

# River's Bend

## SENIOR CENTER

### September 2022



## Highlights

Let's Celebrate Together, **"Good Neighbor Day"**  
Wednesday, September 14th starting at 9:30 AM

Connecting people to build relationships through exercising, creating kites or listening to music while enjoying lunch at River's Bend with our Sunday Anderson neighboring Senior Center.

**Movie & Doughnuts: Friday, September 2nd at 9:00 AM** Movie of the Month: **"Catch & Release"**



**Wii Bowling: Wednesdays & Thursdays at 10:00 AM**

Join us in the lounge & practice your skills while having fun with friends.  
Hours of **free fun!**

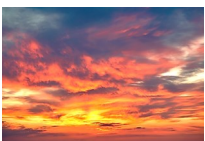


**Puzzle Pieces Painting: Thursday, September 1st & Tuesday, September 6th from 9:00 AM to 10:30 AM**



**Images Bingo: Thursdays at 12:00 PM**

Free and different way to play Bingo with fun images.  
Stay in the cool zone after lunch.



**Mind Over Matter: Wednesdays, September 28th, October 12th & 26th from 1:00 - 3:00 PM**

Address healthy bowel and urinary incontinence in women.

## Center Information

### HOURS

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

### Lunch Time

11:30 AM—12:15 PM

### CONTACT

(385)468-3015

### ADDRESS

1300 West 300 North  
Salt Lake City, UT 84116

### WEBSITE

[slco.org/rivers-bend-northwest](http://slco.org/rivers-bend-northwest)

*Promoting independence through  
advocacy, engagement, and  
access to resources.*



**SALT LAKE  
COUNTY**

**AGING & ADULT  
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sept.</b>			<b>1</b>	<b>2</b>
			8:30 Garden Boxes <b>9:00 Puzzle Pieces Painting</b> 10:00 Tai Chi: Ray J 10:00 Wii Bowling 12:00 Image Bingo	9:00 Computers: Peter <b>9:00 Movies &amp; Donuts: "Catch &amp; Release"</b> 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Spanish Class 12:30 Bingo
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Labor Day Senior Center Closed</b>	<b>9:00 Puzzle Pieces Painting</b> 10:30 Line Dancing w/ Bonnie 10:30 Writing Class: <i>Telling Your Story</i> <b>10:30 Entertainment by Heart &amp; Soul</b>  <b>Birthday Tuesday</b>	9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Conversational Spanish Class 12:30 Bingo	8:30 Garden Boxes 9:00 Ceramics Painting 10:00 Wii Bowling 12:00 Image Bingo	9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 12:30 Bingo
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30 Garden Boxes 9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 11:30 Clothes Mending by Mary 12:30 Bingo	9:00 Ceramics Painting 10:00 <b>QPR: Suicide Prevention</b> 10:30 Line Dancing w/ Bonnie 10:30 Writing Class: <i>Telling Your Story</i>	<b>"Good Neighbor Day"</b> 9:30 Exercise Class 10:00 Craft: <b>Kites</b> 10:30 Entertainment by <b>Larry Turner</b> 11:00 Farmer's Market 11:30 Special Meal 11:45 <b>UTA Education</b> 12:30 Bingo	8:30 Garden Boxes 9:00 Ceramics Painting 10:00 Wii Bowling 12:00 Image Bingo	9:00 Computers w/ Peter 9:00 Cards w/ Joe <b>9:00 Movies &amp; Donuts: "Mystery Movie"</b> 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 12:30 Bingo
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30 Garden Boxes 9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 12:30 Bingo	9:00 Ceramics Painting 10:30 Line Dancing w/ Bonnie 10:30 Writing Class: <i>Telling Your Story</i>	9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Conversational Spanish Class <b>1:00 Nite Bingo</b>	8:30 Garden Boxes 9:00 Ceramics Painting 10:00 Wii Bowling 12:00 Image Bingo	9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 12:30 Bingo
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:30 Garden Boxes 9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 12:30 Bingo	9:00 Ceramics Painting 10:30 Line Dancing w/ Bonnie 10:30 Writing Class: <i>Telling Your Story</i>	9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Conversational Spanish Class 12:30 Bingo <b>1:00 - 3:00 Mind Over Matter Class</b>	8:30 Garden Boxes 9:00 Ceramics Painting 10:00 Wii Bowling 12:00 Image Bingo	9:00 Computers w/ Peter 9:00 Cards w/ Joe 9:30 AFEP Fitness: Sharleen 10:30 Conversational Spanish Class 12:30 Bingo

**A New Class Offered**

**Offered Once a Month**