

SOUTH SALT LAKE SENIOR CENTER September, 2024



Fall Prevention Event:

Wednesday, September 11th at 10:30 am

Defying Gravity - How To Stay On Your Feet and Prevent Falls

- o Fall Prevention General Education
- o TUG Tests
- o Grip Strength
- o Kroger Grocery Benefits
- o Medicare Ancillary Benefits available through Select Health Plans

MONTHLY BLOOD PRESSURE CHECKS BY SOUTH SALT LAKE FIRE DEPARTMENT

Wednesday, September 11th at 9:15 am

VITAL AGING: GRIEF AND LOSS

Wednesday, September 18th at 10:30 am

Farmers' Market: The Green Urban Lunchbox

Wednesday, September 18th at 11:00 am

LIVE ENTERTAINMENT: 🎵 Utah Old Time Fiddlers 🎵

Friday, September 27th at 10:30 am

Volunteer Recognitions & Entertainment: Heart & Soul

Wednesday, October 2nd at 10:30 am

Special Buffet Menu:

Sunday Pot Roast; Braised Chuck Roast, Pan Gravy; Rosemary Potatoes;
Roasted Carrots; Caesar Salad; Black Forest Cake

Pre-registered required for lunch!

Vaccine Clinic: Thursday, October 10th from 9am to 1pm

Candidate Day: Wednesday, October 23rd at 10:30 am

**TAKE CARE OF YOUR HEALTH, CHECK YOUR BLOOD PRESSURE
REGULARLY. YOU CAN ACCESS AN AUTOMATIC BLOOD
PRESSURE MACHINE AT SOUTH SALT LAKE SENIOR CENTER.**

Please visit the front desk or call at 385-468-3340 if you have any questions.



Thank you to SSL Rec. team for providing transportation and bingo prizes.

CENTER INFORMATION

2531 South 400 East
South Salt Lake City, UT 84115

MAIN: (385)468-3340

Meals are suggested donation
of \$4.00 for 60+ and
under 60 cost is \$7.
Pay at the front desk

HOURS

Monday - Friday

8:30 AM - 4:00 PM

Lunch

11:30 AM—12:15 PM

CENTER STAFF

Manager: Olivia Snyder

OSnyder@slco.org

Coordinator: Ashika Neopany

OS: Hannah Ruth Pond

Driver: Lisa (SSLC)

TRANSPORTATION

Wednesday—Friday

South Salt Lake Only

(Call for availability)

WEBSITES

<https://slco.org/south-salt-lake-senior-center/>

<https://www.sslcoop.org/>

**SL SALT LAKE
COUNTY**

AGING & ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed !	3 Birthday Meal!	4	5	6
 <p>HAPPY LABOR DAY ★★★</p>	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball 	9:00-11:00 Wii Bowling 9:30 EnhanceFitness 10:00 Art Class: Co-Op 10:30 Mini Book club <i>Reader's Digest</i> 11:30 Lunch 11:30-3:00 Pickleball 12:30 Stronger Memory 2:30 Mat Yoga-Stretching	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball	9:00-11:00 Wii Bowling 9:00 Shopping Day 9:30 EnhanceFitness 10:30 Line Dance 10:30 Picture Bingo 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga
9	10	11	12	13
9:00-11:00 Wii Bowling 9:30 EnhanceFitness 10:30 Cool Chicks 11:00 Pick-up fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:15 Blood Pressure Checks 9:30 EnhanceFitness 10:00 Art Class: Co-Op 10:30 Fall Prevention Event 11:30 Lunch 11:30-3:00 Pickleball 12:30 Stronger Memory 2:30 Mat Yoga-Stretching	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 Craft with Vickie 11:30 Lunch 11:30-3:00 Pickleball 12:15 Ice Cream Day!	9:00-11:00 Wii Bowling 9:00 Shopping Day 9:30 EnhanceFitness 10:30 Line Dance 10:30 BINGO 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga
16	17	18	19	20
9:00-11:00 Wii Bowling 9:30 EnhanceFitness 10:30 BINGO 11:00 Pick-up fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:00 Art Class: Co-Op 10:30 Vital Aging— <i>Grief & Loss</i> 11:00 Farmers' Market 11:30 Lunch 11:30-3:00 Pickleball 12:30 Stronger Memory 2:30 Mat Yoga-Stretching	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 Reece Stein - <i>"Northern Greece"</i> 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:00 Shopping Day 9:30 EnhanceFitness 10:30 Line Dance 10:30 Picture Bingo 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga 1:30 Field Trip to Utah's Hogle Zoo
23	24	25	26	27
9:00-11:00 Wii Bowling 9:30 EnhanceFitness 10:30 BINGO 11:00 Pick-up fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:00-11:00 Wii Bowling 9:30 EnhanceFitness 10:00 Art Class: Co-Op 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00-11:00 Wii Bowling 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 Choir Practice 11:30 Lunch 11:30-3:00 Pickleball Staff Retreat: The center will <i>close at 12:30 pm today.</i>	9:00-11:00 Wii Bowling 9:00 Shopping Day 9:30 EnhanceFitness 10:30 Live Entertainment - <i>Utah Old Time Fiddlers</i> 10:30 Line Dance 11:30 Lunch 12:30-2:30 Pickleball 1:15 Chair Yoga
30	 <p>SEPTEMBER</p>			Mon-Fri: 8:30-3:30
9:00-11:00 Wii Bowling 9:30 EnhanceFitness 10:30 BINGO 11:00 Pick-up fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball 12:30 Choir Practice				*Computer *Puzzles game *Ping Pong *Exercise Shake Machine *Board Games *Coffee & toast (till 11:00 am)