

COLUMBUS SENIOR CENTER

September, 2022

TRIP TO—COFFEE WITH A COP *Sign-up*

Wednesday, September 7th at 9:00—10:00 am

Join us for a **Senior Meet & Greet** to celebrate the opening of the Community Opportunity Center (*the Co Op*)! The Co Op is a space for community members to work, learn, and gather with access to the tools they need to support one another. Come enjoy food, good company, and games while learning about the Co Op and its many classes/programs for seniors!

When: September 15, 9 am - 1 pm

Where: The Co Op, 2530 S 500 E (inside the former Columbus Library)

U of U Exercise Class

Tuesdays and Thursdays at 10:30 am

*The students will work on balance and strength techniques.

For those that are not able to stand up to exercise they will have a modified version for sitting a chair.

Aging Mastery Program: Virtual Senior Center

Tuesday at 10:30—12:00 PM starting October 4 - Dec 6

Don't just survive, thrive! Learn how to better navigate living longer in this 10-weeks course. Community experts will present discussions about sleep, exercise, healthy eating, relationships, finances, falls prevention, medication management & community engagement.

Register for this virtual program at your centers front desk, Or Contact: Annie Cox at (385)468-3295; acox@slco.org

Special Buffet Lunch & Volunteer Recognition

Friday, October 7th at 11:30 am

*Note: No Drive-thru this day, only Dine-In

Please visit the front desk or call 385-468-3340 to register for lunch.

Thank you to South Salt Lake for providing transportation and bingo prizes.



Center Information

2531 South 400 East
South Salt lake City

Main: (385)468-3340

Meals are suggested donation
of \$4.00 for 60+ and
under 60 cost is \$8
pay at front desk

HOURS

Monday - Friday

8:30 AM - 2:30 PM

In-Person Dining

11:30—12:15 PM

Drive-Thru Lunch

12:15—12:30 PM

Center Staff

Manager: Travis Woods

gwoods@slco.org

Coordinator: Ashika Neopany

OS: Hannah Ruth Pond

Driver: Lisa (SSLC)

Transportation

Wednesday—Friday

WEBSITE

* <https://slco.org/columbus-senior-center>

* <https://www.facebook.com/ColumbusSeniorCenter>

**SL SALT LAKE
COUNTY**

AGING & ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>September</h1> <p><i>Fall Prevention Awareness Month</i></p>			1	2 "Holiday Meal"
			9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 10:30 AARP Fit Lot Event 11:30 Lunch 12:30 Pickleball	9:00 Shopping Walmart 9:30 EnhanceFitness 10:30 Line Dancing 10:30 Fire Department Presentation/BP Checks 11:15 Ice Cream 11:30 Special Lunch
5	6 "Birthday Meal"	7	8	9
CENTER CLOSED Labor Day!	9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball  <i>* Safe Walking Pathways in Salt Lake County—Mount Olympus Senior Center at 2.</i>	9:00 Trip to "COFFEE WITH A COP" *sign-up 9:30 EnhanceFitness 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 ♪ Entertainment ♪ -Rich Dixon 10:30 Line Dancing 11:30 Lunch
12	13	14	15	16
9:30 EnhanceFitness 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball <i>*Harvest Home Storytelling Musicians -Taylorsville Senior Center at 2:00 PM.</i>	9:30 EnhanceFitness 10:00 Trip to the Granite Library 10:30 Bingo 10:30 Presentation - Poison Prevention 11:30 Lunch 1:00 Modified Yoga	Senior Meet & Greet 9:00 AM —1:00 PM <i>Ask staff for details.</i> 9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 Presentation - Reice Stein 10:30 Line Dancing 11:30 Lunch
19	20	21	22	23
9:30 EnhanceFitness 10:30 Cool Chicks 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball <i>*Why You Should Be Worried About the Great Salt Lake? - West Jordan Senior Center at 2.</i>	9:30 EnhanceFitness 10:30 Vital Aging Mental Health Therapy 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 ♪ Entertainment ♪ Utah Old Time Fiddlers 10:30 Line Dancing 11:30 Lunch
26	27	28	29	30
9:30 EnhanceFitness 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball <i>*What To Do When Disaster Strikes—Sandy Senior Center at 2:00 PM.</i>	9:30 EnhanceFitness 10:30 Ping Pong with Travis & Aaron 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 10:30 Dining w/ Diabetes 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 ♪ Entertainment ♪ - Heart & Soul 10:30 Line Dancing 11:30 Lunch