



SOUTH DAVIS SENIOR ACTIVITY CENTER

726 S 100 E Bountiful 801-451-3660



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness	Sit n Fit	EnhanceFitness		EnhanceFitness
8:30		Begining Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing		Sit n Fit Stained Glass	Sit n Fit	Sit n Fit Stained Glass Water Color
9:30	Line Dancing		Line Dancing	Crochet	Line Dancing
9:45					Tai Chi
11:00			Tai Chi for Arthritis	Tai Chi for Arthritis	
12:30			Grocery Shopping		
12:45		Bingo		Bingo	
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

December Special Events

Tuesday December 12,2023

Gingerbread Cookie Day@ 11:14 am

Decorate and Eat Gingerbread people and build Gingerbread Houses

Wednesday December 20,2023

Go Caroling Day sing along and Special meal

Holiday sing along at 11:30 AM, Chicken Cordon Blu Special Lunch @ 11:45

Thursday December 21,2023

Student Christmas Performance

Lunch served @ 11:45 AM
Musical performance to start @ noon

Friday December 29,2023

Happy Noon Years Pizza Party

Ring in the New Year with a countdown to Noon. Enjoy our slideshow of memories and Pizza!

Looking Back on 2023!

