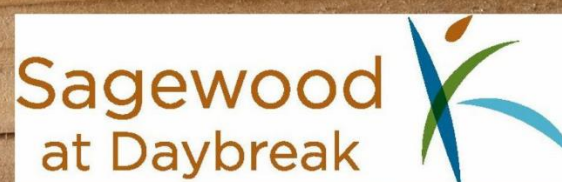


SUN	MON	TUE	WED	THUR	FRI	SAT
Sagewood Activity Calendar Art of Living Well	Always check the Uniguest App for the most up to date information.	9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Hallway Club: Life Sketch (1st Floor AL Hallway) 11:00 Strength Class (FC) 12:00 Dining Music with Alex (AL Dining Room) 1:30 Modern Matinee: Top Gun Maverick (FR) 3:30 Food Storage Seminar (SUM)	8:30 Flu & Covid shots (Family Room (8:30-Noon)) 9:15 CANCELLED: Aquarobics (POOL) 10:15 Sit N Fit w. Bands (SUM) 10:30 Smith's Shopping Trip (BUS) 11:00 Advanced Balance (FC) 11:00 Hallway Club: Seated Exercise (MT. V) 1:30 Ambassador Training (FR) 2:15 Bingo! (AL DR) 3:30 Farkle (GL) 7:00 Pinochle (IC)	9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 1:30 Wood Shop by Appointment (SHOP) 2:00 Hallway Club: Bingo (1st Floor AL Hallway) 3:30 Birthday Celebration (LOB) 7:00 Thursday Tunes: Pop Orchestra Soloist (SUM)	9:15 CANCELLED: Aquarobics (POOL) 10:15 Music in Motion (SUM) 11:00 Advanced Balance (SUM) 2:00 Art Class: Starry Night Ghosts (ART) 3:30 Fireplace Music Hour (LOB)	10:15 CANCELED Sit N Fit Club (SUM) 11:00 Scenic Drive (BUS) 1:30 Ceramic Lessons by Appointment (ART) 2:15 Canceled: Bingo (AL DR)
10:00 Sacramento Meeting (SUM) 12:30 Live Piano Music (LOB) 1:30 Mexican Train Dominos (Internet Café) 2:00 Scenic Drive (BUS)	9:15 CANCELLED: Aquarobics (POOL) 9:30 Walmart Shopping Trip (BUS) 10:15 Sit & Fit (SUM) 11:00 Stretch, Breathe and Balance (FC) 11:00 Mountain View Club (MT. V) 1:00 Monday Outing: Costco (BUS) 1:00 Mah Jongg (AL Dining Room) 1:30 Health Fair (SUM) 2:00 Hallway Club: Bingo (2nd Floor AL Hallway) 3:30 Josh Turns Into a Scarecrow (GR) 5:45 Restaurant Trip: (BUS)	9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Hallway Club: Life Sketch (1st Floor AL Hallway) 11:00 Strength Class (FC) 2:00 Parkinson's Support Group (FR) 3:30 Balloon Volleyball (SUM)	9:15 Aquarobics (POOL) 10:00 Flu & Covid Vaccines for Assisted Living residents (GR) 10:15 Sit N Fit w. Bands (SUM) 10:30 Smith's Shopping Trip (BUS) 11:00 Advanced Balance (FC) 1:30 Crochet Corner (Internet Café) 1:30 Tour of Sagewood (LOB) 2:15 Bingo! (AL DR) 3:30 Farkle (GL) 3:30 Meet the Candidates (SUM) 4:00 Wine Wednesday (FR) 7:00 Pinochle (IC)	9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 2:00 West Jordan Senior Band (SUM) 7:00 Thursday Tunes: Terry McClellan (SUM)	9:15 Aquarobics (POOL) 10:15 Music in Motion (SUM) 11:00 Advanced Balance (SUM) 2:00 Special Guest Art Instructor (ART) 3:30 Music Hour w. Josh - Meet Your New Neighbors! (LOB)	10:15 Sit N Fit Club (SUM) 11:00 Scenic Drive (BUS) 1:30 Ceramic Lessons by Appointment (ART) 2:15 Bingo! (AL DR)
10:00 Sacramento Meeting (SUM) 12:30 Live Piano Music (LOB) 1:30 Mexican Train Dominos (Internet Café) 2:00 Scenic Drive (BUS) 3:00 "The Chosen" Viewing and Discussion (FR)	9:15 Aquarobics (POOL) 9:30 Walmart Shopping Trip (BUS) 10:15 Sit & Fit (SUM) 11:00 Stretch, Breathe and Balance (FC) 11:00 Mountain View Club (MT. V) 1:00 Monday Outing: District (BUS) 1:00 Mah Jongg (AL Dining Room) 1:30 SK Crafts: String Art on Pumpkins (ART) 3:30 Sagewood: The Board Game (GR) 7:00 Movie & Popcorn: Sound of Music (FR)	9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 9:30 Family History Fieldtrip (BUS) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 12:00 Dining Music with Alex (IL Dining Room) 2:00 Town Hall Follow-up (SUM) 3:30 Bean Bag Baseball (SUM)	9:15 Aquarobics (POOL) 10:15 Sit N Fit w. Bands (SUM) 10:30 Smith's Shopping Trip (BUS) 11:00 Advanced Balance (FC) 1:30 Ambassador Training (FR) 1:30 Crochet Corner (Internet Café) 2:15 Bingo! (AL DR) 3:30 Farkle (GL) 7:00 Pinochle (IC)	9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 1:30 Wood Shop by Appointment (SHOP) 2:00 Hallway Club: Bingo (1st Floor AL Hallway) 3:30 Hadley and Coleman Variety Show (SUM) 7:00 Thursday Tunes: Wayne Hovey (SUM)	9:15 Aquarobics (POOL) 10:15 Music in Motion (SUM) 11:00 Advanced Balance (SUM) 1:30 Classics Matinee: Knight and Day (FR) 2:00 Halloween Kitty (ART) 3:30 Service Hour with Josh (LOB)	10:15 Sit N Fit Club (SUM) 11:00 Scenic Drive (BUS) 1:30 Ceramic Lessons by Appointment (ART) 2:15 Bingo with Bibhor (AL DR)
10:00 Sacramento Meeting (SUM) 12:30 Live Piano Music (LOB) 1:30 Mexican Train Dominos (Internet Café) 2:00 Scenic Drive (BUS)	9:15 Aquarobics (POOL) 10:15 Sit & Fit (SUM) 11:00 Stretch, Breathe and Balance (FC) 1:00 Mah Jongg (AL Dining Room) 3:30 Aging Brain Myths: Virtual Seminar (FR)	9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 2:30 Resident Town Hall (SUM) 3:30 Wii Bowling Alley (GL)	9:15 Aquarobics (POOL) 10:15 Sit N Fit w. Bands (SUM) 10:30 Smith's Shopping Trip (BUS) 11:00 Advanced Balance (FC) 1:30 Crochet Corner (Internet Café) 2:15 Bingo! (AL DR) 3:30 Farkle (GL) 4:00 Wine Wednesday (FR) 7:00 Pinochle (IC)	9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 2:00 Hallway Club: Bingo (1st Floor AL Hallway) 2:00 New Resident Orientation (FR) 3:15 Spooky Campbell's Violin (SUM) 7:00 Thursday Tunes: Mixed Nuts (SUM)	9:15 Aquarobics (POOL) 10:15 Music in Motion (SUM) 11:00 Advanced Balance (SUM) 2:00 Emotional Wellness Class: Reducing Anxiety (SUM) 2:00 Art Class: Creepy Cocktail (ART) 3:30 Service Hour with Josh (LOB)	10:15 Sit N Fit Club (SUM) 11:00 Scenic Drive (BUS) 1:30 Ceramic Lessons by Appointment (ART) 2:15 Bingo! (AL DR) 3:30 Singer Saturday: Bob Shorten (SUM)
10:00 Sacramento Meeting (SUM) 12:30 Live Piano Music (LOB) 1:30 Mexican Train Dominos (Internet Café) 2:00 Scenic Drive (BUS) 3:00 "The Chosen" Viewing and Discussion (FR)	9:15 Aquarobics (POOL) 9:30 Walmart Shopping Trip (BUS) 10:15 Sit & Fit (SUM) 11:00 Stretch, Breathe and Balance (FC) 11:00 Mountain View Club (MT. V) 1:00 Monday Outing: Gardner Village (BUS) 1:00 Mah Jongg (AL Dining Room) 2:00 Hallway Club: Bingo (2nd Floor AL Hallway) 2:00 Auction Preview (SUM) 3:30 Quiz Queen (LOB) 7:00 Sagewood Auction Fundraiser (SUM)	8:00 DI Drop Off (8am-Noon) (AL Lobby) 9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Hallway Club: Life Sketch (1st Floor AL Hallway) 11:00 Strength Class (FC) 3:30 Trish's Congratulations Social (SUM) 6:00 Piano Student Recital (LOB)	9:15 Aquarobics (POOL) 10:15 Sit N Fit w. Bands (SUM) 10:30 Smith's Shopping Trip (BUS) 11:00 Advanced Balance (FC) 11:00 Hallway Club: Seated Exercise (MT. V) 1:30 Crochet Corner (Internet Café) 2:15 Bingo! (AL DR) 3:30 Farkle (GL) 7:00 Pinochle (IC)	Halloween 9:15 Pool Walking Club (POOL) 9:30 Boxing Class (FC) 10:15 Sit & Fit (SUM) 11:00 Strength Class (FC) 1:30 Wood Shop by Appointment (SHOP) 3:00 Halloween Carnival (SUM)	LOCATION KEY ART - Art Studio AL DR - Assisted Living Dining Room FR - Family Room FC - Fitness Center GL - Game Loft GR - Great Room	IC - Internet Cafe LOB - Main Lobby MT. V - Mountain View Neighborhood POOL - Pool SUM - Summit Room SHOP - Wood Shop

October 2024

See Reverse Side for Special Activities Highlighted



SUN	MON	TUE	WED	THUR	FRI	SAT
Sagewood's Special Events	<i>Events in Blue are a BIG DEAL!!!</i>	1:30 Modern Matinee: Top Gun Maverick (FR) 3:30 Food Storage Seminar (SUM)		3:30 Birthday Celebration (LOB) 7:00 Thursday Tunes: Pop Orchestra Soloist (SUM)	2:00 Art Class: Starry Night Ghosts (ART) 3:30 Fireplace Music Hour (LOB)	
	1:00 Monday Outing: Costco (BUS) 1:30 Health Fair (SUM) 3:30 Josh Turns Into a Scarecrow (GR) 5:45 Restaurant Trip: (BUS)		1:30 Tour of Sagewood (LOB) 3:30 Meet the Candidates (SUM)	2:00 West Jordan Senior Band (SUM) 7:00 Thursday Tunes: Terry McClellan (SUM)	2:00 Special Guest Art Instructor (ART) 3:30 Music Hour w. Josh - Meet Your New Neighbors! (LOB)	
	1:00 Monday Outing: District (BUS) 1:30 SK Crafts: String Art on Pumpkins (ART) 3:30 Sagewood: The Board Game (GR) 7:00 Movie & Popcorn: Sound of Music (FR)	2:00 Town Hall Follow-up (SUM)		3:30 Hadley and Coleman Variety Show (SUM) 7:00 Thursday Tunes: Wayne Hovey (SUM)	1:30 Classics Matinee: Knight and Day (FR) 2:00 Halloween Kitty (ART) 3:30 Service Hour with Josh (LOB)	
	3:30 Aging Brain Myths: Virtual Seminar (FR)	2:30 Resident Town Hall (SUM)		3:15 Spooky Campbell's Violin (SUM) 7:00 Thursday Tunes: Mixed Nuts (SUM)	2:00 Emotional Wellness Class: Reducing Anxiety (SUM) 2:00 Art Class: Creepy Cocktail (ART) 3:30 Service Hour with Josh (LOB)	
	1:00 Monday Outing: Gardner Village (BUS) 2:00 Auction Preview (SUM) 3:30 Quiz Queen (LOB) 7:00 Sagewood Auction Fundraiser (SUM)	3:30 Trish's Congratulations Social (SUM) 6:00 Piano Student Recital (LOB)		Halloween 3:00 Halloween Carnival (SUM)	Always check the Uniguest App for the most up to date information.	LOCATION KEY ART - Art Studio FR - Family Room GR - Great Room LOB - Main Lobby SUM - Summit Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 Menu Game Mindy 5 10:00 LDS General Conference (TV) 10:15 Crazy Curl RA 11:00 Histories & Mysteries Mindy 12:30 Spiritual Reading Vicki & Mindy 1:00 Fuzion Fitness Mindy 1:30 Reminisce Mindy 2:00 LDS General Conference (TV) 3:00 Social Mindy 3:30 Sing & Dance -Along Mindy 5:15 Evening Musical RA
	10:00 The Crazy Curl Celeste 6 10:00 LDS General Conference (TV) 10:00 Music & Memories Lance 10:30 Gardening Club Marissa 11:30 Spiritual Thought Arnold 1:00 Being Active Becky 2:00 LDS General Conference (TV) 2:30 Hallway Balloon Games RA 4:00 Sing-Along RA 5:15 Evening Musical RA	10:00 Show Tunes Kenidee 7 10:15 Crazy Curl Celeste 10:15 Exercise Angie Canyons 10:30 Cambell Violins Entertainment 1:00 Concert Kenidee 2:00 Rick Steve's Travel Celeste 3:00 Manicures Auni 3:15 Brain Games Damion 4:00 Sing-Along Damion 5:15 Evening Musical Auni	10:00 Tia Chi Exercises Mindy 8 10:15 Crazy Curl Celeste 10:30 Spiritual Reading Mindy 11:00 Sign Language Club Mindy 12:30 Daily Chronical Mindy 1:00 Strength Training Skyler 1:30 Buda Boards Mindy 2:00 Cooking Gurus Mindy 3:00 Comedy Club Social Mindy 3:30 Sing & Dance -Along Mindy 5:15 Evening Musical RA	10:00 Tia Chi & Other Exercises Mindy 9 10:15 Crazy Curl Kenidee 10:30 Reading/ Thought of Day Mindy 11:00 Sunday School Firmages 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Brain Games Mindy 2:15 Chair Dancing Mindy 3:00 Social Mindy 3:30 Sing Fit Mindy 5:15 Evening Musical RA Rosh Hashanah Begins	10:00 Tia Chi & Other Exercises Mindy 10 10:15 Crazy Curl Celeste 10:30 Daybreak Academy Visits Mindy 12:30 Spiritual Reading Mindy 1:30 Bunny Visits Farmer Gill 2:30 YouTube Concert Mindy 3:00 Social Mindy 3:30 Sing & Dance -Along Mindy 5:15 Evening Musical RA	10:00 Tia Chi & Other Exercises Mindy 11 10:15 Crazy Curl RA 10:30 Spiritual Reading/Thought Mindy 11:00 Sign Language Club Mindy 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Van Ride Grant & Mindy 1:30 YouTube Concert RA 3:00 Social Mindy 3:30 Sing Fit Mindy 5:15 Friday Night Musical RA Yom Kippur Begins
10:00 Sunday Sing-Along Celeste 13 10:15 Crazy Curl Celeste 10:30 Walks & Plant Watering Marissa 10:30 Spiritual Thought Kenidee 11:15 LDS Church in MC 1:00 Sports on YouTube Celeste 2:00 Art Appreciation RA 2:30 Balloon Games RA 3:00 Cyndee & Elise Piano 4:00 Sing-Along RA 5:15 Evening Musical RA	10:00 Show Tunes Kenidee 14 10:15 Crazy Curl Celeste 10:15 Exercise Angie Canyons 11:00 Wayne Hovey Entertainment 1:00 Concert Kenidee 2:00 Sports YouTube Celeste 2:30 Words Game Damion 3:30 Sing-Along Damion 5:15 Evening Musical Auni Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)	10:00 Fuzion Fitness Exercises RA 15 10:15 Crazy Curl RA 10:30 Art Bob Ross YouTube 10:30 Kristine Martin Obo 12:30 Cameras Around the World RA 1:00 Strength Training Skyler 1:30 Sports on YouTube RA 2:30 Active Game RA 3:30 Sing -Along RA 5:15 Evening Musical RA 6:30 Family Meeting with Brenda from Cooperate on Memory Care	10:00 Tia Chi & Other Exercises Mindy 16 10:15 Crazy Curl Kenidee 10:30 Reading/ Thought of Day Mindy 11:00 Relief Society Priesthood Donna 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Van Ride Grant & Mindy 2:30 YouTube Concert Trish 3:30 Sing Fit Mindy 5:15 Evening Musical RA Sukkot Begins	Scabble Day 17 10:00 Tia Chi & Other Exercises 10:15 Crazy Curl Celeste 10:30 Daybreak Academy Visits Mindy 12:30 Spiritual Reading Vicki & Mindy 1:00 Active Game Mindy 2:00 Sagewood Who Am I Club Mindy 2:30 Rhythm Band Mindy 3:00 Word Games Mindy 3:30 Sing & Dance -Along Mindy 5:15 Evening Musical RA	10:00 Tia Chi & Other Exercises Mindy 18 10:15 Crazy Curl RA 10:30 Spiritual Reading/Thought Mindy 11:00 Sign Language Club Mindy 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Van Ride Grant & Mindy 1:30 YouTube Concert RA 3:00 Social Mindy 3:30 Sing Fit Mindy 5:15 Friday Night Musical RA	10:00 Menu Game Mindy 19 10:15 Crazy Curl RA 11:00 Histories & Mysteries Mindy 12:30 Spiritual Reading Vicki & Mindy 1:00 Halloween Movie & Treats Mindy 3:30 Sing-Along RA 5:15 Evening Musical RA
10:00 Sunday Sing-Along Celeste 20 10:15 Crazy Curl Celeste 10:30 Walks & Plant Watering Marissa 10:30 Spiritual Thought Kenidee 11:15 LDS Church in MC 1:00 Sports on YouTube Celeste 2:00 Art Appreciation RA 2:30 Balloon Games RA 3:00 Maiya Piano Performance 4:00 Sing-Along RA 5:15 Evening Musical RA	10:00 Show Tunes RA 21 10:15 Crazy Curl Celeste 10:15 Exercise Angie Canyons 10:30 Cheryl Wyldwood Entertainment 12:30 Fuzion Fitness RA 1:00 Art Appreciation Celeste 2:00 Documentary RA 2:30 Words Game Damion 3:30 Sing-Along Damion 5:15 Evening Musical Auni	Nacho Day 22 10:00 Tia Chi Exercises Mindy 10:15 Crazy Curl Celeste 10:30 Spiritual Reading Mindy 11:00 Sign Language Club Mindy 12:30 Daily Chronical Mindy 1:00 Strength Training Skyler 1:30 Buda Boards Mindy 2:00 Cooking Gurus Mindy 3:00 3:00 Comedy Club Social Mindy 3:30 Baby Visits Sam & Tara 5:15 Evening Musical RA	10:00 Tia Chi & Other Exercises Mindy 23 10:15 Crazy Curl Kenidee 10:30 Reading/ Thought of Day Mindy 11:00 Sunday School Firmages 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Van Ride Grant & Mindy 1:30 YouTube Concert RA 3:00 Social Mindy 3:30 Sing Fit Mindy 5:15 Evening Musical RA	International Chef Day 24 10:00 Tia Chi & Other Exercises 10:15 Crazy Curl Celeste 10:30 Daybreak Academy Visits Mindy 12:30 Spiritual Reading Vicki & Mindy 1:00 Card Making Mindy 2:30 Honoring our Chefs Mindy 3:30 Sing & Dance -Along Mindy 5:15 Evening Musical RA Simchat Torah Begins	Freaky Friday 25 10:00 Tia Chi & Other Exercises Mindy 10:15 Crazy Curl RA 10:30 Spiritual Reading/Thought Mindy 11:00 Sign Language Club Mindy 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Van Ride Grant & Mindy 1:30 YouTube Concert RA 3:00 Social Mindy 3:30 Sing Fit Mindy 5:15 Friday Night Musical RA	10:00 Menu Game Mindy 26 10:15 Crazy Curl RA 11:00 Histories & Mysteries Mindy 12:30 Spiritual Reading Vicki & Mindy 1:00 Halloween Movie & Treats Mindy 3:30 Sing-Along RA 5:15 Evening Musical RA
10:00 Sunday Sing-Along Celeste 27 10:15 Crazy Curl Celeste 10:30 Walks & Plant Watering Marissa 10:30 Spiritual Thought Kenidee 11:15 LDS Church in MC 1:00 Sports on YouTube Celeste 2:00 Art Appreciation RA 2:30 Balloon Games RA 3:00 Cyndee & Elise Piano 4:00 Sing-Along RA 5:15 Evening Musical RA	10:00 Show Tunes RA 28 10:15 Crazy Curl Kenidee 10:15 Exercise Angie Canyons 11:00 Earth Documentary Kenidee 1:00 Bob Shorten Entertainment 2:00 Rick Steve's Travel You Tube RA 2:30 Word Games Damion 3:30 Sing-Along Damion 5:15 Evening Musical Auni	10:00 Tia Chi Exercises Mindy 29 10:15 Crazy Curl Celeste 10:30 Spiritual Reading Mindy 11:00 Sign Language Club Mindy 12:30 Daily Chronical Mindy 1:00 Strength Training Skyler 1:30 Ribbons & Rhythm Mindy 2:00 Spooky Stories & Doughnuts Mindy 3:00 Comedy Club Social Mindy 3:30 Sing & Dance -Along Mindy 5:15 Evening Musical RA	10:00 Tia Chi & Other Exercises Mindy 30 10:15 Crazy Curl Kenidee 10:30 Reading/ Thought of Day Mindy 11:00 Relief Society Priesthood Cheryl 12:30 Daily Chronical Mindy 12:45 Fuzion Fitness Mindy 1:15 Haunted Van Ride Grant & Mindy 2:30 YouTube Concert Trish 3:30 Sing Fit Mindy 5:15 Evening Musical RA	HALLOWEEN 31 10:00 Tai Chi and Exercises Mindy 10:00 Crazy Curls Celeste 10:30 History of Halloween Mindy 11:00 Daily Chronical Mindy 12:30 Spiritual Reading Vicki & Mindy 1:30 YouTube Concert Mindy 2:15 Day break Academy Trick or Treat 3:00 Halloween Social Mindy 4:00 Halloween Sing and Dance-Along 5:00 Evening Musical RA Halloween		

All Activities Subject To Change.