

SANDY SENIOR CENTER

September 2022

Medicare Open Enrollment begins in October

Tuesday, September 6th at 10:30am Walter Wagner, Medicare Specialist with SLCO, will present Medicare basics, & the different plans: A, B, C & D. Afterwards, Walter will provide one on one consultation. He is here to educate you and help you save money.



CAR SHOW & CRAFT FAIR



The Car Show is back. This year it will include a Craft Fair inside the center. Check out the cars, vote for your favorites, and shop for some beautiful hand made crafts.

Hot Dog Dinner Plates available for \$5.00 each.

Thursday, Sept 8th from 4-7pm

Falling in Love with Fall Prevention

Tuesday, September 27th at 2:00 pm, the center will host a hybrid presentation on fall prevention. The CDC notes that falls are a leading cause of injury and death among seniors. We hope you can join us at the center for this important presentation. If you prefer to view it online, please provide your email, and you will be emailed an invite to watch it live.

Registration will be begin Thursday, September 1st.

Please be sure to clarify how you will be attending this event.

Aging Mastery Program: Virtual Sr. Center

Tuesdays, 10:30am - 12:00pm from Oct. 4th - Dec. 6

Don't just survive, thrive! Learn how to better navigate living longer in this 10-week course. Community experts will present on topics that give you the tools to age successfully. **Register for this virtual program at your center front desk, or Contact: Annie Cox at (385) 468-3295.**

Upcoming Events:

9/12 - 9/16 Book & Puzzle Sale in the lobby

9/22 - 10/7 Sandy Arts Show at the center

10/24 - 10/28 Thrift Shop Fall Sale in the lobby

Center Information

HOURS

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

CONTACT

(385) 468-3410

COtis@slco.org

Manager: Charles Otis

Programs: Cindy DeLao

Office: Maggie Steele

Office: Rebekah Bowen

Kitchen: Cassy Christensen

Custodian: Mariela Huitron

Driver: Scott Hess

ADDRESS

9310 S 1300 E

Sandy, UT 84094

WEBSITE [https://](https://slco.org/sandy-senior-center/)

slco.org/sandy-senior-center/



**SALT LAKE
COUNTY**
AGING & ADULT
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Next Thursday the Car Show is back</p>  <p>Sept. 8th from 4:00 - 7:00pm Vote on your Faves!</p>	<p>& ... Our First Ever CRAFT FAIR</p>  <p>Will be held inside during the Car Show - we hope to see you Next Thursday September 8th.</p>	<p>Remember to take advantage of these last few days of nice weather to enjoy the great outdoors!</p> 	<p>1</p> <p>9:00...Table Tennis 9:30...Iphone & Ipad Lab 10:00.. Spanish 10:00...Chinese Support 12:30.. Stained Glass 1:30... Hula Dancing 2:00... Tai Chi</p>	<p>2 - Holiday Meal</p> <p>8:00...AM Exercise 8:00....AM Pottery 9:15... Fit&Trim Exercise 10:00...Current Events 10:30 .. Arthritis Exercise 12:30...PM Pottery 1:00...Pinochle 1:30.. Belly Dancing This center will be closed Monday for Labor Day</p>
5 Holiday - Closed	6	7	8 - Cars & Crafts	9
 <p>See You Tomorrow</p>	<p>9:00... Ceramics 9:00....Open Painting 9:30...Social Dancing 10:00 .. Bingo 10:00 .. Chinese Language 10:00 .. Shutterbugs 10:30...MEDICARE 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p>8:00...AM Exercise 8:30... Porcelain Dolls 9:30...Andriod Assistance 10:00.. Hooks & Needles 10:30... Arthritis Exercise 11:30...Fire Chief Cline 12:30.. Raku Pottery 1:00...Square Dancing 1:30...Computer Lab</p>	<p>9:00.....Table Tennis 9:30... Iphone & Ipad Lab 10:00.. Spanish 12:30.. Stained Glass 1:30... Hula Dancing 2:00... Tai Chi</p>  <p>4:00-7:00 pm CAR SHOW & CRAFT FAIR</p>	<p>8:00...AM Exercise 8:00....AM Pottery 9:15... Fit&Trim Exercise 10:30 .. Arthritis Exercise 12:30...PM Pottery 1:00...Pinochle 1:30.. Belly Dancing 1:30...YIN YOGA</p>
12 Book/Puzzle	13 Book/Puzzle Sale	14 Book/Puzzle Sale	15 Book/Puzzle Sale	16 Book/Puzzle Sale
<p>8:00...AM Exercise 9:00... Wood Carving 9:15... Fit&Trim Exercise 9:30...Computer Lab 10:00 .. Learn Spanish 10:30 .. Arthritis Exercise 1:00...Learn Guitar 1:30.. Drums Alive</p>	<p>9:00... Ceramics 9:00....Open Painting 9:30...Social Dancing 10:00 .. Bingo 10:00 .. Chinese Language 10:00 .. Shutterbugs 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p>8:00...AM Exercise 8:30... Porcelain Dolls 10:00...FTD Support 10:00.. Hooks & Needles 10:30.. Arthritis Exercise 12:30.. Raku Pottery 1:00...Shakespeare Readers 1:00...Square Dancing 1:30... Computer Lab 2:30.. Library Book Club America's First Daughter</p>	<p>9:00...Table Tennis 9:30... Iphone & Ipad Lab 10:00 .. Spanish 12:30.. Stained Glass 1:00... Computer Lab Presents ...WINDOWS 11 - What is it & Do you need it ? 1:30... Hula Dancing 2:00... Tai Chi</p>	<p>8:00...AM Exercise 8:00....AM Pottery 9:15...Fit&Trim Exercise 10:00...Current Events 10:30 .. Arthritis Exercise 12:30...PM Pottery 1:00...Pinochle 1:30.. Belly Dancing 1:30...YIN YOGA</p>
19	20	21	22	23
<p>8:00...AM Exercise 9:00... Wood Carving 9:15... Fit&Trim Exercise 9:30...Computer Lab 10:00 .. Learn Spanish 10:30 .. Arthritis Exercise 1:00...Learn Guitar 1:00....Book Club 1:30.. Drums Alive</p>	<p>9:00... Ceramics 9:00....Open Painting 9:30...Social Dancing 10:00 .. Bingo 10:00 .. Chinese Language 10:00 .. Shutterbugs 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p>8:00...AM Exercise 8:30... Porcelain Dolls 9:30... Android Assistance 10:00.. Hooks & Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30.. Raku Pottery 1:00...Square Dancing 1:30....Computer Lab</p>	<p>9:00...Table Tennis 9:30... Iphone & Ipad Lab 10:00 .. Spanish 12:30.. Stained Glass 1:30... Hula Dancing 2:00... Tai Chi</p>	<p>8:00...AM Exercise 8:00....AM Pottery 9:15... Fit&Trim Exercise 10:30 .. Arthritis Exercise 12:30...PM Pottery 1:00...Pinochle 1:30.. Belly Dancing 1:30...YIN YOGA</p>
26 - Art Show	27 - Art Show	28 - Art Show	29 - Art Show	30 - Art Show
<p>8:00...AM Exercise 9:00... Wood Carving 9:15... Fit&Trim Exercise 9:30...Computer Lab 10:00 .. Learn Spanish 10:30 .. Arthritis Exercise 1:00... Learn Guitar 1:30....Drums Alive</p>	<p>9:00... Ceramics 9:00....Open Painting 9:30...Social Dancing 10:00 .. Bingo 10:00 .. Chinese Language 10:00 .. Shutterbugs 1:00...Wheel Pottery 2:00...Tai Chi 2:00... Falling in love with Fall Presentation</p>	<p>8:00...AM Exercise 8:30... Porcelain Dolls 9:30...Android Assitance 10:00.. Hooks & Needles 10:00...Freethinkers 10:30.. Arthritis Exercise 12:30...Learn Line Dance 12:30.. Raku Pottery 1:00..Shakespeare Readers 1:00...Square Dancing 1:30.... Computer Lab</p>	<p>9:00...Table Tennis 9:30... Iphone & Ipad Lab 10:00 .. Spanish 12:30.. Stained Glass 1:30... Hula Dancing 2:00... Tai Chi</p>	<p>8:00...AM Exercise 8:00....AM Pottery 9:15... Fit&Trim Exercise 10:30 .. Arthritis Exercise 12:30...PM Pottery 1:00...Pinochle 1:30.. Belly Dancing 1:30...YIN YOGA</p>

Classes offered once a month

Classes offered this month only

New ongoing classes