

Riverton Senior Center September 2024

“Expanding Experiences”

“Together We All Win MVP”

On **September 20th** starting at **10:30 am**, we are recognizing our Riverton Senior Center Volunteers because they hit it out of the park with their enthusiasm & dedication. Please join us for a Certificate Ceremony, Lunch, & Entertainment with “Calvin Law”.

Call 385-468-3040 to Register

Healing Conversations



For over 20 years, **Jennifer James** LCSW is a local mental health professional & licensed social worker. Her passion is healing & helping others achieve their best selves.

Please join us for a lively, interactive discussion of mental health topics **every second Thursday** of the month at **1:00 pm**.

The U of U Students are back!

Are you ready to be taught by the dynamic **U of U** Kinesiology students. They form an exercise plan to meet the needs of our Riverton participants.

- Class at **1:00—2:00 pm**
- On **Tuesdays & Thursdays**



Please register because space is limited!



CENTER INFORMATION
12914 South Redwood Rd.
Riverton, Utah 84065
Phone: 385-468-3040
Open: 7:00^{am} - 4:00^{pm}
Monday-Friday
slco.org/riverton

MORNING COFFEE
Available mornings from
9:00^{am} - 11:00^{am}
Suggested donation .50¢

DINING ROOM LUNCH
Monday- Friday from
11:30^{am} - 12:15^{pm}

SUGGESTED DONATION
\$4.00 for 60+
Under age 60 cost is \$8.00

FREE TRANSPORTATION
Serving Riverton, Herriman
& Bluffdale

CENTER STAFF
Manager - Travis Woods
gwoods@slco.org
CPC - Janet Frick
JFrick@slco.org
OS - Debbie Otteson
Kitchen - Marie Riker

SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Senior Center Closed for Labor Day	9:30 Ceramics 9:30 Knit/Crochet 10:00 Senior Ballet 10:00 Manage Anxiety 11:30 Chair Yoga 12:30 Canasta 1:00 U of U Exercise Class 2:00 Tai Chi w/ Dave	9:00 Quilting* 9:00 Lapidary 9:30 Chit Chat Craft 10:00 ESL 10:00 Board Games 10:00 Dance & Drill 11:00 Strong Memory 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing 1:00 EnhanceFitness	9:30 Harmonica 9:30 Knit/Crochet 10:00 Computer 10:30 Casual Guitar 11:00 Hawaiian Dance 12:00 Ukulele Class 12:30 Canasta 1:00 Wood Carving 1:00 Book Club 1:00 U of U Exercise Class	8:00 Clogging 9:00 Lapidary 9:00 Zumba 9:45 Bingo* 11:00 Entertainment: Timesteppers 12:00 Pottery* 12:30 Bunco 1:00 EnhanceFitness
9	10	11	12	13
9:00 Yoga 9:00 Lapidary Cert 9:30 The Blindside 10:00 ESL 10:30 Family Tree 12:30 The Blindside 1:00 Line Dancing 1:00 EnhanceFitness 2:00 Spanish Class	9:30 Ceramics 9:30 Knit/Crochet 10:00 Senior Ballet 10:00 Manage Anxiety 10:30 Coin Collecting 11:30 Chair Yoga 12:30 Canasta 1:00 U of U Exercise Class 2:00 Tai Chi w/ Dave	9:00 Quilting* 9:00 Lapidary 10:00 ESL 10:00 Board Games 10:00 Dance & Drill 11:00 Strong Memory 11:30 Music w/ "Good Times" 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing 1:00 EnhanceFitness	9:30 Harmonica 9:30 Knit/Crochet 10:00 Computer 10:30 Casual Guitar 10:30 Famous Tragedies: Belle Lugosi 11:00 Belly Dance 12:00 Ukulele Class 12:30 Canasta 1:00 Wood Carving 1:00 U of U Exercise Class 1:00 Healing Conversations	8:00 Clogging 9:00 Lapidary 9:15 Zumba 9:45 Bingo* 12:00 Pottery* 12:30 Bunco* 12:30 Story Telling w/ Mike Rose 1:00 EnhanceFitness
16	17	18	19	20
9:00 Yoga 9:00 Lapidary Cert 9:30 The Soloist 10:30 Family Tree 12:30 The Soloist 1:00 Line Dancing 1:00 EnhanceFitness 2:00 Spanish Class	9:30 Ceramics 9:30 Knit/Crochet 10:00 Fall Prevention Event & Info 10:00 Senior Ballet 10:00 Manage Anxiety 11:30 Chair Yoga 12:30 Canasta 1:00 U of U Exercise Class 2:00 Tai Chi w/ Dave	9:00 Quilting* 9:00 Lapidary 10:00 Board Games 10:00 Dance & Drill 11:00 Strong Memory 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing 1:00 EnhanceFitness	9:00 Support Group 9:30 Harmonica 9:30 Knit/Crochet 10:00 Computer 10:30 Casual Guitar 11:00 Hawaiian Dance 12:00 Ukulele Class 12:30 Canasta 1:00 Wood Carving 1:00 U of U Exercise Class	8:00 Clogging 9:00 Lapidary 9:15 Zumba 9:45 Bingo* 10:30 Volunteer Recognition & Entertainment "Calvin Law" 12:00 Pottery* 12:30 Bunco* 1:00 EnhanceFitness
23	24	25	26	27
9:00 Yoga 9:00 Lapidary Cert 9:30 A League of Their Own 10:00 ESL 10:30 Family Tree 12:30 A League of Their Own 1:00 Line Dancing 1:00 EnhanceFitness 2:00 Spanish Class	9:30 Ceramics 9:30 Knit/Crochet 10:00 Senior Ballet 10:00 Manage Anxiety 11:30 Chair Yoga 12:30 Canasta 1:00 U of U Exercise Class	9:00 Quilting* 9:00 Lapidary 10:00 ESL 10:00 Board Games 10:00 Dance & Drill 11:00 Strong Memory 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing 1:00 EnhanceFitness 2:30 Bonus Bingo	9:30 Harmonica 9:30 Knit/Crochet 10:00 Computer 10:30 Casual Guitar 11:00 Belly Dance 11:00 Hawaiian Dance 12:00 Ukulele Class Center Closed at 12:30pm	8:00 Clogging 9:00 Lapidary 9:15 Zumba 9:45 Bingo* 12:00 Pottery* 12:30 Bunco* 1:00 EnhanceFitness
30				
9:00 Yoga 9:00 Lapidary Cert 9:30 Pay it Forward 10:00 ESL 10:30 Family Tree 12:30 Pay it Forward 1:00 Line Dancing 1:00 EnhanceFitness 2:00 Spanish Class		Strong Memory Join Annie from Health Promotion's to learn how to promote the brain. Starting, Sept. 4th		October Book Club 