

# SANDY SENIOR CENTER

## September 2024

Avoid being outdoors when the air quality is poor. You can check the air quality in Salt Lake County using your cell phone or computer. Google [Utah Air Quality](#) and download the app. This site updates Salt Lake County air quality hourly. **On red air days, stay indoors with your windows closed and air purifiers running.**

Reminder... **TUESDAY, 9/3** begins the 6-week workshop **Living Well with Chronic Pain**. It will be held every Tuesday through October 8th, from 12:30 - 3:00. A new topic will be discussed weekly. Registration is required - ask the front desk about availability.

**THURSDAY the 12th, at 2:00pm** SLCO Health Promotions will be here to present on Fall Preventions. The class will include an assessments test to gauge your susceptibility to falling, as well as strategies to keep you from falling.

**AFTER HOURS on 9/12, from 4:00 - 7:00 pm** we are hosting our **Annual Car Show & Craft Fair** with a fundraising Hot Dog Plate with Corn Salad & Chips for \$5.00.

**FRIDAY, the 20th, from 11:30 - 12:30** the Advisory Council is hosting a **So Long to Summer Cookout Luncheon**. All are welcome! A donation of \$4.00 is requested. Sign Up at the front desk.

**The Center is Closing at 12:30pm, THURSDAY, the 26th** for employee training.

### Coming in October

**Monday Movie Matinee- first Monday of the month @ 1:00pm**

**Thrift Store's Annual Fall Sale.** The sale will run daily from **Monday 9/30 to Friday October 4th, from 8:00am - 3:00pm daily.** Stop by - Say Hi!

## Center Information

### HOURS

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

### CONTACT

(385)468-3410

COtis@slco.org

Manager: Charles Otis

Programs: Cindy DeLao

Office: Maggie Steele

Office: Rebekah Bowen

Kitchen: Cassy Christensen

Custodial: Mariela Huitron

Driver: Scott Hess

### ADDRESS

9310 S 1300 E

Sandy, UT 84094

### WEBSITE

[slco.org/sandy-senior-center/](http://slco.org/sandy-senior-center/)



Aging and ~~ADULTS~~ **ADULTS** mission is to promote Independence through advocacy, engagement, and access to resources.

<p>2 - Holiday Closed</p> <p>The center is <b>CLOSED</b> in observance of</p>  <p><b>HAPPY LABOR DAY</b></p>	<p>3 - Birthday Meal</p> <p>8:00...Yoga 9:00 ...Ceramics 9:00. Open Painting 9:30..Social Dance 10:00... Bingo 10:00... Shutterbugs <b>12:30... Living w/ Chronic Pain</b> 1:00 ... Wheel Pottery 2:00 ... Tai Chi</p>	<p>4</p> <p>8:00...Enhance Fitness 8:30...Porcelain Dolls 10:00...Hooks &amp; Needles 10:30...Arthritis Exercise 12:30...Learn Line Dance 12:30...Raku Pottery 1:00... Square Dancing 1:00 Shakespeare Reads 1:30... Computer Lab</p>	<p>5</p> <p>8:00... Self Guided Yoga 9:30...Table Tennis 9:30... iPhone &amp; iPad 10:00 .. Spanish 12:30 .. Stained Glass <b>1:00... Quilt Club</b> 1:30... Ukulele 2:00... Tai Chi 2:30... Hula Dancing</p>	<p>6</p> <p>8:00...Enhance Fitness 8:00...AM Pottery <b>9:30...Family Genealogy Research</b> 10:00... Current Events 10:30 .. Arthritis Exerc. 12:00 TableTennis 12:30... PM Pottery 1:30...Belly Dancing</p>
<p>9</p> <p>8:00...Enhance Fitness 9:00... Wood Carving 9:15..U of U Fit &amp; Trim 9:30...Computer Lab 10:00... Spanish 10:30... Arthritis Exercise 1:00...Learn Guitar 1:00. Book Club 1:30...Drums Alive 1:30...Watercolor</p>	<p>10</p> <p>8:00... Yoga 9:00 ...Ceramics 9:00. Open Painting 9:30..Social Dance 10:00... Bingo 10:00... Shutterbugs <b>12:30... Living w/ Chronic Pain</b> 1:00 ... Wheel Pottery 2:00 ... Tai Chi</p>	<p>11</p> <p>8:00...Enhance Fitness 8:30...Porcelain Dolls <b>10:00. FTD Support Grp</b> 10:00...Hooks &amp; Needles 10:30...Arthritis Exercise 12:30...Learn Line Dance 12:30...Raku Pottery 1:00... Square Dancing 1:30... Computer Lab <b>2:30.. Library Book C</b></p>	<p>12 - fun Fun FUN!!</p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30... iPhone &amp; iPad 10:00... Spanish 1:30... Ukulele 2:00... Tai Chi <b>2:00 Fall Prevention Seminar</b> <b>4 - 7 pm ANNUAL CRAFT FAIR &amp; CAR SHOW</b></p>	<p>13</p> <p>8:00...Enhance Fitness 8:00... AM Pottery 9:15..U of U Fit &amp; Trim <b>9:30...Family Genealogy Research</b> <b>10:00.. End Of Life Discussion</b> 10:30 .. Arthritis Exercse 12:00...Table Tennis 1:30...Belly Dancing</p>
<p>16</p> <p>8:00... Enhance Fitness 9:00... Wood Carving 9:15..U of U Fit &amp; Trim 9:30...Computer Lab 10:00... Spanish 10:30.. Arthritis Exercise 1:00...Learn Guitar 1:30...Drums Alive 1:30...Watercolor</p>	<p>17</p> <p>8:00...Yoga 9:00 ... Ceramics 9:00. Open Painting 9:30..Social Dance 10:00... Shutterbugs 10:00. Bingo <b>12:30... Living w/ Chronic Pain</b> 1:00 ... Wheel Pottery 2:00 ... Tai Chi</p>	<p>18</p> <p>8:00...Enhance Fitness 10:00...Hooks &amp; Needles 10:30...Arthritis Exercise 12:30...Learn Line Dance 1:00.. Shakespeare Read 12:30...Raku Pottery 1:00... Square Dancing 1:30... Computer Lab</p>	<p>19</p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30... iPhone &amp; iPad 10:00 .. Spanish 12:30 .. Stained Glass <b>1:00...Astronomy</b> 1:30... Ukulele 2:00... Tai Chi 2:30... Hula Dancing</p>	<p>20</p> <p>8:00...Enhance Fitness 8:00. AM Pottery 9:15..U of U Fit &amp; Trim <b>9:30. Family Genealogy Research</b> 10:00. Current Events 10:30 .. ArthritisExercise 12:00... Table Tennis 12:30...PM Pottery 1:30... Belly Dancing</p>
<p>23</p> <p>8:00... Enhance Fitness 9:00... Wood Carving 9:15..U of U Fit &amp; Trim 9:30...Computer Lab 10:00... Spanish 10:30... Arthritis Exercise 1:00...Learn Guitar 1:00. Book Club 1:30...Drums Alive 1:30...Watercolor</p>	<p>24</p> <p>8:00...Yoga 9:00 ... Ceramics 9:00. Open Painting 9:30..Social Dance 10:00... Bingo <del>10:00... Shutterbugs</del> On their Field Trip <b>12:30... Living w/ Chronic Pain</b> 1:00 ... Wheel Pottery 2:00 ... Tai Chi</p>	<p>25</p> <p>8:00...Enhance Fitness 8:30...Porcelain Dolls 10:00...Hooks &amp; Needles <b>0:00 ...Freethinkers I</b> 0:30...Arthritis Exercise 12:30...Learn Line Dance 12:30...Raku Pottery 1:00 Shakespeare Reads 1:00... Square Dancing 1:30... Computer Lab</p>	<p>26 - Closing Early</p> <p>8:00...Self Guided Yoga 9:30...Table Tennis 9:30... iPhone &amp; iPad 10:00 .. Spanish <b>12:30 CENTER IS CLOSED FOR ANNUAL COUNTY EMPLOYEE OBLIGATION</b></p>	<p>27</p> <p>8:00...Enhance Fitness 8:00... AM Pottery 9:15.. U of U Fit &amp; Trim <b>9:30...Family Genealogy Research</b> <b>10:00...AARP Driver Safety Course</b> 10:30 Arthritis Ex 12:30...PM Pottery</p>
<p>30 <b>ANNUAL</b></p> <p>8:00...Enhance Fitness <b>8:00...THRIFT SALE</b> 9:00... Wood Carving 9:15..U of U Fit &amp; Trim 9:30...Computer Lab 10:00... Spanish 10:30... Arthritis Exrcse 1:00...Learn Guitar 1:30. Watercolor</p>	<p><b>FALL THRIFT</b></p> <p><u>Stop in to see if you find a little something at the <b>FALL THRIFT SALE -THIS WEEK ONLY !!</b></u></p>	<p><b>** Please Note **</b></p> <p>We will be hosting the Annual Sandy City Arts Guild Art Show ~ Displaying the works of talented folks of our community.</p>	<p>Every day from</p> <p><b>Room usage will be modified from October 17th to November 1st</b></p>	