

Eddie P. Mayne Kearns Senior Center



HIGHLIGHTED PROGRAM: *Fall Prevention* September 18th 10:00 AM

SLCO Health Promotions will present on **Fall Preventions** and provide valuable assessments test to help give you piece of mind and suggestions to be of assistance to you going forward.

Vital Aging w/Maria: Thursdays 9:30 AM

Vital Aging in Spanish w/Maria: Tuesday, September 3rd 12:30 PM

Yoga w/Amber: Thursdays 1:00 PM and 2:00 PM

Basic Spanish w/Jerry: Mondays 1:30 PM

ADL Exercise: w/Jim: Tuesdays & Fridays 9:30 AM

Stretch & Tone w/Bonnie: Mondays & Thursdays 10:00 AM

Social Coloring w/Susan: Thursdays 1:00 PM

Ceramics w/Deanna: Tuesdays & Thursdays 9:00 AM

Leather Crafts w/Alan: Wednesdays 10:00 AM

Tai Chi w/Jennifer: Wednesdays 9:00 AM

Book Club w/Liz: Wednesday, September 25th 12:30 PM

Bingo*: Wednesdays & Fridays 12:30 PM

Pancake Breakfast: Thursday, September 26th 8:00 AM

CENTER INFORMATION

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

(385) 468-3100

4851 West 4715 South

Kearns, UT 84118

slco.org/aging-adult-services/

Manager: Jayme Haight

Programming: Brandie Bruse

Office: Bobbi Bohman

Maintenance: Mike Moore

Driver: Crestin Bailey

September 2024

Announcements



September 26th at 8:00 AM

Center Craft Day

Suncatcher



September 17th at 10:30 AM

Lunch Program

Dine-in

11:30 AM-12:15 PM

(reservations not required)

Special Meal

Birthday Tuesday

September 3rd



**SALT LAKE
COUNTY**

**AGING & ADULT
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY	3	4	5	6
	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 11:00 Live Music: Heart & Soul 12:30 Spanish Vital Aging Presente Española BIRTHDAY TUESDAY!	9:00 Tai-Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Dominoes 12:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: Boost Memory & Cognition 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:00 Live Music: Calvin Law 12:30 Bingo*
9	10	11	12	13
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team SENIOR WELLNESS DECATHLON Today at Magna Kennecott Senior Center	9:00 Tai-Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 11:00 Live Music: Larry Turner 12:30 Dominoes 12:30 Bingo*	9:00 Ceramic 9:30 Wii Bowling 9:30 Vital Aging: Boost Memory & Cognition 10:00 Stretch & Tone 1:00 Joy Club! 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:00 Live Music: New Fiddlers 12:30 Bingo*
16	17	18	19	20
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 10:30 Center Craft Fall Leaf Suncatcher 12:30 Movie & Popcorn: The Legend Of Zorro 	9:00 Tai-Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:00 Advisory* Committee meeting 10:30 U of U Exercise 10:30 Fall Prevention 12:30 Dominoes 12:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: Boost Memory & Cognition 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:00 Live Music: B.D. Howes 12:30 Bingo*
23	24	25	26	27
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: City Slickers 	9:00 Tai-Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 11:00 Live Music: Utah Old Time Fiddlers 2:30 Dominoes 12:30 Book Club 12:30 Bingo*	8:00 Pancake Day 9:00 Ceramics 9:30 Vital Aging: Boost Memory & Cognition 10:00 Stretch & Tone Center will be closing at 12:30 PM today!	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:00 Live Music: Crossfire Band 12:30 Bingo*
30	Hosted by Kearns Advisory Committee*			SEPTEMBER
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish				 SALT LAKE COUNTY AGING & ADULT SERVICES