



Bryce Valley Senior Center

JULY

Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30	31	

AUGUST

Mon	Tue	Wed	Thur	Fri	Sat
					1
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29

SEPTEMBER

Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30			

Dates may change

Scheduled Trips: Call to check where we're going & to let us know you want to go.

Also Request Other Trips

Exercise Class Tues 12:30 - 1:30

Health Nurse & BINGO

@ Center (11:30 - 1:00)

Deaf & Hearing Specialist:

Call for Appointments

For More Info

Contact Doug @ 616-8926

MISCELLANEOUS INFORMATION

✚ **Menus for July, August, September**
Please Call by 10:00 AM - 679-8666
 if you would like lunch.
 (Suggested Donation: \$3.00 for 60+;
 \$7.00 for under 60)

✚ **“Walk with Ease” exercise class is**
at 12:30 Every Tuesday
 The Van can pick you up if you would like to come to the center to eat or to exercise class.

✚ **We would be happy to take anyone on a “field” trip.** Some suggestion have been Tuachan, Shakespeare Festival, Fruita to pick fruit, County Fairs, etc. Let us know if you want to travel with us.

✚ **Hearing Specialist will be in the county once a month** Call for date she'll be here.

✚ **Mystery Box – Drawing held the LAST Wed each month for prizes.** Enter EVERY time you come to lunch at the CENTER. **You Must Be here to win.**

✚ **Health Nurse & BINGO 2nd Wednesday each month (About 45 mins.)**

✚ We would like to email the newsletter if possible – please send us your email:
henrieville@scinternet.net