

Tenth East Senior Center

September, 2022



PROGRAM HIGHLIGHTS

Creative Writing: Wednesday, September 21, 12:30-2:00 pm.

Use your imagination and creativity to tell a story and express your thoughts. Writing can take many different forms, whether it be fiction or non-fiction; it can present as a novel, poem, memoir, and/or a short story. Please join the amazing Community Writing Center to stimulate your creative thinking and produce your own piece of writing.

Creative Explorations Art: Tuesdays, 10:00 am-12:00 pm. Each week we will work on a new creative project using a wide variety of materials. Projects range from weaving to painting to collaging to bookbinding. Explore using new techniques and find your inner creative spirit.

AARP Smart Driver Course: First Friday Monthly, 10:00 am-3:30 pm with a lunch break.

Farmers Market: Monday, September 19, 11:00 am. The produce is free to seniors. We're grateful to the Green Urban Lunch Box for providing these fantastic markets at our center. The Green Urban Lunch Box mission is to empower people to connect to their food and community by revitalizing urban spaces and building a resilient food culture. Please remember to bring your own reusable bag.

Medicare Counseling: Second Tuesday Monthly, 11:30 am. You may also set up a one-on-one appointment with our Medicare Specialist, Mary Boyer. Check with the front desk for more information.

UoU Exercise: Tuesdays and Thursdays, 1:00-2:00 pm. Exercise with University of Utah Health & Kinesiology students to improve your balance and coordination along with an opportunity to receive personal instruction using our fitness equipment.

ANNOUNCEMENTS

Please kindly scan your card at the front desk. Scanning is important for the functioning of this center. Thank you for scanning!

Individualized computer/tablet/smart phone assistance:

Help is available by appointment. Please schedule at the front desk or call.

Center Information

HOURS

Monday - Friday
7:00 am - 4:00 pm

LUNCH

11:30 am-12:15 pm

CONTACT

385-468-3140

Management: Matt Waite

Programs: Lara Kandolin

Office: Kara Loden

Maintenance: Jason Hill

Kitchen: Jill Roberts

Easterseals: Debra Taylor

ADDRESS

237 South 1000 East
Salt Lake City, UT 84102

WEBSITE

slco.org/tenth-east-senior-center



**SALT LAKE
COUNTY**
AGING & ADULT
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
<h1 style="text-align: center;">September</h1>			1	2
			9:30 Yoga w/ Amber (Strength) 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 12:30 Astrology 1:00 UoU Exercise 1:30 Mahjong 2:30 Tai Chi for Arthritis (<i>last class this session</i>) 3:30 Zumba	9:00 Yoga w/ Amber (Stretch) 10:00 AARP Smart Driver Course 10:00 Senior Ballet 11:45 Name That Tune 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Foundation Exercise Program
Tai Chi will resume in October!				
5	6	7	8	9
Center Closed Labor Day	10:00 Creative Explorations Art Class 10:30 Yoga w/ Amber (Chair) 12:00 Bridge 12:30 Astrology 1:00 UoU Exercise 2:30 Arthritis Foundation Exercise Program	10:00 Senior Ballet 12:30 Chess Club 1:00 EnhanceFitness 1:00 Crochet 2:15 Pickleball	9:30 Yoga w/ Amber (Strength) 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 12:30 Astrology 1:00 UoU Exercise 1:30 Mahjong 3:30 Zumba	9:00 Yoga w/ Amber (Stretch) 10:00 Senior Ballet 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Foundation Exercise Program
12	13	14	15	16
8:00 Yoga w/ Mitch (Gentle) 9:00 Knit & Chat 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 11:45 Name That Tune 12:30 Archaeology 12:30 Living Well w/ Chronic Pain 1:00 EnhanceFitness 2:15 Pickleball	10:00 Creative Explorations Art Class 10:30 Yoga w/ Amber (Chair) 10:00 Creative Expressions 11:30 Medicare Counseling 12:00 Bridge 12:30 Astrology 1:00 UoU Exercise 2:30 Arthritis	10:00 Mindfulness Based Stress Reduction (Registration Required) 10:00 Senior Ballet 12:30 Chess Club 1:00 EnhanceFitness 1:00 Crochet 2:15 Pickleball	9:30 Yoga w/ Amber (Strength) 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 12:30 Astrology 1:00 UoU Exercise 1:30 Mahjong 3:30 Zumba	9:00 Yoga w/ Amber (Stretch) 10:00 Senior Ballet 11:45 Name That Tune 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Foundation Exercise Program
19	20	21	22	23
8:00 Yoga w/ Mitch (Gentle) 9:00 Knit & Chat 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 11:00 Farmers Market 11:45 Name That Tune 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball	10:00 Creative Explorations Art Class 10:30 Yoga w/ Amber (Chair) 12:00 Bridge 12:30 Astrology 12:30 Osher Drawing 1:00 UoU Exercise 2:30 Arthritis Foundation Exercise Program	10:00 Mindfulness Based Stress Reduction 10:00 Senior Ballet 12:30 Chess Club 12:30 Creative Writing 1:00 EnhanceFitness 1:00 Crochet 2:15 Pickleball	YOGA RETURNS! 9:30 Yoga w/ Amber (Strength) 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 12:30 Osher Drawing 12:30 Astrology 1:00 UoU Exercise 1:30 Mahjong 3:30 Zumba	9:00 Yoga w/ Amber (Stretch) 10:00 Senior Ballet 11:45 Name That Tune 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Foundation Exercise Program
26	27	28	29	30
8:00 Yoga w/ Mitch (Gentle) 9:00 Knit & Chat 9:30 Beg. Line Dancing 10:30 Int. Line Dancing 11:45 Name That Tune 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball	10:00 Creative Explorations Art Class 10:30 Yoga w/ Amber (Chair) 12:00 Bridge 12:30 Astrology 12:30 Osher Drawing 1:00 UoU Exercise 2:30 Arthritis Foundation Exercise Program	10:00 Mindfulness Based Stress Reduction 10:00 Senior Ballet 12:30 Chess Club 1:00 EnhanceFitness 1:00 Crochet 2:15 Pickleball	9:30 Yoga w/ Amber (Strength) 9:30 Beg. Line Dancing 10:30 Int. Line Dancing <b style="text-align: center;">Center Closed at 1:00 pm	9:00 Yoga w/ Amber (Stretch) 10:00 Senior Ballet 11:45 Name That Tune 12:30 Archaeology 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Foundation Exercise Program