

Pleasant Grove High School Homecoming

Pleasant Grove High School 2016 Homecoming Rally

A community event for all,
come enjoy the fun!

When: Tuesday Sept 6

Time : 7 pm

Location:

Pleasant Grove High School Gym



- * Concessions
- * Music
- * Club Olympics
- * Prizes
- * Special Performance

Pleasant Grove Vikings Homecoming

Friday Sept 9, 2016

Did you play football for PG? Do you know someone who played football at PG? We are looking for all our mighty Viking players to help celebrate Homecoming-SPREAD THE WORD!

PLEASANT GROVE VIKINGS

We invite all our mighty Viking football alumni and their families!



The game plan:

Friday, Sept 9, 5 pm

PG High- Grass by the Snack Shack

- * Celebrating our past players
- * Meal provided for football alumni and families
- * Come meet Coach Wootton
- * Football alumni honored on the field during opening ceremonies of the Homecoming Game

Learn from the PAST

Live in the PRESENT

Believe in the FUTURE

SENIORS STEPPING ON

WHAT: Stepping On Workshops focus on reducing falls for those over 60

WHEN: Thursdays; Sept 15th - Oct 27th, 12:30 to 2:30 pm.

WHERE: A F Fitness, Room 2601 (454 N Center Street, A F) **OR-**

WHEN: Tuesdays; Sept 27th - Nov 8th, 5:30 to 7:30 pm.

WHERE: UT County Health Dept, Room 2601 (151 S. University Avenue, Provo)

DESCRIPTION: "Stepping On" is a 7 week workshop that builds strength, balance and confidence in an effort to reduce the number of falls for a person 60 and older. Falls are the leading cause of injury, hospital admissions and death among older adults. More than one third of seniors experience a fall each year. Stepping On is an evidence based program that helps seniors become more aware of fall hazards and to learn how to reduce their fall risk. Classes are free, but reservations are required (space and materials are limited).

TO REGISTER: Please call 801-851-7095 or 801-851-7084



TABITHA'S WAY LOCAL FOOD PANTRY

The mobile Food Bank will not come to Pleasant Grove anymore.

Tabitha's Way in American Fork will offer help.

If you are in need, we provide free supplemental food. You must bring a bill with your current address on it. Identification for all members of household (ID, birth Certificates or report card for kids).

920 E State RD, Suite C, American Fork, UT 84003 Bus Route 850. 801-692-1881,

www.tabithasway.org. Email: services@tabithaway.org.

Hours: Tue-Fri 11 am-2pm

Wed 6-8 pm

1st and 3rd Sat 10 am to Noon

Closed Sun and Mon



UTAH FOOD BANK

