










SENIOR MOMENTS



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• (435) 257-9455 • fax(435)257-9454 • 435-230-1353 • 510 W 1000 N • mlayne@tremontoncity.com

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Computer 9-11 Arth Exer 9:30 Sit & Stretch 10:30 BINGO Sponsored by Symbii with Brenda 12:30	2 Computer 9-11 Sit & Stretch 10:30 Civic Club 4:00	3 Arth Exer 9:30 O'Dell Summers  VITA & AARP Taxes
6 Arth Exer 9:30 Sit & Stretch 10:30 CO DUP 1:00pm	7 Computer 9-11 Sit & Stretch 10:30 Tatting 12:00 Stagecoach DUP 1:00 IHC Blood Pressure  Evening Computer Class 6-8	8 Computer 9-11 Arth Exer 9:30 Card Making 10:00 Sit & Stretch 10:30 Bear River Valley Care Center Free Lunch Integrity Game Day	9 Computer 9-11 Sit & Stretch 10:30 Reflections 4:30	10 Arth Exer 9:30 VITA & AARP Taxes
13 Arth Exer 9:30 Sit & Stretch 10:30 Garland DUP	14 Computer 9-11 Sit & Stretch 10:30 Tatting 12:00 Evening Computer Class 6-8	15 Computer 9-11 Arth Exer 9:30 Sit & Stretch 10:30 Foot Clinic  (By Appointment)	16 Computer 9-11 Sit & Stretch 10:30 Rudd Funeral Home Free Lunch Reflections 4:30	17 Arth Exer 9:30 Windy Hollow  Band 
20 Arth Exer 9:30 Sit & Stretch 10:30 Midland DUP	21 Computer 9-11 Quilt Guild 9:00 Sit & Stretch 10:30 Tatting 12:00  IHC Blood Pressure Evening Computer Class 6-8	22 Computer 9-11 Arth Exer 9:30 Sit & Stretch 10:30 Chuck O'Rama 11:00	23 Computer 9-11 Sit & Stretch 10:30 Movie Day 12:30 	24 Arth Exer 9:30 Best Friends 
27 Arth Exer 9:30 Sit & Stretch 10:30 Facial by Appt.	28 Computer 9-11 Sit & Stretch 10:30 Tatting 12:00 Evening Computer Class 6-8	29 Computer 9-11 Arth Exer 9:30 Sit & Stretch 10:30 Health Fair 10am to 1pm 	30 Computer 9-11 Sit & Stretch 10:30	31 Arth Exer 9:30