

EnhanceFitness - M, W, F @ 7:45 am - Evidence based group exercise program, helps older adults at all levels of fitness to become more active & energized.

Fit & Trim - M, W, F @ 9:00 am - Low intensity aerobics that is suitable for all levels of fitness.

Arthritis Exercise - M, W, F @ 10:15 - Low Impact exercises done from a seated position.

AARP Drivers Safety – On the 1st Weds, June 6 - Learn safe driving techniques & strategies. Earn a Safe Driver Certificate upon completion. \$15 for AARP members & \$20 non-members.

FTD - Frontal Temporal Dementia Group will meet on the 2nd Weds. of each month from 9:30 - 12 noon.

BINGO TUESDAY ~ If this is your Birthday Month you can play BINGO for free then enjoy a birthday lunch paid.

Monday, June 4th the Alzheimer's Association will be here at 10:00 a.m. with their presentation " Know the 10 signs - Early Detection Matters"

Saturday June 9th - The Sandy Arts Guild will sponsor "Art in the Garden" a Plein Air Quick Draw at Sego Lilly Garden. Call 801 352-4469 to enter. Then you can check out the completed works on display here in our Café during June.

Wed. June 13th ~ We welcome Visiting Angels. Kathy will be here to discuss Brain Health and Dementia.

Thursday, June 14th Annual Family Fun Night at the Sandy Amphitheater Talent Show. A hamburger dinner at the senior center starts at 4:00pm, with the Amphitheater show starting at 5:00pm. Bring the whole family to enjoy the show - \$5.00 will feed a family of 4. Individual plates are \$3.00 .

Friday June 15th ~ Father's Day Take Away Gift, 1:00-3pm in the café. Be sure to sign up for the cutest Origami Shirt card for the father in your life.

Wednesday the 20th we welcome Bruce Clark w/Humana as he shares his presentation on Having Healthy Brains.

Podiatrist - Dr. Shelton is here on Thursday, June 21st @ 10:00 a.m. 1st come 1st serve ~ \$10.00 donation.

**** Civic Week = 3rd week ****

On the 3rd Monday of each month @ 10:00 Chat with the Sandy Fire Chief Bruce Cline.

On the 3rd Tuesday of each month @ 10:00 Councilmen Zac Robinson will be here to update you on what the Sandy City Council is working on.

On the 3rd Wednesday of each month @ 10:00 a member of the Sandy Community Dev. team is here to answer your questions in regards to city planning & development.

Vital Aging ~ Improving Memory, Learn to cope with memory changes by gaining an understanding of what is normal and what can be prevented or compensated for, Thursday, June 7th at 10:00 a.m.

Memory Screenings with Carol Tuesday 6/19. Sign up at the tables for an appointment 9:00 - 11:30a.m.

Friday 6/8 at 10:00 To Be Announced at a later date. Friday 6/22 at 10 will be our "OPEN FORUM DISCUSSION".

Wednesday the 27th @ 9:30 The Senior Freethinkers of Utah monthly meeting is held for all who like to discuss, evaluate and form their OWN opinions, including religion and politics, etc. Everyone is welcome for education, enlightenment and enjoyment.

Entertainment

- 5th ~ Wayne Hovey - I Wagon 3 Wheels
- 12th ~ The Wasatch Woodwinds
- 13th ~ Mixed Nuts
- 19th ~ Bob Shorten
- 20th ~ The New Fiddlers

June 6 @ 9:30am, Elsa the Albino Wallabee will join us for Bingo, courtesy of Jeff from Avalon Veterans Home

Reminder ~ We're CLOSED

Wednesday, July 4th to celebrate Independence Day !

Monday, July 9th - Sanderson Center, Division of Services to the Deaf and Hard of Hearing will be here with an important presentation on "Hearing Loss, Prevention and How to go on" at 9:00 a.m.

Reminder ~ We will be closed, Tuesday the 24th to celebrate Pioneer Day!

And Much Much More !!!