & Activity, April 26th



Christy & Leah- will play & sing for us again (after lunch) , April 26th

Open 5 days a week from 8 a.m. - 2 p.m. only

Home Delivery Meals (HDM): Monday, Wednesday, & Thursday (except holidays)

To sign up, come for lunch or for more information call 435-644-5250