

# Central Davis Senior Activities Center

## Daily Activities

### Mondays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:00 am Wii Games
- 11:30 am Lunch
- 12:15 pm Bingocize
- 1:00 pm Line Dancing With Linda
- 2:00 pm Beginners Line Dancing



### Tuesdays

- 9:00 am Art Class With Kathy
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:30 am Lunch
- 1:00 pm Art Class With Kathy

### Wednesdays

- 8:00 am EnhanceFitness Class
- 9:00 am Oil Painting/Watercolors
- 9:30 am EnhanceFitness Class
- 10:15 am Bingo
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12 - 3 pm Ceramic Instructor Available
- 12:30 pm Pinochle
- 12:30 pm Square Dancing

### Thursdays

- 9:00 am Marvelous Crafters Class
- 10:00 am Tai Chi With Diana
- 10:30 am Boredom Buster Game
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:15 pm Bingocize
- 12:30 pm Mah Jongg



### Fridays

- 8:00 am EnhanceFitness Class
- 8:50 am EnhanceFitness Class
- 11:00 am Ceramics & Crafts
- 11:30 am Lunch
- 12:00 pm Movie (Call For Info)
- 12:15 pm Shopping Day
- 12:30 pm Bridge



## Featured Activity



### JOIN US FOR NEW YEAR'S ROCKIN' EVE AT CENTRAL DAVIS!!!

**When:** Friday Dec. 29 at 11:00am

**Entertainment:** Rocking Dave Allen

**Countdown:** 10 seconds to noon



### On The Menu:

Chicken Cordon Bleu  
Texas Roadhouse Roll  
Cheesecake Dessert  
Rice Pilaf

**You must sign up by contacting  
our front desk to receive a meal**

**Meal is limited to 80 people**

**81 E. Center Street, Kaysville (801) 444-2290**