

# Activities CALENDAR FOR September 2010

Good Old-Fashioned School Days!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Classes, programs and entertainment are subject to change.  <b>Every day at the Center:</b> Lunch at 12:00. Age 60+ \$2.50 donation. Under 60: \$5.25. Reserve your lunch by 11:30 the day before.                      Pool, Quilting, Darts, &amp; Computer Lab  <b>Off-site activities:</b> Easy does it Water Aerobics: Tues. Thurs. &amp; Sat. 10:15; Weight Training: Mon., Wed., &amp; Sat. 10:30 am Kearns Oquirrh Park Fitness Center, 5624 South 4800 West, 966-5555.                      Bowling: Tuesday 1:00 Valley Bowling.</p> <p><b>Watch out for school kids!</b></p>	<p><b>1</b>                      8:45 – Tai Chi                      9-2 – Hair Care  <b>9-12 – Chair Massage by James</b>                      9:30 - Horseshoes                      10 – Digital Photography                      10 – Wii Fit                      10 – Leather Crafts                      10 – Creative Crafts  <b>11 – Clogging Grandmothers</b>                      12:30 – Dominos                      12:45 – Bingo                      1:30 – Spanish Class</p>	<p><b>2</b> <b>Game Day</b>                      10 – Golf – Wii Sports                      10 – Ceramics                      10 – Beginning Computer Class                      11 – Sharing Mothballs In My Attic                      12:30 – Harmonica Class                      12:40 – Pinochle                      1 – Intermediate Computer Class</p>	<p><b>3</b> <b>Wear a Kearns Shirt</b>                      9-2 – Hair Care                      9:30 – PACE “People With Arthritis Can Exercise”                      9:30 – Scrap Booking                      10 – Beginning Internet Computer Class                      10:30 – Sit’n Be Fit  <b>11 – Michael Harris</b>                      12:30 – Movie Matinee                      12:45 – Bingo  <b>2:15-3:45 – LY’nKS (Linking Youth and Kearns Seniors)</b>                      2:30 – Yoga</p>	
<p><b>6</b>  <b>Center Closed Today For Labor Day</b></p> 	<p><b>7</b>                      9 – Ceramics                      9:30 – PACE “People With Arthritis Can Exercise”                      10 – Bowling – Wii Sports                      10 – Art Class                      10:30 – Sit ‘n Be Fit  <b>11 – Vital Aging Project How to Improve Your Sleep</b>                      12:40 – Pinochle                      1 – Choir</p> 	<p><b>8</b> <b>12:00 Red Hat Luncheon 1:00 Meeting</b>                      8:45 – Tai Chi                      9-2 – Hair Care  <b>9-12 – Chair Massage by James</b>                      9:30 - Horseshoes                      10 – Digital Photography                      10 – Wii Fit                      10 – Leather Crafts                      10 – Creative Crafts  <b>11 – Sherie &amp; Rosie / Western Singers</b>                      12:30 – Dominos                      12:45 – Bingo                      1:30 – Spanish Class</p>	<p><b>9</b> <b>Game Day Yard Sale 9-5</b>                      10 – Golf – Wii Sports                      10 – Ceramics                      10 – Beginning Computer Class                      11 – Sharing Mothballs In My Attic                      12:30 – Harmonica Class                      12:40 – Pinochle                      1 – Intermediate Computer Class</p>	<p><b>10</b> <b>Wear Grubbies Yard Sale 9-5</b>                      9-2 – Hair Care                      9:30 – PACE “People With Arthritis Can Exercise”                      9:30 – Scrap Booking                      10 – Beginning Internet Computer Class                      10:30 – Sit’n Be Fit  <b>11 – Ron Archibald String Quintet</b>                      12:30 – Movie Matinee                      12:45 – Bingo                      2:30 – Yoga</p>
<p><b>13</b> <b>Birthday Monday</b>                      8:45 – Tai Chi  <b>10-11:30 – Blood Pressure &amp; Glucose Testing</b>                      10 – Forever Learning                      10 – Yoga  <b>12:30 – Free Bingo from Dignity Home Health &amp; Hospice</b>  <b>11 – Sherrie James / Western Singer</b>                      11 – Creative Writing                      12:30 – Learn to Crochet                      12:40 – Pinochle  <b>1 – Podiatrist / Dr Williams</b>                      1:30 – Spanish Class</p>	<p><b>14</b> <b>Christmas Box School &amp; Youth Services</b>                      9 – Ceramics                      9:30 – PACE “People With Arthritis Can Exercise”                      10 – Bowling – Wii Sports                      10 – Art Class                      10:30 – Sit ‘n Be Fit  <b>11 – Vital Aging Project How to Improve Your Sleep</b>                      12:40 – Pinochle                      1 – Choir</p> 	<p><b>15</b> 8:45 – Tai Chi                      9-2 – Hair Care  <b>9-12 – Chair Massage by James</b>                      9:30 – Horseshoes  <b>10 – Advisory Council Meeting</b>                      10 – Digital Photography                      10 – Wii Fit                      10 – Leather Crafts                      10 – Creative Crafts  <b>12:15 – Utah Hearing Relay</b>  <b>12-2 – Legal Services / with Jim Baker</b>                      12:30 – Dominos                      12:45 – Bingo                      1:30 – Spanish Class</p>	<p><b>16</b> <b>Game Day</b>                      10 – Golf – Wii Sports                      10 – Ceramics                      10 – Beginning Computer Class                      11 – Sharing Mothballs In My Attic                      12:30 – Harmonica Class                      12:40 – Pinochle                      1 – Intermediate Computer Class</p> 	<p><b>17</b> <b>Wear Blue Jeans</b>                      9-2 – Hair Care                      9:30 – PACE “People With Arthritis Can Exercise”                      9:30 – Scrap Booking                      10 – Beginning Internet Computer Class                      10:30 – Sit’n Be Fit  <b>11 – Henry Chandra</b>                      12:30 – Movie Matinee                      12:45 – Bingo  <b>2:15-3:45 – LY’nKS (Linking Youth and Kearns Seniors)</b>                      2:30 – Yoga                      4:00 – <b>Nite Time Party / Nice &amp; Dice / Soup Bar / Ice Cream</b></p>
<p><b>20</b> <b>Wendover Trip Bus leaves at 9:00 A.M.</b>                      8:45 – Tai Chi                      10 – Forever Learning                      10 – Yoga                      11 – Creative Writing                      12:30 – Learn to Crochet                      12:40 – Pinochle                      1:30 – Spanish Class</p>	<p><b>21</b>                      9 – Ceramics                      9:30 – PACE “People With Arthritis Can Exercise”                      10 – Bowling – Wii Sports                      10 – Art Class                      10:30 – Sit ‘n Be Fit  <b>11 – Vital Aging Project Families &amp; Recovery</b>                      12:40 – Pinochle                      1 – Choir</p>	<p><b>22</b> <b>Flu Shots 9-12</b>                      8:45 – Tai Chi                      9-2 – Hair Care  <b>9-12 – Chair Massage by James</b>                      9:30 – Horseshoes                      10 – Digital Photography                      10 – Wii Fit                      10 – Leather Crafts                      10 – Creative Crafts  <b>11 – The Free Range Chickens – Country Band</b>                      12:30 – Dominos                      12:45 – Bingo                      1:30 – Spanish Class</p>	<p><b>23</b> <b>Game Day</b>                      10 – Golf – Wii Sports                      10 – Ceramics                      10 – Beginning Computer Class                      11 – Sharing Mothballs In My Attic                      12:40 – Pinochle                      1 – Intermediate Computer Class                      2:00 – Harmonica Class</p>	<p><b>24</b> <b>Wear Something Red</b>                      9-2 – Hair Care                      9:30 – PACE “People With Arthritis Can Exercise”                      9:30 – Scrap Booking                      10 – Beginning Internet Computer Class                      10:30 – Sit’n Be Fit  <b>11 – Kevin Christensen / Piano Player</b>                      12:30 – Movie Matinee                      12:45 – Bingo                      2:30 – Yoga</p>
<p><b>27</b> <b>Slot Machine Monday</b>                      8:45 – Tai Chi                      10 – Forever Learning                      10 – Yoga                      11 – Creative Writing                      12:30 – Learn to Crochet                      12:40 – Pinochle                      1:30 – Spanish Class</p> 	<p><b>28</b>                      9 – Ceramics                      9:30 – PACE “People With Arthritis Can Exercise”                      10 – Bowling – Wii Sports                      10 – Art Class                      10:30 – Sit ‘n Be Fit  <b>11 – Vital Aging Project Families &amp; Recovery</b>                      12:40 – Pinochle                      1 – Choir</p>	<p><b>29</b> 8:45 – Tai Chi                      9-2 – Hair Care  <b>9-12 – Chair Massage by James</b>                      9:30 - Horseshoes                      10 – Digital Photography                      10 – Wii Fit                      10 – Leather Crafts                      10 – Creative Crafts  <b>11 – Kearns Senior Center Choir</b>  <b>12:30 – Book Club / “The Lovely Bones”</b>                      12:30 – Dominos                      12:45 – Bingo                      2 – Spanish Class</p>	<p><b>30</b> <b>Game Day</b>                      10 – Golf – Wii Sports                      10 – Ceramics                      10 – Beginning Computer Class                      11 – Sharing Mothballs In My Attic  <b>12:30 – White Elephant Bingo</b>                      12:40 – Pinochle                      1 – Intermediate Computer Class  <b>1-3 – 2010 Harmonica Jam Here at Our Center!</b></p>	<p><b>Monday – Friday: Breakfast 10 A.M.</b>                      Continental Breakfast Daily                      Tuesday-Oatmeal;                      Wednesday-French Toast;                      Thursday-Hard-boiled eggs;                      Friday-Pancakes &amp; Scrambled Eggs.  <b>Donations are Appreciated.</b></p>