

November

South Davis Senior Activities Center

726 S 100 E Bountiful 801-451-3660

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	EnhanceFitness		EnhanceFitness	Gentle Yoga	EnhanceFitness
8:30		Begining Tap			
9:00	Sit n Fit Stained Glass Pencil Drawing	Sit n Fit	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	Bingocize	Bingo		Bingo	Bingocize
1:00	Bridge	Pinochle Oil Painting		Bridge	
2:00	Tap Dancing		Tap Dancing		
3:00		Open Pickleball Court		Alzheimer's Group 1st & 3rd Thurs	

November Special Events

November 15, 2023

10am-1pm



VACCINATION CLINIC

- FLU • PNEUMONIA
- TDAP • SHINGLES
- COVID-19 • HEPATITIS A&B
- RSV

Ham before Turkey Day!

November 22, 2023

Turkey Games
11am-12pm
Wednesday
Nov. 22nd



Ham, Funeral Potatoes,
Mixed Veggies, and Pie

Lunch @ 11:45 \$3.00 Contribution

Natl' French Toast Day!

Lunch/Brunch @ 11:45

French Toast
Eggs
Fruit
Sausage

\$3.00 Suggested Contribution



November 28, 2023