

West Jordan Senior Center September 2022



Senior Spelling Bee: September 8th

We will be hosting the Senior Spelling Bee this year. Come participate and/or support your friends in this fun competition.

Sign-up by September 7th to participate

Happy 31st Anniversary West Jordan Senior Center!

Help us celebrate West Jordan Senior Center's 31st Anniversary. The BBQ Bash will be 10:30 am - 1:30 pm.

The grill will be fired up cooking hamburgers and hot dogs, along with BBQ style sides and Root Beer Floats for dessert. We will also have some yard games, so come ready to play!

Upcoming in October

- Oct 3rd: Medicare Enrollment Sign-ups at WJ for Nov 1st.
- Oct 4th - Dec 6: Virtual Aging Mastery Program. Learn how to navigate living longer in this 10-week course. Register by contacting Annie at 385-468-3295 / acox@slco.org
- Oct 11th: Medicare Enrollment Presentation 11 - 11:45am
- Oct 15th: Medicare Enrollment Begins
- Oct 25th: Step-up Nutrition Class 12:15 - 2pm

Center Information

HOURS

Monday - Friday

7:00 AM - 4:00 PM

Lunch 11:30 AM—12:15 PM

Coffee:

7:30 AM - 12:15 PM

CONTACT

(385)468-3401

WestJordan@slco.org

Manager: Amber Christensen

Programs: Allie Lorang

Office: Isabel Dominguez

Kitchen: Julia Callahan

Driver: Dale Perkins

Custodian: Cameron Smith

**8025 So 2200 W
West Jordan, UT
84088**

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p align="center">BBQ Bash Party!</p> <p align="center">On September 29th, West Jordan Senior Center will be celebrating it's 31 year anniversary! Join us for good food, friends, entertainment and games.</p> | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| <p align="center">Center Closed in observance of</p>  | <p align="center">Birthday Tuesday</p> <p>9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 10:30 ESL 10:45 Strength & Balance 10:30 Entertainment* 12:30 Bingo 1:00 Porcelain *Entertainment with WJ Senior Band</p> | <p>8:00 Tai Chi Advance 9:15 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary</p> | <p>9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 10:30 ESL 10:45 Strength & Balance 12:30 Bingo 1:30 Bunco 1:30 Senior Spelling Bee</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>SENIOR SPELLING BEE</p> </div> | <p>8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging: Coping with trauma 11:30 Kumihimo</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>8:00 Tai Chi Advance 9:30 Tai Chi Plus 10:00 AC Meeting 11:00 Spanish</p> | <p>9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 10:30 ESL 10:45 Strength & Balance 12:30 Bingo 1:00 Porcelain</p> | <p>8:00 Tai Chi Advance 9:15 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary</p> | <p>9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 10:45 Strength & Balance 10:30 ESL 12:30 Bingo 1:30 Bunco</p> | <p>8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging: Coping with trauma 11:30 Kumihimo</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>8:00 Tai Chi Advance 9:30 Tai Chi Plus 11:00 Spanish</p> | <p>9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 10:30 ESL 10:45 Strength & Balance 12:30 Bingo 1:00 Porcelain 2:00 Health Promotion</p> | <p>8:00 Tai Chi Advance 9:15 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 AARP Driving 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary</p> | <p>9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 10:45 Strength & Balance 10:30 ESL 12:30 Bingo 1:30 Bunco</p> | <p>8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging: Coping with trauma 11:30 Kumihimo</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>8:00 Tai Chi Advance 9:30 Tai Chi Plus 11:00 Spanish</p> | <p>9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 10:30 ESL 10:45 Strength & Balance 12:30 Bingo 1:00 Porcelain</p> | <p>8:00 Tai Chi Advance 9:15 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary</p> | <p>9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 10:30 Anniversary Party* 10:45 Strength & Balance 10:30 ESL 12:30 Bingo 1:30 Bunco *Party: 10:30 - 1:30 pm</p>  | <p>8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging: Coping with trauma 11:30 Kumihimo</p> |

"I'm happy, and I think being happy keeps you looking young." - Olivia Newton-John