

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 29</b> 8-3....Ping Pong* 9:00....EnhanceFitness* 10:15...EnhanceFitness* 11:30...Piano by Pennie 11:30...TCA Practice 12:00...Ballet 1:00...Pinochle 1:00....Learn & Play Chess	<b>August 30</b> 9:00 ... Chair Yoga 11:30 ... Piano by Sammy 12:15 ... Senior Fitness with U of U 12:30 ... Bridge 1:00 ... Mahjong 1:00 ... Duplicate Bridge* 1:30 ... Computer/Gadget Help with Chet*	<b>August 31</b> 9:00....EnhanceFitness* 10:00 ....Knit/Crochet 10:15 ....EnhanceFitness* 11:30 ....Piano by Pennie 12:30 ....Intermediate Line Dancing 1:00....Secrets to Wellness: Vital Aging Class 1:30....Beginner Line Dancing 1:30....Intermediate Japanese* 2:30....Wii Sports	<b>September 1</b> 9:30....Paint Studio 10:00 ...Tai Chi Easy & Qigong 11:30 ...Piano by KayLynn 12:30 ...Bridge 12:15 ...Senior Fitness with U of U 1:00....Good Grief 1:30....Computer/Gadget Help with Chet*	<b>September 2</b> 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 9:00....Beginner Karate 9:30....Intermediate Karate 10:15 ....EnhanceFitness* 11:30 ....Chair Yoga 11:30 ....Piano by Rich 12:15 ....Irish Flute by Gene 1:00....Hand & Foot Canasta 2:00....Beginning Watercolor*
<b>September 5</b>  <b>Labor Day</b>  <b>Center Closed</b>	<b>September 6</b> 9:00 ....Chair Yoga 9:00 ....Ukrainian Eggs* 11:30 ....Piano by Sammy 11:30 ....Birthday Tuesday 12:15 ....Senior Fitness w/ U of U 12:30 ....Bridge 1:00 ....Mahjong 1:00 ....Duplicate Bridge* 1:30 ....Computer/Gadget Help with Chet*	<b>September 7</b> 9:00....EnhanceFitness* 9:00....Ukrainian Eggs* 10:00....Knit/Crochet 10:15 ....EnhanceFitness* 11:30....Guitar by Bob 12:30....Intermediate Line Dancing 1:00....Beginner Japanese 1:30....Current Events with Tim Chambliss 1:30....Beginner Line Dancing 2:00....Advanced Japanese 2:30....Wii Sports	<b>September 8</b> 9:30....Paint Studio 10:00 ....Tai Chi Easy & Qigong 11:30 ....Piano by KayLynn 12:00 ....Alzheimer's Caregiver Support 12:15 ....Senior Fitness w/ U of U 12:30 ....Bridge 1:30....Computer/Gadget Help with Chet* 1:30....Write Your Life Story	<b>September 9</b> 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 9:00....Beginner Karate 9:30....Intermediate Karate 10:00 ....AARP Driver Safety Course \$* 10:15 ....EnhanceFitness* 11:30 ....BobbyD & Friends 11:30 ....Chair Yoga 1:00....Hand & Foot Canasta 2:00....Beginning Watercolor*
<b>September 12</b> 9:00....EnhanceFitness* 10:00 ....Learn & Play Chess 10:00 ....Make & Take Craft: Glitz, Bling, & a Little Bit of Everything Wall Hanging* 10:15 ....EnhanceFitness* 11:30 ....Piano by Pennie 11:30 ....TCA Practice 12:00 ....Ballet 12-4....Ping Pong* 1:00....Pinochle	<b>September 13</b> 9:00...Chair Yoga 11:30...Piano by Sammy 12:15...Senior Fitness w/ U of U 12:30 ..Bridge 1:00 ...Mahjong 1:00 ...Duplicate Bridge* 2:00 ...Computer/Gadget Help with Chet*	<b>September 14</b> 9:00 ....EnhanceFitness* 10:00...Knit/Crochet 10:15...EnhanceFitness* 12:30...Intermediate Line Dancing 1:00 ....Beginner Japanese 1:30 ....Beginner Line Dancing 2:00 ....Advanced Japanese 2:30 ....Wii Sports 2:30 ....Toys for Shriners	<b>September 15</b> 9:30 ....Paint Studio 10:00 ....Tai Chi Easy & Qigong 11:30 ....Piano by KayLynn 12:15 ....Senior Fitness w/ U of U 12:30 ....Bridge 1:00 ....Good Grief 1:30 ....Computer/Gadget Help with Chet*	<b>September 16</b> 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 9:00....Beginner Karate 9:30....Intermediate Karate 10:15 ....EnhanceFitness* 11:30 ....Chair Yoga 11:30 ....Piano by Rich 12:00 ....Friends of Millcreek Board Meeting 1:00....Hand & Foot Canasta 2:00....Beginning Watercolor
<b>September 19</b> 9:00....EnhanceFitness* 10:15...EnhanceFitness* 11:30...Piano by Pennie 12:00...Ballet 12-4....Ping Pong* 1:00....Pinochle	<b>September 20</b> 9:00...Chair Yoga 11:00...Meditation* 11:30...Piano by Sammy 12:15...Senior Fitness w/ U of U 12:30...Bridge 1:00...Mahjong 1:00...Duplicate Bridge* 1:30...Computer/Gadget Help with Chet*	<b>September 21</b> 9:00....EnhanceFitness* 10:00....Knit/Crochet 10:00....Learn & Play Chess 10:15....EnhanceFitness* 10:30....Reece Stein Travelogue: Exotic, Fascinating India 11:30....Guitar by Bob 12:30....Intermediate Line Dancing 1:00....Beginner Japanese 1:30....Beginner Line Dancing 2:00....Advanced Japanese 2:30....Wii Sports	<b>September 22</b> 9:30 ....Paint Studio 10:00 ....Tai Chi Easy & Qigong 10:00 ....Mind Over Matter* 11:30 ....Piano by KayLynn 12:15 ....Senior Fitness w/ U of U 12:30 ....Bridge 1:30 ....Computer/Gadget Help with Chet*	<b>September 23</b> 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 9:00....Beginner Karate 9:30....Intermediate Karate 10:15 ....EnhanceFitness* 11:20 ....Piano by Peggy 11:30 ....Chair Yoga 1:00....Hand & Foot Canasta 2:00....Beginning Watercolor
<b>September 26</b> 9:00....EnhanceFitness* 10:15...EnhanceFitness* 11:30...Piano by Pennie 11:30...TCA Practice 12:00...Ballet 12-4....Ping Pong* 1:00....Pinochle  <b>Blood Drive</b> <b>9:00 AM - 3:00 PM</b>	<b>September 27</b> 9:00 ....Chair Yoga 11:30 ....Piano by Sammy 12:15 ....Senior Fitness w/ U of U 12:30 ....Bridge 1:00 ....Mahjong 1:00 ....Duplicate Bridge* 1:30 ....Computer/Gadget Help with Chet*  <b>Farmer's Market</b> <b>11:00 AM - 2:00 PM</b>	<b>September 28</b> 9:00....EnhanceFitness* 10:00....Knit/Crochet 10:00....Learn & Play Chess 10:15....EnhanceFitness* 10:30....Library Book Club: "In Love: A Memoir of Love & Loss" By Amy Boom 12:30 ....Flute by Elizabeth 12:30 ....Intermediate Line Dancing 1:00....Beginner Japanese 1:00....Aging Gracefully: Vital Aging Class 1:30....Beginner Line Dancing 2:00....Advanced Japanese 2:30....Wii Sports	<b>September 29</b> 9:30 ... Paint Studio 10:00 ..Tai Chi Easy & Qigong 11:30 ..Piano by KayLynn 12:15 ..Senior Fitness w/ U of U 12:30 ..Bridge 1:30 ...Computer/Gadget Help with Chet*	<b>September 30</b> 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 9:00....Beginner Karate 9:30....Intermediate Karate 10:00 ....Tai Chi Easy & Qi Gong 10:15 ....EnhanceFitness* 11:30 ....Chair Yoga 1:00....Hand & Foot Canasta 2:00....Beginning Watercolor

Classes offered 1-2 times a month

Classes offered one time

New ongoing classes

\*Pre-Register: 385-468-3305

# MILLCREEK SENIOR CENTER September 2022

## Highlighted Program: Aging Gracefully Presentation

September 28 at 1:00 PM

In this workshop, we will address concerns such as problems associated with nutrition, exercise, and physical health and how to prevent them as we age!

*Join Valley Behavioral Health the last Wednesday of every month for interactive, educational workshops that promote senior wellness.*



## CENTER INFORMATION

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

(385)468-3305

2266 E. Evergreen Ave. (3435 S.)

millcreekinfo@slco.org

slco.org/millicreek-senior-center/

Manager: Laurie Tinker

Programs: Suzy Butler

Office: Sandi Simmons

Driver: Garth Barrus

## HIGHLIGHTED COURSES

**Beginner Japanese &  
Advanced Japanese**  
*Wednesdays at 1:00 PM & 2:00 PM*

**Ukrainian Eggs**  
*September 6-7  
9:00 AM - 12:00 PM*

**Make & Take Craft\***  
*September 12 at 10:00 AM*

**Reece Stein Travelogue:  
Exotic, Fascinating India**  
*September 21 at 10:30 AM*

**Blood Drive**  
*September 26 from 9:00 AM - 3:00 PM*

**Farmer's Market**  
*September 27 from 11:00 AM - 2:00 PM*

## UPCOMING PROGRAMS

**Good Grief**  
*September 1 & 15 at 1:00 PM*

**Alzheimer's Caregiver  
Support**  
*September 8 at 12:00 PM*

**Write Your Life Story**  
*September 8 at 1:30 PM*

**AARP Driver Safety  
Course \$\***  
*September 9  
10:00 AM - 3:00 PM*

## LUNCH INFORMATION

**Monday - Friday  
11:30 AM - 1:30 PM**  
*\$4 suggested donation*

\*For more information, or to pre-register, visit the front desk, email us, or call us at 385-468-3305.

**SL** SALT LAKE  
COUNTY  
AGING & ADULT SERVICES