



Sunday Anderson West Side Senior Center

January 2018

**868 West 900 South
Salt Lake City
Utah 84104**

Phone: 385-468-3155
Hours of Operation
Mon.-Fri.
8:00 a.m. - 5:00 p.m.

Transportation

Monday - Friday
Pick up starts at 7:45 a.m.
Drop offs start at 2:00 p.m.
Reserve 24Hrs in advance
Suggested Donation
\$1.00 each way

Lunch

Monday - Friday
Served 12:00 Noon- 12:45 p.m.
Suggested Donation \$3.00
Under 60 Guest Suggested
Donation \$7.00

Continental Breakfast*

**Sponsored by the
Advisory Committee**
Monday- Friday at 8:00 a.m.
Suggested Donation 25¢
*While supplies last.

Center Staff

Amber Christensen.....Manager
Kim Rasmussen.....Programs
Dale OlsonOffice
Jason Hill.....Custodian
Monty Fifita.....Driver
Carolyn Daniels.....Kitchen
Camille Peterson...Bldg. Attendant

Easter Seals Trainee

Dineh TorresOffice

www.slco.org/saws

Accredited by 
National Institute of
Senior Centers

Health Promotion

According to the University of California San Francisco, “A healthy lifestyle can help you thrive as you move through your life’s journey. Making healthy choices isn’t always easy — it can be hard to find the time and energy to exercise regularly or prepare healthy meals. However, your efforts will pay off in many ways, and for the rest of your life.” Salt Lake County Aging & Adult Services’ Active Aging is committed to providing opportunities to help seniors learn to make healthy choices and to engage in regular physical activity. Sunday Anderson offers the following ways to help you get your daily dose of exercise:

**Treadmills, Stationary Bikes, Elliptical, and Weight Machine
Everyday 8:00 a.m.—5:00 p.m.**

EnhanceFitness—Mondays, Wednesdays and Fridays at 11:00 a.m.

Exercise Class—Mondays and Fridays at 10:00 a.m.

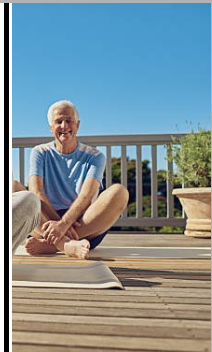
Line Dancing—Mondays at 1:00 p.m.

Pickleball—Thursdays at 2:00 p.m. & Fridays at 8:00 a.m.



“You are never too old to set another goal or to dream a new dream.”

- Les Brown



EnhanceFitness

EnhanceFitness is an exercise class with proven benefits designed for older adults. These fun, interactive classes are one hour long and include a professional instructor and a variety of activities for people at all fitness levels. Ongoing classes offer:

- Strength training with light weights
- Flexibility and balance to prevent falls
- Aerobic movements for heart health.

Pickleball

Have you tried pickleball? It is a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but the game can develop into a quick, fast-paced, competition for experienced players.

