



DAILY:

Morning Exercise W/DVD: 9 a.m. Every weekday

**Lunch:** Monday-Friday (except Holidays) served at 11:45 a.m. \$3 (over 60)

MONDAYS:

**AFEP - Arthritis Exercise Class** Every Mon .10:25 -11:30 am -

\*\*There will be No AFEP class on Monday Jan. 21st -We are closed\*

**New: The Caregiver Academy:** Monday January, 14th 12:30 - 2pm

CLOSED Monday January 21st (MLK Day)

TUESDAYS:

CLOSED Tuesday January 1st

**St George Shopping:** Tuesday Jan. 8th - \$8 for bus - Sign up early

**Hand Massages by Michele & Jen!** -Jan. 15th

**Field Trip: Historic Local History in St. George** - Jan. 22nd

**Christy & Leah will play & sing for us!** -Jan. 29th

**Mah Jong** Every Tuesday starts 1 pm

WEDNESDAYS:

**Local Shopping** Every Wednesday (after lunch)

**Cards & Games** Every Wednesday at 12:30 pm

**Zions Way** Jan. 9th during lunch

**Encompass Home Health** Jan. 23rd during lunch

**Birthday Lunch:** Jan. 16th with Fools Gold playing afterwards

THURSDAYS:

Join The "Senior Sew & Sews" every Thursday 10 a.m. - 12:30 p.m.

**Care & Share:** Thursday Jan. 3rd & Jan. 17th Over 60 is 2 p.m.-6 p.m.

**Brett with Zions Way** Jan. 24th

FRIDAYS:

Jake Bischoff & 4H Tech Help pm Friday Jan. 11th 1:30-2:30 pm

**Breakfast for Lunch** (a local favorite) - Friday Jan. 11th

 **Chinese New Year Celebration** Friday Jan. 25th.



恭賀新禧  
Happy New Year

The Senior Center Will be **CLOSED** January 1st & 21st



**Jake Bischoff & other "4 H" members will be here for Tech support for Phones, Tablets & Computers**  
**Friday January 11th at 1:30-2:30 pm bring your phones, tablets or computer you want help with as needed**

In house Lunch  
Monday - Friday  
60 + \$3.00  
Suggested Donation

The Senior Center is open 5 days a week from 8 am-2pm only.  
Please call ahead if you want to join us for lunch  
The day BEFORE or no later than 9:30 am the day of  
Please Home Delivery Meals are delivered Monday, Wednesday, & Thursday only.  
For more information on any of our activities call 435-644-5250 ask for Sarah or Tina