SENIOR .....

...MOMENTS

Volume 6 Issue 4 April 2013

Bear River Valley Senior Center

• (435) 257-9455 • fax(435)257-9454 • 435-230-0309 • 510 W 1000 N • mlayne@tremontoncity.com

Happenings : BILLIARDS & QUILTING EVERY DAY Sitting Exercises daily 10:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Arth. Exercise 9:30 County DUP Weight Watchers 5:00	2 IHC Ladies Blood Pressure11-12 Tatting 12:00 Stagecoach DUP 12:30	3 Wii Arthritis Exercise 9:30 Encompass L&L BINGO 1:00 AARP Tax Help By appointment	4 Civic Club 4:00 Reflections 4:00	5 Odell Summers Entertainment 11:30 Vita Tax Help
8 Arthritis Exercise 9:30 Garland DUP 1:00 Weight Watchers 5:00	9 HEAT Help Tatting 12:00	10 Wii Arthritis Exercise 9:30 Integrity-Pass the Buck game 12:30 AARP Tax Help By appointment	11 Country Quilters 1-3 Reflections 4:00 Computer 2:00pm	12 Becky Kimball entertainment 11:30 Vita Tax Help
15 Arthritis Exercise 9:30 Weight Watchers 5:00	16 Happy Harvesters Quilt Guild 9:30 AARP Defensive Driving class Sign up please IHC Ladies Blood Pressure11-12 Tatting 12:00	17 Wii Arthritis Exercise 9:30 CARD making Legacy Foot Clinic 1:00	18 Rudd Funeral Home sponsors lunch 12:00, Reservation please. Civic Club 4:00 Reflections 4:00 American Legion	19 Westernaires entertainment 11:30
22 Earth Day Arthritis Exercise 9:30 Weight Watchers 5:00	23 Tatting 12:00 Relay Utah L&L	24 Wii Arthritis Exercise 9:30 Chuck-O-Rama USU cooking on a budget 6:30	25 Reflections 4:00	26 Best Friends entertainment 11:30
29 Arthritis Exercise 9:30 Weight Watchers 5:00	30 Tatting 12:00	Earth Day		