

MIDVALE SENIOR CENTER

September 2024



Fall Prevention Bingo

Thursday, September 12 • 1:00 PM

Join us for an afternoon of Bingo with a twist. Prizes, learning, and fun.

Stepping Up Your Nutrition*

Wednesday, September 18 • 1:00 PM

Learn how nutrition affects falls risk, the importance of muscles for strength, and create an action plan to improve nutritional health.

Stepping On* (Fall Prevention Class)

Thursdays • October 3—November 14 at 1:00 PM

Helps you gain confidence in your ability to reduce falls. Guest professionals will visit the class to address different aspects of fall prevention

Candidate Day • Tuesday, October 1 at 10:00 AM

Come and meet this year's local candidates while you enjoy a light continental breakfast. **Due to Candidate Day, bingo will be held at 9:00 AM on October 1.**

CENTER INFORMATION

Monday - Friday • 7:00 AM - 4:00 PM

(385)468-3350

7550 South Main Street (700 West)

LWarner@slco.org

slco.org/midvale-senior-center/

Manager: Lori Warner

Programs: Kim Rasmussen

Office: Dale Olson

Custodian: Lima Finai

Trey—Bus Driver: 385-237-8993

Classes and Activities

Entertainment

Thursday, September 5

12:00 PM

Troy Gogan

Music through the Decades

Wednesday, September 11

11:30 AM

Jerry Simpson

Tuesday, September 17

1:30 PM

Tony Summerhays

'50s Sock Hop

Friday, September 20

12:00 PM

James Romero

Sock Hop

Tuesday, September 17

10:30—'50s Dance Class

11:30—1:30 Lunch

1:30 Listen and Dance to

'50s Tunes by

Tony Summerhays

Ghost Towns and More

Monday, September 23

1:00 PM

Farmers Markets

September 4

September 19

11:00 AM

Midvale Senior Center will be closed September 2 for Labor Day & will close at 12:30 pm on September 26

For more information or to register, visit the front desk or call us at 385-468-3350

SL SALT LAKE
COUNTY

AGING & ADULT SERVICES

ART/CULTURE/MUSIC

Bonsai

Mondays • September 16 & 30
10:00 AM

Origami

Mondays • September 16 & 30
10:00 AM

Scrapbooking

Mondays • 9:30 AM

Beginning Pottery: Wheel Throwing*

Tuesdays • 10:00 AM—1:00 PM

Intermediate Pottery: Wheel Throwing*

Wednesdays • 9:00 AM—12:30 PM

Hand Building

Fridays • 9:00 AM—10:30 AM

Pottery Open Studio

Thursdays • 9:00 AM—1:00 PM
Fridays • 10:30 AM—12:30 PM

Jam Sessions

Tuesdays
11:00 AM—12:30 PM

Painting Open Studio

Fridays • 1:00 PM

Book Club

Tuesday, September 3 • 1:00 PM

The Marlow Murder

by Robert Thorogood

Tuesday, October 1 • 1:00 PM

At Summer's End

By Courtney Ellis

Reserve and check out a book
through The County Library—Tyler.

The Boys of '36

(A PBS Production)

Monday, September 30 • 1:00 PM

The story of nine young men from the University of Washington who captured gold at the 1936 Olympic Games in Berlin. Their unexpected victory, against not only the Ivy League teams of the East Coast but Adolf Hitler's elite German rowers, gave hope to a nation struggling to emerge from the depths of the Great Depression.

Movie Friday

& Popcorn

September 6

1:30 PM

The Fall Guy

PG—13

A stuntman must track down a missing movie star, solve a conspiracy, and win back the love of his life while still doing his day job in this action-packed thrill ride.



EDUCATION

Funerals of the Rich and Famous: Bonnie and Clyde

Tuesday, September 10

1:00 PM

Presentation by David White
of Family Funeral Care

AARP Smart Driver*

Tuesday, September 17

10:00 AM—3:00 PM

You may be eligible for a discount on your car insurance by taking this class.

AARP Members—\$20.00

Non-AARP Members—\$25.00

Must register for this class at the front desk or calling 385-468-3350

Exact cash or check. No credit cards.

Taste Kitchen

Thursday, September 19

1:00 PM

by Valley Behavioral Health

Feeling sluggish? Sad or anxious? Try looking at your plate for a solution! The food we eat has an impact on our mental wellbeing. Learn the fundamentals of meal planning and healthy swaps to better fuel your mind and body. *Food Samples!*

FITNESS PROGRAMS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|----------------------------------------|---------------------|----------------------------------------|----------------------------------------|
| 7—4 Ping Pong | 7—4 Ping Pong | 7—4 Ping Pong | 7—4 Ping Pong | 7—4 Ping Pong |
| 7—4 Corn Hole | 7—4 Corn Hole | 7—4 Corn Hole | 7—4 Corn Hole | 7—4 Corn Hole |
| 9:00 Music in Motion | 8:30 Yoga | 9:00 Yoga | 9:00 Get U Moving | 9:45 EnhanceFitness |
| 9:45 EnhanceFitness | 9:00 Get U Moving | 9:45 EnhanceFitness | 10:30 Cardio, Strength & Stretch-Video | 9:30 Chair Yoga |
| 9:30 Chair Yoga | 10:30 Cardio, Strength & Stretch-Video | 1:00 Pickleball | 10:30 Laughter & Song | 10:50 Chair Yoga |
| 10:50 Chair Yoga | 1:00 Pickleball | | 11:45 Drums Alive | 12:00 Cardio, Strength & Stretch-Video |
| 1:00 Pickleball | | | 1:00 Line Dancing | 1:00 Pickleball |

SOCIAL & RECREATIONAL

Bingo

September 3 & 24 • 10:30 AM

October 1 • 9:00 AM (Due to
Candidate Day)

Chess Club

Tuesdays • 1:00 PM

Mexican Train Dominoes

Wednesdays • 12:30 PM

Ping Pong

Thursdays • 1:00 PM

Poker Tournament

September 20 • 10:00 AM

Pinochle

Fridays • 12:30 PM

* Registration required Call 385-468-3350 to register

Midvale Senior Center September Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| September 2 | September 3 | September 4 | September 5 | September 6 |
| Closed for Labor Day | 8:30 Yoga 9:00 Get U Moving 9:00 Caregiver Support 10:00 Pottery: Beg Wheel* 10:30 Bingo 10:30 Cardio, Strength & Stretch (Video) 11:00 Jam Sessions 1:00 Book Club 1:00 Chess Club 1:00 Pickleball | 9:00 Pottery: Int Wheel* 9:00 Yoga 9:45 EnhanceFitness 11:00 Pottery: Adv Wheel* 11:00 Farmers Market 12:30 Mexican Train 1:00 Pickleball | 9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Chinese Support Group 10:00 Ping Pong 10:30 Cardio, Strength & Stretch (Video) 10:30 Stronger Memory* 10:30 Laughter & Song Circle 11:45 Drums Alive 12:00 Entertainment: Troy Grogan 1:00 Line Dancing | 9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:45 EnhanceFitness 10:30 Pottery Open Studio 10:50 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball 1:30 Movie Friday: Fall Guy |
| 9 | 10 | 11 | 12 | 13 |
| 9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:45 EnhanceFitness 10:50 Chair Yoga 11:00 Advisory Committee 11:00 Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele:Play-A-Long | 8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 11:00 Jam Sessions 1:00 Bonnie & Clyde 1:00 Chess Club 1:00 Pickleball | 9:00 Pottery: Int Wheel* 9:00 Yoga 9:45 EnhanceFitness 11:00 Pottery: Adv Wheel* 11:30 Entertainment: Jerry Simpson 11:00 Grief Support Class 12:30 Mexican Train 1:00 Pickleball | 9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Ping Pong 10:30 Cardio, Strength & Stretch (Video) 10:30 Stronger Memory* 10:30 Laughter & Song Circle 11:00 French Club 11:45 Drums Alive 1:00 Fall Prevention Bingo 1:00 Line Dancing | 9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:45 EnhanceFitness 10:30 Pottery Open Studio 10:50 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball |
| 16 | 17 | 18 | 19 | 20 |
| 9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:45 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:50 Chair Yoga 11:00 Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele:Play-A-Long | 8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:00 AARP Smart Driver* 10:30 '50s Dance Class 10:30 Cardio, Strength & Stretch (Video) 11:00 Jam Sessions 11:30 Special Lunch* 1:00 Chess Club 1:00 Pickleball 1:30 Entertainment: Tony Summerhays | 9:00 Pottery: Int Wheel* 9:00 Yoga 9:45 EnhanceFitness 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Stepping Up Your Nutrition* 1:00 Pickleball | 9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Ping Pong 10:30 Cardio, Strength & Stretch (Video) 10:30 Stronger Memory* 10:30 Laughter & Song Circle 11:00 Farmers Market 11:45 Drums Alive 1:00 Taste Kitchen 1:00 Line Dancing | 9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:45 EnhanceFitness 10:00 Poker Tournament 10:30 Pottery Open Studio 10:50 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:00 James Romero 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball |
| 23 | 24 | 25 | 26 | 27 |
| 9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:45 EnhanceFitness 10:50 Chair Yoga 11:00 Line Dancing 1:00 Pickleball 1:00 Ghost Towns & More 1:00 Ukulele: Beginning 1:30 Ukulele:Play-A-Long | 8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Bingo 10:30 Cardio, Strength & Stretch (Video) 11:00 Jam Sessions 1:00 Chess Club 1:00 Pickleball | 9:00 Pottery: Int Wheel* 9:00 Yoga 9:45 EnhanceFitness 11:00 Grief Support Class 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Pickleball | 9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Ping Pong 10:30 Cardio, Strength & Stretch (Video) 10:30 Stronger Memory* 10:30 Laughter & Song Circle 11:00 French Club 11:45 Drums Alive 1:00 Line Dancing | 9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:45 EnhanceFitness 10:30 Pottery Open Studio 10:50 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball |
| 30 | October 1 | October 2 | October 3 | October 4 |
| 9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:45 EnhanceFitness 10:00 Bonsai 10:00 Origami 11:00 Line Dancing 10:50 Chair Yoga 1:00 The Boy's of '36 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele:Play-A-Long | 8:30 Yoga 9:00 Get U Moving 9:00 Caregiver Support 9:00 Bingo (Special time today only) 10:00 Candidate Day 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 11:00 Jam Sessions 1:00 Book Club 1:00 Chess Club 1:00 Pickleball | 9:00 Pottery: Int Wheel* 9:00 Yoga 9:45 EnhanceFitness 11:00 Pottery: Adv Wheel* 11:00 Flu Clinic 12:30 Mexican Train 1:00 Pickleball | 9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Chinese Support Group 10:00 Ping Pong 10:30 Cardio, Strength & Stretch (Video) 10:30 Stronger Memory* 10:30 Laughter & Song Circle 11:45 Drums Alive 1:00 Stepping On* 1:00 Line Dancing | 9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:45 EnhanceFitness 10:30 Pottery Open Studio 10:50 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball |

Center Closes at 12:30

*Must register for class. Call 385-468-3350 to register.