

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Ti Chi [DR]</p> <p>10:00 ● LDS church servies [S]</p> <p>10:30 ● Mindful benefit foods and Conversation</p> <p>1:30 ● Sunday Football Game [FM]</p> <p>2:00 ● Thymeless - Gardening [DR]</p> <p>2:15 ● Thymeless - Cooking</p> <p>3:00 ● Bible Study with Pastor Dan and Michelle in Assisted Living Sunroom [S]</p> <p>3:00 ● Craft'n</p> <p>3:30 ● Giant Crossword Puzzle</p> <p>4:00 ● Walking club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Might Weights</p> <p>10:00 ● Happy News of the day!</p> <p>10:15 ● Poetry with South Jordan Library [FM]</p> <p>10:30 ● Book club</p> <p>10:30 ● Thymeless - Gardening</p> <p>1:15 ● Polish Me Pretty</p> <p>2:30 ● Gabfest, Hot drinks and podcast [S]</p> <p>2:30 ● Thymeless - Cooking</p> <p>3:30 ● Afternoon Stroll [S]</p> <p>3:30 ● Thymeless - Gardening</p> <p>4:00 ● Relaxing Coloring</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Minding Movement Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Let's Make a Deal!</p> <p>10:30 ● Thymeless - Gardening</p> <p>11:00 ● Essence</p> <p>11:30 ● Odd Fellows Club</p> <p>1:00 ● Music Therapy [DR]</p> <p>1:30 ● Choir Practice</p> <p>2:30 ● Thymeless - Cooking [S]</p> <p>3:30 ● Learning New Art Skills - Beading</p> <p>5:30 ● Town Hall Meeting with Families</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Fly away with Me [DR]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Swimming Outing</p> <p>10:30 ● The Quizzards Club- [S]</p> <p>1:15 ● Ringtoss/Horseshoes [DR]</p> <p>1:30 ● Essence</p> <p>2:30 ● Gabfest, hot drinks, and podcast</p> <p>2:30 ● Thymeless - Cooking Healthy Dips and Veggies</p> <p>3:00 ● Tibetan Singing Bowls [L]</p> <p>3:30 ● Woodworking Projects</p> <p>5:30 ● Walking Club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Thymeless - Gardening</p> <p>9:30 ● Zumba [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Positive Affirmations [DR]</p> <p>10:30 ● SPARKS</p> <p>1:30 ● Essence</p> <p>1:30 ● Welcome Committee Club [L]</p> <p>2:30 ● Thymeless - Cooking [DR]</p> <p>3:30 ● Card Games</p> <p>3:30 ● Puzzle with me</p> <p>5:30 ● Polish Me Pretty [DR]</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Yoga [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:00 ● Visit Our State Capital</p> <p>1:15 ● Lets Roll The Dice [DR]</p> <p>2:00 ● Thymeless - Cooking [DR]</p> <p>5:30 ● Giant Word Cross Puzzle</p> <p>5:30 ● Good Old Movie and Popcorn</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - gardening [S]</p> <p>9:30 ● Chair Dance Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● New Event Name</p> <p>1:15 ● Relaxation Coloring</p> <p>1:30 ● Essence [DR]</p> <p>2:00 ● Thymeless - Cooking - Smoothie Blast</p> <p>2:30 ● Bingo</p> <p>3:15 ● Horserace [DR]</p> <p>4:00 ● walking Club</p> <p>5:30 ● Learn about one of Our States</p>
<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Ti Chi [DR]</p> <p>10:00 ● LDS church servies [S]</p> <p>10:30 ● Mindful benefit foods and Conversation</p> <p>1:30 ● Sunday Football Game [FM]</p> <p>2:00 ● Thymeless - Gardening [DR]</p> <p>2:15 ● Thymeless - Cooking</p> <p>3:00 ● Bible Study with Pastor Dan and Michelle in Assisted Living Sunroom [S]</p> <p>3:00 ● Craft'n</p> <p>3:30 ● Giant Crossword Puzzle</p> <p>4:00 ● Walking club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Might Weights</p> <p>10:00 ● Happy News of the day!</p> <p>10:15 ● Poetry with South Jordan Library [FM]</p> <p>10:30 ● Book club</p> <p>10:30 ● Thymeless - Gardening</p> <p>1:15 ● Polish Me Pretty</p> <p>2:30 ● Gabfest, Hot drinks and podcast [S]</p> <p>2:30 ● Thymeless - Cooking</p> <p>3:30 ● Afternoon Stroll [S]</p> <p>3:30 ● Thymeless - Gardening</p> <p>4:00 ● Relaxing Coloring</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Minding Movement Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Let's Make a Deal!</p> <p>10:30 ● Thymeless - Gardening</p> <p>11:00 ● Essence</p> <p>11:30 ● Odd Fellows Club</p> <p>1:00 ● Music Therapy [DR]</p> <p>1:30 ● Choir Practice</p> <p>2:30 ● Thymeless - Cooking [S]</p> <p>3:30 ● Learning New Art Skills - Beading</p> <p>5:30 ● Town Hall Meeting with Families</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Fly away with Me [DR]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Swimming Outing</p> <p>10:30 ● The Quizzards Club- [S]</p> <p>1:15 ● Ringtoss/Horseshoes [DR]</p> <p>1:30 ● Essence</p> <p>2:30 ● Gabfest, hot drinks, and podcast</p> <p>2:30 ● Thymeless - Cooking Healthy Dips and Veggies</p> <p>3:00 ● Tibetan Singing Bowls [L]</p> <p>3:30 ● Woodworking Projects</p> <p>5:30 ● Walking Club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Thymeless - Gardening</p> <p>9:30 ● Zumba [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Positive Affirmations [DR]</p> <p>10:30 ● SPARKS</p> <p>1:30 ● Essence</p> <p>1:30 ● Welcome Committee Club [L]</p> <p>2:30 ● Thymeless - Cooking [DR]</p> <p>3:30 ● Card Games</p> <p>3:30 ● Puzzle with me</p> <p>5:30 ● Polish Me Pretty [DR]</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Hill Air Force Museum</p> <p>9:30 ● Yoga [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>1:15 ● Lets Roll The Dice [DR]</p> <p>2:00 ● Thymeless - Cooking [DR]</p> <p>3:00 ● Ice Cream social and Virtual Reality Scuba Diving</p> <p>5:30 ● Giant Word Cross Puzzle</p> <p>5:30 ● Good Old Movie and Popcorn</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - gardening [S]</p> <p>9:30 ● Chair Dance Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>1:15 ● Relaxation Coloring</p> <p>1:30 ● Essence [DR]</p> <p>2:00 ● Thymeless - Cooking - Smoothie Blast</p> <p>2:30 ● Bingo</p> <p>3:15 ● Golf [DR]</p> <p>4:00 ● walking Club</p> <p>5:30 ● Learn about one of Our States</p>
<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Ti Chi [DR]</p> <p>10:00 ● LDS church servies [S]</p> <p>10:30 ● Mindful benefit foods and Conversation</p> <p>1:30 ● Sunday Football Game [FM]</p> <p>2:00 ● Thymeless - Gardening [DR]</p> <p>2:15 ● Thymeless - Cooking</p> <p>3:00 ● Bible Study with Pastor Dan and Michelle in Assisted Living Sunroom [S]</p> <p>3:00 ● Craft'n</p> <p>3:30 ● Giant Crossword Puzzle</p> <p>4:00 ● Walking club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Might Weights</p> <p>10:00 ● Happy News of the day!</p> <p>10:30 ● Book club</p> <p>10:30 ● Thymeless - Gardening</p> <p>1:15 ● Polish Me Pretty</p> <p>2:30 ● Gabfest, Hot drinks and podcast [S]</p> <p>2:30 ● Thymeless - Cooking</p> <p>3:30 ● Afternoon Stroll [S]</p> <p>3:30 ● Thymeless - Gardening</p> <p>5:30 ● Relaxing Coloring</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Minding Movement Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● LDS Devotional</p> <p>10:30 ● Thymeless - Gardening</p> <p>11:00 ● Essence</p> <p>1:30 ● Choir Practice</p> <p>2:30 ● Thymeless - Cooking [S]</p> <p>3:30 ● Board Games</p> <p>5:30 ● Learning A New Art Skill - Paint Night with Bella</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Fly away with Me [DR]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Bowling Outing</p> <p>1:15 ● Ringtoss/Horseshoes [DR]</p> <p>1:30 ● Essence</p> <p>2:30 ● Gabfest, hot drinks, and podcast</p> <p>2:30 ● Thymeless - Cooking Healthy Dips and Veggies</p> <p>3:30 ● Woodworking Projects</p> <p>5:30 ● Walking Club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● LDS Temple Trip</p> <p>9:30 ● Thymeless - Gardening</p> <p>9:30 ● Zumba [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Positive Affirmations [DR]</p> <p>10:30 ● SPARKS</p> <p>1:30 ● Essence</p> <p>2:30 ● Thymeless - Cooking [DR]</p> <p>3:30 ● Card Games</p> <p>3:30 ● Puzzle with me</p> <p>5:30 ● Polish Me Pretty [DR]</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Yoga [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Sliver Sneakers at South Jordan Rec Center</p> <p>1:15 ● Lets Roll The Dice [DR]</p> <p>2:00 ● Thymeless - Cooking [DR]</p> <p>3:00 ● Ice Cream social and Listen to Kevin Scott</p> <p>5:30 ● Giant Word Cross Puzzle</p> <p>5:30 ● Good Old Movie and Popcorn</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - gardening [S]</p> <p>9:30 ● Chair Dance Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>1:15 ● Relaxation Coloring</p> <p>1:30 ● Essence [DR]</p> <p>2:00 ● Thymeless - Cooking - Smoothie Blast</p> <p>2:30 ● Bingo</p> <p>3:15 ● Badminton</p> <p>4:00 ● walking Club</p> <p>5:30 ● Learn about one of Our States</p>
<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Ti Chi [DR]</p> <p>10:00 ● LDS church servies [S]</p> <p>10:30 ● Mindful benefit foods and Conversation</p> <p>1:30 ● Sunday Football Game [FM]</p> <p>2:00 ● Thymeless - Gardening [DR]</p> <p>2:15 ● Thymeless - Cooking</p> <p>3:00 ● Bible Study with Pastor Dan and Michelle in Assisted Living Sunroom [S]</p> <p>3:00 ● Craft'n</p> <p>3:30 ● Giant Crossword Puzzle</p> <p>4:00 ● Walking club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Might Weights</p> <p>10:00 ● Happy News of the day!</p> <p>10:30 ● Book club</p> <p>10:30 ● Thymeless - Gardening</p> <p>1:15 ● Polish Me Pretty</p> <p>2:30 ● Gabfest, Hot drinks and podcast [S]</p> <p>2:30 ● Thymeless - Cooking</p> <p>3:30 ● Afternoon Stroll [S]</p> <p>3:30 ● Thymeless - Gardening</p> <p>5:30 ● Relaxing Coloring</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Minding Movement Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Let's Make a Deal!</p> <p>10:30 ● Thymeless - Gardening</p> <p>11:00 ● Essence</p> <p>11:30 ● Red Hat Society</p> <p>1:00 ● Music Therapy [DR]</p> <p>1:30 ● Choir Practice</p> <p>2:30 ● Thymeless - Cooking [S]</p> <p>3:30 ● Learning a New Art Skill - Sculpting</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Fly away with Me [DR]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Silver Sneakers at South Jordan Rec Center</p> <p>1:15 ● Ringtoss/Horseshoes [DR]</p> <p>1:30 ● Essence</p> <p>2:30 ● Gabfest, hot drinks, and podcast</p> <p>2:30 ● Thymeless - Cooking Healthy Dips and Veggies</p> <p>3:00 ● Tibetan Singing Bowls [L]</p> <p>3:30 ● Woodworking Projects</p> <p>5:30 ● Walking Club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Thymeless - Gardening</p> <p>9:30 ● Zumba [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Positive Affirmations [DR]</p> <p>10:30 ● SPARKS</p> <p>1:30 ● Essence</p> <p>2:30 ● Thymeless - Cooking [DR]</p> <p>3:30 ● Card Games</p> <p>3:30 ● Puzzle with me</p> <p>5:30 ● Polish Me Pretty [DR]</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Yoga [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Fort Douglas Museum</p> <p>1:15 ● Lets Roll The Dice [DR]</p> <p>2:00 ● Thymeless - Cooking [DR]</p> <p>3:00 ● Ice Cream social and The Mixed Nuts</p> <p>5:30 ● Giant Word Cross Puzzle</p> <p>5:30 ● Good Old Movie and Popcorn</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - gardening [S]</p> <p>9:30 ● Chair Dance Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>1:15 ● Relaxation Coloring</p> <p>1:30 ● Essence [DR]</p> <p>2:00 ● Thymeless - Cooking - Smoothie Blast</p> <p>2:30 ● Bingo</p> <p>3:15 ● Target Practice [DR]</p> <p>4:00 ● walking Club</p> <p>5:30 ● Learn about one of Our States</p>
<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Ti Chi [DR]</p> <p>10:00 ● LDS church servies [S]</p> <p>10:30 ● Mindful benefit foods and Conversation</p> <p>1:30 ● Sunday Football Game [FM]</p> <p>2:00 ● Thymeless - Gardening [DR]</p> <p>2:15 ● Thymeless - Cooking</p> <p>3:00 ● Bible Study with Pastor Dan and Michelle in Assisted Living Sunroom [S]</p> <p>3:00 ● Craft'n</p> <p>3:30 ● Giant Crossword Puzzle</p> <p>4:00 ● Walking club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Might Weights</p> <p>10:00 ● Happy News of the day!</p> <p>10:30 ● Book club</p> <p>10:30 ● Thymeless - Gardening</p> <p>1:15 ● Polish Me Pretty</p> <p>2:30 ● Gabfest, Hot drinks and podcast [S]</p> <p>2:30 ● Thymeless - Cooking</p> <p>3:30 ● Afternoon Stroll [S]</p> <p>3:30 ● Thymeless - Gardening</p> <p>5:30 ● Relaxing Coloring</p>	<p>Fun Day at Work</p> <p>8:30 ● stylin' for the Day</p> <p>9:30 ● Minding Movement Exercise</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● LDS Devotional</p> <p>10:30 ● Let's Make a Deal!</p> <p>10:30 ● Thymeless - Gardening</p> <p>11:00 ● Essence</p> <p>1:30 ● Choir Practice</p> <p>2:30 ● Thymeless - Cooking [S]</p> <p>3:30 ● Learning a New Art Skill - Sewing/knitting</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Fly away with Me [DR]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Van Ride</p> <p>1:15 ● Ringtoss/Horseshoes [DR]</p> <p>1:30 ● Essence</p> <p>2:30 ● Gabfest, hot drinks, and podcast</p> <p>2:30 ● Thymeless - Cooking Healthy Dips and Veggies</p> <p>3:30 ● Woodworking Projects</p> <p>5:30 ● Walking Club</p>	<p>8:30 ● stylin' for the Day</p> <p>9:30 ● Thymeless - Gardening</p> <p>9:30 ● Zumba [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Positive Affirmations [DR]</p> <p>10:30 ● SPARKS</p> <p>1:30 ● Essence</p> <p>2:00 ● Casino Days</p> <p>2:30 ● Thymeless - Cooking [DR]</p> <p>3:30 ● Card Games</p> <p>3:30 ● Puzzle with me</p> <p>5:30 ● Polish Me Pretty [DR]</p>	<p>8:30 ● stylin' for the Day</p> <p>9:00 ● Thymeless - Gardening</p> <p>9:30 ● Yoga [CS]</p> <p>10:00 ● Happy News! [S]</p> <p>10:30 ● Sliver Sneakers at South Jordan Rec Center</p> <p>1:15 ● Lets Roll The Dice [DR]</p> <p>2:00 ● Thymeless - Cooking [DR]</p> <p>3:00 ● Ice Cream social and The Decibells</p> <p>5:30 ● Giant Word Cross Puzzle</p> <p>5:30 ● Good Old Movie and Popcorn</p>	<p>Location Keys</p> <p>Creative Studio CS</p> <p>Dinning Room DR</p> <p>Family Room FM</p> <p>Library L</p> <p>Sunroom S</p>