

SUNDAY ANDERSON SENIOR CENTER

September 2024

**Neighborhood Day at Sunday Anderson/University
of Utah Exercise Class/Center Closing Early**

We are thrilled to host this years Neighborhood Day with River's Bend Senior Center! This special event, designed to offers day full of entertainment and activities tailored just for you. Enjoy a lively game of Fall Prevention Bingo, engage with representatives from the County Recorder's Office, and explore resources from our local Chapman Library and Sorenson Recreation Center. We'll also have the Arthritis Foundation leading gentle exercise sessions to keep you moving and healthy. Don't miss the opportunity to check your blood pressure and enjoy a nutritious, delicious meal. Mark your calendars for Wednesday, September 25th and join us for a day of fun, community, and wellness! Please RSVP by September 9th so we can plan on how much food to order for the event. See you there!

Those who signed up to go to the State Fair on September 11th, please meet at the center at 9:30 AM if you are riding the bus. If you are meeting us at the fair grounds please meet us promptly at 9:50 AM. The bus will be returning to the center at 12:00 PM. Everyone please bring your \$1.00 to get into the fair grounds.

University of Utah Exercise is back. Classes will be held on Mondays and Fridays at 10:00 AM. Join us for a fun and invigorating exercise class taught by enthusiastic university students. This program focuses on gentle, age-appropriate exercises that promote health, flexibility, and strength. Whether you're looking to stay active or try something new, this class is a great opportunity to engage with your community and improve your fitness in a supportive and energetic environment. Come and experience the benefits of staying active with the guidance of our knowledgeable and friendly university student instructors!

On Thursday, September 26th, the center will be closing at 1:00 PM right after lunch for a county wide staff retreat. We appreciate your understanding.

CENTER INFORMATION

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

(385)468-3155

868 West 900 South

slco.org/Sunday-Andersonwestside/

Manager: Olivia Snyder
Programs: Amy Hackett
Office Specialist: Vacant
Driver: Bill Christensen
385-377-7318
Kitchen Lead: May Aung
Custodian: Chance Tolman

CENTER CLOSED

Monday, September 2nd
Labor Day

BIRTHDAY TUES

Tuesday, September 3rd
Entertainment 11:00 AM
by Heart and Soul

BLOOD PRESSURE/GLUCOSE CHECKS

Wednesday, September 11th & 28th
10:30 AM

VITAL AGING

Wednesday, September 11th & 28th
10:30 AM

NEIGHBORHOOD DAY AT SUNDAY ANDERSON

Wednesday, September 25th
Starting at 9:00 AM

GHOST TOWNS VIDEO

Tuesday, September 17th
12:00 PM
Bannack, Montana
Chesterfield, Idaho
Stempter, Oregon

CENTER CLOSING EARLY

Thursday, September 26th
1:00 PM



**SALT LAKE
COUNTY**

**AGING & ADULT
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED	3	4	5	6
 <p>HAPPY LABOR DAY</p>	9:30... Ceramics Open Studio 11:00 Entertainment by Heart & Soul 11:30. Birthday Lunch 12:00... Checkers 12:15... Bingo	9:00....AFEP 9:30....Ceramics 11:30...Lunch	9:30... Wii Bowling 9:30... Ceramics Open Studio 10:00-1:30 Open Art Studio 11:00 ...Movie Thursdays 11:30... Lunch 12:00... Checkers	9:30....Ceramics Open Studio 10:00...U of U Exercise 11:00 ...Movie Fridays 11:30...Lunch
9	10	11	12	13
9:00....AFEP 9:30.... Wii Bowling 9:30.... Ceramics 10:00...U of U Exercise 10:00...Bonsai & Origami 11:30...Lunch	Decathlon at Magna Senior Center 9:30..... Ceramics Open Studio 9:00 ... Bingo 11:30... Lunch 12:00... Checkers 12:00...Golf	State Fair Day 9:00... AFEP 9:30.... Ceramics 9:30.... Ceramics 10:30...Blood Pressure Blood Glucose Checks 10:30... Vital Aging 11:30...Lunch	9:30... Wii Bowling 9:30... Ceramics Open Studio 10:00-1:30 Open Art Studio 11:00 ...Movie Thursdays 11:30... Lunch 12:00... Checkers	9:30....Ceramics Open Studio 10:00...U of U Exercise 11:00 ...Movie Fridays 11:30...Lunch
16	17	18	19	20
9:00....AFEP 9:30.... Wii Bowling 9:30.... Ceramics 10:00...U of U Exercise 11:30...Lunch	9:30... Ceramics Open Studio 9:00 ... Bingo 11:30... Lunch 12:00... Checkers 12:00...Ghost Towns Bannack, MT Chesterfield, ID Sumpter, OR	9:00....AFEP 10:30...Vital Aging 11:30...Lunch	9:30... Wii Bowling 9:30... Ceramics Open Studio 10:00-1:30 Open Art Studio 11:00 ...Movie Thursdays 11:30... Lunch 12:00... Checkers	9:30....Ceramics Open Studio 10:00...U of U Exercise 11:00... NEW Diamond Art Painting 11:00 ...Movie Fridays 11:30...Lunch
23	24	25	26	27
9:00....AFEP 9:30.... Wii Bowling 9:30.... Ceramics 10:00...U of U Exercise 10:00...Bonsai & Origami 11:30...Lunch	9:30... Ceramics Open Studio 9:00 ... Bingo 11:30... Lunch 12:00... Checkers 12:00...Golf	Neighborhood Day 9:00....AFEP 9:30....Ceramics 10:30...Blood Pressure Blood Glucose Checks 10:30 ..Vital Aging 11:00 ..Entertainment 11:30....Special Lunch 12:00...Fall Prevention Bingo	9:30... Wii Bowling 9:30... Ceramics Open Studio 10:00-1:30 Open Art Studio 11:00 ...Movie Thursdays 11:30... Lunch 1:00 CENTER CLOSED FOR COUNTY RETREAT	9:30....Ceramics Open Studio 10:00...U of U Exercise 11:00...Diamond Art Painting Cont. 11:00 ...Movie Fridays 11:30...Lunch
30	Mark your calendars! Candidate Day is returning on Tuesday, October 15th. Join us to hear from your local candidates on the upcoming election.		Daily Activities 7:00AM-3:45PM: Billiards Brain Teaser Hidden Pics Coloring Contest Computer Lab Exercise Equipment Horseshoes Shuffleboard Ping Pong	October Activities * Birthday Tuesday September 3rd 11:00 Entertainment by Heart & Soul * Farmer's Market Tuesday, October 8th * Candidates Day Tuesday, October 15th * Halloween Party, Thursday, October 31st