

MIDVALE SENIOR CENTER



Stepping Up Your Nutrition

Thursday, August 25
10:00 AM

This interactive one-time session is designed for older adults who are interested in improving their nutrition and strength. Topics covered include how nutrition affects falls, loss of muscle as we age, and the importance of fluid and protein in our diet. **To register, visit the front desk or call 385-468-3350.**

CENTER INFORMATION

Monday - Friday; 7:00 AM - 4:00 PM

(385)468-3350

Manager: Lori Warner

7750 South Main Street (700 West)

Programs: Kim Rasmussen

LWarner@slco.org

Office: Dale Olson

slco.org/midvale-senior-center/

Custodian: Lima Finai

Driver: Bob 385-237-8993

UPCOMING CLASSES AND EVENTS

FAMERS' MARKETS

August 1

August 22

September 12

October 3

11:00 AM—2:00 PM

PHOTOGRAPHY CLASS

Wednesdays

September 7—October 12

10:00 AM

Learn how to take great pictures with your camera.

AARP SMART DRIVER

Thursday, September 22

10:00 AM — 3:00 PM

You may be eligible for a discount on your car insurance by taking this course

AARP Members \$20.00

Non AARP Members \$25.00

STEPPING ON

Thursdays • 10:00 AM

September 15—October 27

This class covers simple and fun strength and balance exercises, the role vision plays in keeping balance, how medications can contribute to falls and much more. Participants leave with more strength, achieve better balance and experience a feeling of confidence and Independence. **Call to register.**

For more information or to register, visit the front desk or call us at 385-468-3350

SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

Art/Culture/Music

Bonsai

Monday, August 1 & 15 • 10:00 AM

Pick up a list of supplies needed at the front desk

Origami

Monday, August 1 & 15 • 10:00 AM

Needlecraft

Wednesdays • 9:30—12:30 PM

Bring your own hook(s), yarn & project

Scrapbooking Open Studio

Mondays

8:00 AM—4:00 PM

Bring your own supplies

Painting Class

Fridays

1:00 PM—3:30 PM

Bring your own supplies

Beginning Pottery:

Wheel Throwing

Wednesdays • 9:00 AM—1:00 PM

Pottery Open Studio

Thursdays • 9:00 AM—1:00 PM

Hand Building Pottery Class

Fridays • 9:00 AM—12:00 PM

Health & Wellness

Medicare 101

Wednesday, August 24

2:00 PM

Learn how to navigate the complexities of Medicare.

Music in Motion

Tuesdays

11:45 AM

Join us for this fun seated movement class. Easy on the body and good for the brain. This class is taught by Repertory Dance Theatre

Blood Pressure Screenings

Fridays

11:30 AM—12:30 PM

Education

Book Club

Tuesday, August 2 • 1:00 PM

The Holdout: A Novel by Graham Moore

Tuesday, September 6

Before I Called You Mine by Nicole Deese

Some books are available at the Senior Center or reserve and check out a book through The County Library—Tyler.

Brain Boosters

Monthly

Each month pick up a packet from the front desk of crossword & hidden picture puzzles to help improve your memory and stimulate your brain.

Vital Aging: Strong Self Confidence

by Valley Behavioral Health

Thursday, August 18

11:30 AM

Self-esteem shapes our decision making, our actions, & personality! Come learn how to improve your esteem and efficacy and take on life in a more confident way.

Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
7—4 Ping Pong	7—4 Ping Pong	7—4 Ping Pong	7—4 Ping Pong	7—4 Ping Pong
9:45 Cardio, Strength & Stretch	8:30 Yoga	9:45 Cardio, Strength & Stretch	9:30 Seated 20/20/20	9:45 Cardio, Strength & Stretch
11:00 Tai Chi Class	11:45 Music in Motion	11:00 Tai Chi Class	1:00 Line Dancing	1:00 Pickleball
1:00 Pickleball	1:00 Pickleball	1:00 Pickleball		

Social & Recreational

Bingo

1st and 3rd Tuesdays

August 2 & 16

10:30 AM

Mexican Train

Thursdays

10:30

Join us for this fun domino game

Make and Take Craft Class:

Decorating a Picture Frame

by Tony Spires with Humana

Tuesday, August 9

10:00 AM

National Play Outside Day:

Corn Hole and Creamies

Monday, August 1

10:30 AM

Join us for a Creamies ice cream bar and a game of corn hole.

Call 385-468-3350 to register for classes and activities

Monday	Tuesday	Wednesday	Thursday	Friday
August 1	August 2	August 3	August 4	August 5
Ping Pong* 8:00 Clogging Grandmothers 8:00 Scrapbooking 9:45 Cardio, Strength & Stretch (Video) 10:00 Bonsai 10:00 Origami 10:30 Outdoor Day/Corn Hole & Creamies 11:00 Farmers' Market 11:00 Tai Chi 1:00 Pickleball	Ping Pong* 8:30 Yoga 8:30 Caregiver Breakfast Bunch 9:30 Seated 20/20/20 10:30 Bingo 11:45 Music in Motion 1:00 Book Club 1:00 Aging Mastery 1:00 Pickleball	Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch (Video) 11:00 Tai Chi 1:00 Pickleball	Ping Pong* 8:00 Shopping Trip 9:00 Pottery—Open Studio 9:30 Seated 20/20/20 10:30 Mexican Train 1:00 Line Dancing	Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 1:00 Painting Class 1:00 Pickleball
8	9	10	11	12
Ping Pong* 8:00 Clogging Grandmothers 8:00 Scrapbooking 9:45 Cardio, Strength & Stretch (Video) 11:00 Tai Chi 1:00 Pickleball	Ping Pong* 8:30 Yoga 9:30 Seated 20/20/20 10:00 Make & Take: Decorating A Picture Frame 11:45 Music in Motion 1:00 Aging Mastery 1:00 Pickleball	Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch (Video) 11:00 Tai Chi 1:00 Alzheimer's Support Group 1:00 Pickleball	Ping Pong* 8:00 Shopping Trip 9:00 Pottery—Open Studio 9:30 Seated 20/20/20 10:30 Mexican Train 1:00 Line Dancing	Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 1:00 Painting Class 1:00 Pickleball
15	16	17	18	19
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22	23	24	25	26
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29	30	31	September 1	September 2
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*Ping Pong is available all day Monday—Friday