

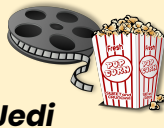

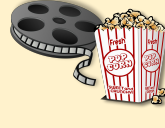

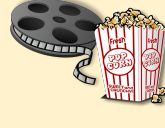








Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 </p> <p>8:00 Lapidary 9:00 China Painting 10:00 Quilters 10:30 Boredom Buster Games 11:30 LUNCH 11:30 May Day Activity 12:30 Pinochle 12:30 12:30 Shopping @ Walmart 1:00 Line Dancing</p>	<p>2</p> <p>9:00 Art Class 10:00 Technology Lab 10:00 Blood Pressure Clinic 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p> <p>Senator Mike Lee's Senior Resource Fair 9:00 to 12:00</p>	<p>3</p> <p>11:30 LUNCH 12:00 Theatre Thursday 12:30 Pinochle</p> <p>Attorney by appointment</p> <p><i>Today's Movie:</i>  Star Wars: The Last Jedi</p>	<p>4</p> <p>10:30 Boredom Buster Games 11:30 LUNCH 11:30 Kentucky Derby Puzzle 12:00 Texas Hold'Em Poker 12:30 Bingo</p>
<p>7</p> <p>10:30 Boredom Buster Games 11:30 LUNCH 11:30 Milky Way Day 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>8</p> <p>8:00 Lapidary 9:00 China Painting 10:00 Quilters 10:30 Boredom Buster Games 10:30 Blood Pressure Clinic 11:30 LUNCH 12:30 Pinochle 1:00 Line Dancing 2:00 Caregiver Class</p>	<p>9 </p> <p>9:00 Art Class 10:00 Technology Lab 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>10</p> <p>10:30 Boredom Buster Games 11:30 LUNCH 11:30 Golden Spike Day 12:00 Theatre Thursday 12:30 Pinochle</p> <p><i>Today's Movie:</i>  Steel Magnolias</p>	<p>11</p> <p>10:30 Boredom Buster Games 11:30 LUNCH 11:30 Mother's Day Celebration 12:00 Texas Hold'Em Poker 12:30 Bingo</p>
<p>14</p> <p>10:30 Boredom Buster Games 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>15 </p> <p>8:00 Lapidary 9:00 China Painting 10:00 Quilters 10:15 Tai Chi 10:30 Boredom Buster Games 11:30 LUNCH 12:30 Pinochle 12:30 Shopping @ Walmart 1:00 Line Dancing</p>	<p>16</p> <p>9:00 Art Class 10:00 Technology Lab 10:30 Blood Pressure Clinic 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>17</p> <p>10:15 Tai Chi 10:30 Boredom Buster Games 11:30 LUNCH 11:30 Flower Superstitions 12:00 Theatre Thursday 12:30 Pinochle</p> <p><i>Today's Movie:</i>  To Be Announced</p>	<p>18</p> <p>11:30 LUNCH 11:30 Off to the races 12:00 Texas Hold'Em Poker 12:30 Bingo</p>
<p>21</p> <p>10:30 Boredom Buster Games 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>22</p> <p>8:00 Lapidary 9:00 China Painting 10:00 Quilters 10:15 Tai Chi 10:30 Boredom Buster Games 10:30 Blood Pressure Clinic 11:30 LUNCH 12:15 Craft Class 12:30 Pinochle 1:00 Line Dancing 2:00 Caregiver Class</p> <p>Health Fair 9:00 to 11:00</p>	<p>23 </p> <p>9:00 Art Class 10:00 Technology Lab 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>24</p> <p>10:15 Tai Chi 10:30 Boredom Buster Games 11:30 LUNCH 12:00 Theatre Thursday 12:30 Pinochle</p> <p><i>Today's Movie:</i>  To Be Announced</p>	<p>25</p> <p>11:15 May Birthday Party 11:30 LUNCH 12:00 Texas Hold'Em Poker 12:30 Bingo</p>
<p>28 Memorial Day Center Closed</p> <p></p>	<p>29 </p> <p>8:00 Lapidary 9:00 China Painting 10:00 Quilters 10:15 Tai Chi 10:30 Boredom Buster Games 11:30 LUNCH 11:30 Name That Tune 12:30 Pinochle 12:30 Shopping @ Walmart 1:00 Line Dancing</p>	<p>30</p> <p>9:00 Art Class 10:00 Technology Lab 11:30 LUNCH 11:30 National Health & Fitness Day Activity 12:00 Texas Hold'Em Poker 12:30 Bingo</p>	<p>31</p> <p>10:15 Tai Chi 10:30 Boredom Buster Games 11:30 LUNCH 12:00 Theatre Thursday 12:30 Pinochle</p> <p><i>Today's Movie:</i>  To Be Announced</p>	<p></p>

North Davis Senior Activity Center

42 S. State Street
Clearfield, UT 84015
801-525-5080

Hours of operation:
Monday ~ Friday 8:00 to 5:00
Lunch Served at 11:30a.m.
Suggested Lunch Contribution:
\$3.00- 60 and over

For those 59 & below:
Set price of \$6.00

Available all day:
Pool Tables, Computers,
Treadmill, Recumbent Bike, Jigsaw
Puzzle, & Library w/ books,
videos, and puzzles!!



TAI CHI FOR ARTHRITIS

WHEN |
Tuesday & Thursday
10:15-11:15am
Starts May 15th for 8 weeks


WHERE |
North Davis Senior Activity Center
Fitness Room
42 State Street Clearfield, UT 84015

MORE INFORMATION |
801-525-5047
www.livingwell.utah.gov

BENEFITS:

- Increase strength, balance and posture
- Prevent falls
- Improve mind, body, & spirit
- Reduce stress and increase relaxation

Tai Chi is an ancient exercise that combines slow moving with deep breathing



Join me

