

# COLUMBUS SENIOR CENTER

## August, 2022



### Play Outside Day—Monday, August 1st

Cornhole Game at 10:30 am

Ice Cream at 11:00 am

### Stepping Up Your Nutrition

**Thursday, August 11th at 9:30**

\*Stepping up your nutrition is a one time workshop that addresses strength loss and malnutrition that contribute to falls.

\*Anyone (55+), Who is concerned about their health, has chronic health conditions, or is interested in improving their nutrition and strength.

***Pre-registration required***

### Dealing with Dementia Workshop

**Wednesday, August 24th & 31st from 9:30—11:30 am**

\*This workshop provides effective strategies for dealing with dementia behaviors.

***Pre-registration required***

### Special Live Entertainment

♪ Kevin Christensen ♪

Friday, August 5th at 10:30 am

♪ Rich Dixon ♪

Friday, August 12th at 10:30 am

♪ Clogging Grandmothers ♪

Friday, August 19th at 10:30 am

♪ Bill Stidd ♪

Friday, August 26th at 10:30 am

### **Pickleball Tournament**

Tuesday, August 23rd at 9:00 am-2:00 pm

### Highlighted courses

Vital Aging

Wednesday, August 3rd & 17th  
at 10:30 am

Presentation

– Alissa “Name that Tune”

Thursday, August 4th at 10:30 am

Medicare Open Enrollment  
Presentation

Wednesday, August 10th at 10:30 am

Presentation- Reice Stein

Thursday, August 18th at 10:30 am

### Center Information

2531 South 400 East  
South Salt Lake City

**Main: (385)468-3340**

Meals are suggested donation  
of \$4.00 for 60+ and  
under 60 cost is \$8  
pay at front desk

### HOURS

**Monday - Friday**

8:30 AM - 2:30 PM

**In-Person Dining**

11:30—12:15 PM

**Drive-Thru Lunch**

12:15—12:30 PM

### Center Staff

Manager: Travis Woods

gwoods@slco.org

Coordinator: Ashika Neopany

OS: Hannah Ruth Pond

Driver: Lisa (SSLC)

### Transportation

Wednesday—Friday

### WEBSITE

\* <https://slco.org/columbus-senior-center>

\* <https://www.facebook.com/ColumbusSeniorCenter>

**SL SALT LAKE  
COUNTY**

**AGING & ADULT SERVICES**

**Thank you to South Salt Lake for providing transportation and bingo prizes.**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 EnhanceFitness "Play Outside Day" 10:30 Cornhole Game 11:00 Ice Cream 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Bingo 10:30 Ceramic Painting 11:30 Birthday Lunch 12:30 Pickleball 	9:30 EnhanceFitness 10:30 Bingo 10:30 Vital Aging 11:30 Lunch 1:00 Modified Yoga	9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Presentation - Alissa "Name that Tune" 11:30 Lunch 12:30 Pickleball	9:00 Shopping Walmart 9:30 EnhanceFitness 10:30 🎵Entertainment🎵 - Kevin Christensen 10:30 Line Dancing 11:30 Lunch
8	9	10	11	12
9:30 EnhanceFitness 10:30 Bingo 10:30 Cool Chicks 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Ceramic Painting 11:30 Lunch 12:30 Pickleball	9:30 EnhanceFitness 10:00 Field Trip -Granite Library 10:30 Medicare Open Enrollment Presentation 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:00-11:15 Wii Challenge 9:30 Stepping Up Your Nutrition 9:30 Arthritis Exercise 10:30 Craft Day 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 🎵Entertainment🎵 -Rich Dixon 10:30 Line Dancing 11:30 Lunch
15	16	17	18	19
9:30 EnhanceFitness 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Ceramic Painting 11:30 Lunch 12:30 Pickleball	9:30 EnhanceFitness 10:30 Bingo 10:30 Vital Aging 11:30 Lunch 1:00 Modified Yoga  <i>*Pickleball Tournament Registration Deadline</i>	9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Presentation - Reice Stein "Travel log" 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 🎵Entertainment🎵 - Clogging Grandmother 10:30 Line Dancing 11:30 Lunch
22	23	24	25	26
9:30 EnhanceFitness 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:00 Pickleball Tournament <i>*Pre-registration required</i> 9:30 Arthritis Exercise 10:30 Ceramic Painting 11:30 Lunch	9:30 EnhanceFitness 9:30 Dealing with Dementia workshop 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:00-11:15 Wii Challenge 9:30 Arthritis Exercise 10:30 Dining w/ Diabetes 11:30 Lunch 12:30 Pickleball	9:00 Shopping WinCo 9:30 EnhanceFitness 10:30 🎵Entertainment🎵 - Bill Stidd 10:30 Line Dancing 11:30 Lunch
29	30	31	<h1>August</h1>	
9:30 EnhanceFitness 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga	9:30 Arthritis Exercise 10:30 Ceramic Painting 10:30 U of U Exercise 11:30 Lunch 12:30 Pickleball	9:30 EnhanceFitness 9:30 Dealing with Dementia workshop 10:30 Bingo 11:30 Lunch 1:00 Modified Yoga		