

MIDVALE SENIOR CENTER

May 2022



SENIOR LIFE BALANCE & WELLNESS CONFERENCE

Thursday, May 26 • 9:30 AM—2:00 PM

- 9:30 AM Continental Breakfast
- 10:00 AM Mindfulness Session by SLCo Health Promotion
- 10:45 AM Secrets to Living a Happy Life by SLCo Health Promotion
- 11:45 AM Boosting Memory and Cognition by Valley Behavioral Health
- 12:30 PM Lunch—Join us in our Café for a choice of a hot meal, sandwich or chef salad *Suggested donation \$4.00*
- 1:15 PM Create a Life Working Living by Valley Behavioral Health

**You may register for one or more classes or the whole day.
Call 385-468-3350 to register**

HIGHLIGHTED PROGRAMS

Living Well with Chronic Pain
Wednesdays, May 18—June 22
10:00 AM—12:30 PM

Learn self-management techniques and skills needed to manage chronic pain conditions.
Register by calling 385-468-3350

Cinco de Mayo Celebration
Thursday, May 5
11:30 AM—1:30 PM

Entertainment:

James Romero

Lunch: Chile Verde

Suggested Donation \$4.00

Chips and Salsa: The Advisory Committee will be selling chips and salsa for \$1.00. All proceeds go to providing entertainment at the center.

Mother's Day Special Meal
Friday, May 6
11:30—1:30 PM

Entertainment:

Robb Reger

Lunch: Oven Roasted Chicken
Suggested Donation \$4.00

AARP

Smart Driver Course
Thursday, June 16

10:00 AM—3:00 PM

\$20.00 for AARP members
\$25.00 for non AARP members
Register by calling 385-468-3350

CENTER INFORMATION

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

(385)468-3350

7750 South Main Street (700 West)

LWarner@slco.org

slco.org/midvale-senior-center/

Manager: Lori Warner

Programs: Kim Rasmussen

Office: Dale Olson

Custodian: Lima Finai

Driver: Bob 385-237-8993

For more information, or to preregister, visit the front desk or call us at 385-468-3350

SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

Art/Culture/Music

Bonsai

Monday, May 2 & 16 • 10:00 AM

Pick up a list of supplies needed at the front desk

Origami

Monday, May 2 & 16 • 10:00 AM

Needlecraft

Wednesdays • 9:30—12:30 PM

Bring your own hook(s), yarn & project

Scrapbooking Open Studio

Mondays

8:00 AM—4:00 PM

Bring your own supplies

Painting Class

Fridays

1:00 PM—3:30 PM

Bring your own supplies

Beginning Pottery:

Wheel Throwing

Wednesdays • 9:00 AM—1:00 PM

Pottery Open Studio

Thursdays • 9:00 AM—1:00 PM

Hand Building Pottery Class

Fridays • 9:00 AM—12:00 PM

Health & Wellness

Tai Chi Basics

Wednesdays

10:30 AM*

Tai Chi Class

Mondays & Wednesdays

11:00 AM*

**Time Change*

Seated 20/20/20 (Video)

Tuesdays and Thursdays

9:30 AM*

This is a seated exercise class focusing 20 minutes on each type of exercise: cardiovascular endurance, muscular strength, & flexibility.

UofU students will return on May 24

Blood Pressure Screenings

Fridays

11:00 AM—12:00 PM

Medicare 101

Wednesday, May 25

2:00 PM

Learn how to navigate the complexities of Medicare.

Education

Book Club

Tuesday, May 3 • 1:00 PM

One in a Million by Lindsey Kelk

Tuesday, June 7 • 1:00 PM

The Proposal by Jasmine Guillory

Reserve and check out your book through The County Library—Tyler.

Brain Boosters

Monthly

Each month pick up a packet of crossword & hidden picture puzzles to help improve your memory and stimulate your brain.

Lunch & Learn Series

Coming in June

Grab a meal from our café and join us for an opportunity to learn about many different topics. This will be a monthly series.

Fitness Programs

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------|----------------------------|---------|-----------------|-----------|----------------------------|----------|-----------------|--------|----------------------------|
| 7—4 | Ping Pong | 7—4 | Ping Pong | 7—4 | Ping Pong | 7—4 | Ping Pong | 7—4 | Ping Pong |
| 9:45 | Cardio, Strength & Stretch | 8:30 | Yoga | 9:45 | Cardio, Strength & Stretch | 9:30 | Seated 20/20/20 | 9:45 | Cardio, Strength & Stretch |
| 11:00 | Tai Chi Class* | 11:45 | Music in Motion | 10:30 | Tai Chi Basics* | 1:00 | Line Dancing | 1:00 | Pickleball |
| 1:00 | Pickleball | 1:00 | Pickleball | 11:00 | Tai Chi Class* | | | | |
| | | | | 1:00 | Pickleball | | | | |

Social & Recreational

Bingo

1st and 3rd Tuesdays

May 3 & 17 • 10:30 AM

Chocolate Chip Day

Tuesday, May 17 • 11:30 am

Receive a chocolate chip cookie during lunch. *Sponsored by Humana*

Make and Take:

Decorative Planter

by Tony Spires with Humana

Tuesday, May 10

10:00 AM

Decorate a planter and take a plant home in it.

Social Coloring

Tuesday, May 24

10:30 AM

Love to color? Color pages with other seniors, and then bring them together to form an amazing mural.

Call 385-468-3350 to register for classes and activities

Midvale Senior Center Activities Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| May 2 | May 3 | May 4 | May 5 | May 6 |
| Ping Pong* 8:00 Clogging Grandmothers 8:00 Scrapbooking 11:00 Tai Chi ¹ 9:45 Cardio, Strength & Stretch (Video) 10:00 Bonsai 10:00 Origami 1:00 Pickleball | Ping Pong* 8:30 Yoga 8:30 Caregiver Breakfast Bunch 9:30 Seated 20/20/20 ¹ 10:30 Bingo 11:45 Music in Motion 1:00 Book Club 1:00 Pickleball | Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch 10:30 Tai Chi Basics ¹ 11:00 Tai Chi ¹ 1:00 Pickleball | Ping Pong* 8:00 Shopping Trip 9:00 Pottery—Open Studio 9:30 Seated 20/20/20 ¹ 11:30 Cinco de Mayo Celebration 1:00 Line Dancing | Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 11:30 Mother's Day Celebration 1:00 Painting Class 1:00 Pickleball |
| 9 | 10 | 11 | 12 | 13 |
| Ping Pong* 8:00 Clogging Grandmothers 8:00 Scrapbooking 9:45 Cardio, Strength & Stretch 11:00 Tai Chi ¹ 1:00 Pickleball | Ping Pong* 8:30 Yoga 9:30 Seated 20/20/20 ¹ 10:00 Make & Take: Decorative Planter 11:45 Music in Motion 1:00 Pickleball | Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch (Video) 10:30 Tai Chi Basics ¹ 11:00 Tai Chi ¹ 1:00 Alzheimer's Support Group 1:00 Pickleball | Ping Pong* 8:00 Shopping Trip 9:00 Pottery—Open Studio 9:30 Seated 20/20/20 ¹ 1:00 Line Dancing | Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 1:00 Painting Class 1:00 Pickleball |
| 16 | 17 | 18 | 19 | 20 |
| Ping Pong* 8:00 Clogging Grandmothers 8:00 Scrapbooking 9:45 Cardio, Strength & Stretch (Video) 10:00 Bonsai 10:00 Origami 11:00 Tai Chi ¹ 10:30 Advisory Committee 1:00 Pickleball | Ping Pong* 8:30 Yoga 9:30 Seated 20/20/20 ¹ 10:30 Bingo 11:30 Chocolate Chip Day 11:45 Music in Motion 1:00 Pickleball | Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch (Video) 10:00 Living Well with Chronic Pain 10:30 Tai Chi Basics ¹ 11:00 Tai Chi ¹ 1:00 Pickleball | Ping Pong* 8:00 Shopping Trip 9:00 Pottery—Open Studio 9:30 Seated 20/20/20 ¹ 1:00 Line Dancing | Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 1:00 Painting Class 1:00 Pickleball |
| 23 | 24 | 25 | 26 | 27 |
| Ping Pong* 8:00 Clogging Grandmothers 8:00 Scrapbooking 9:45 Cardio, Strength & Stretch (Video) 11:00 Tai Chi ¹ 1:00 Pickleball | Ping Pong* 8:30 Yoga 9:30 Seated 20/20/20 ¹ 10:30 Social Coloring 11:45 Music in Motion 1:00 Pickleball | Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch (video) 10:00 Living Well with Chronic Pain 10:30 Tai Chi Basics ¹ 11:00 Tai Chi ¹ 1:00 Alzheimer's Support 2:00 Medicare 101 1:00 Pickleball | Ping Pong* 8:00 Shopping Trip 9:30 Seated 20/20/20 ¹ 9:00 Pottery—Open Studio 9:30 Senior Life Balance & Wellness Conference 1:00 Line Dancing | Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 1:00 Painting Class 1:00 Pickleball |
| 30 | 31 | June 1 | June 2 | June 3 |
| Memorial Day Center Closed | Ping Pong* 8:30 Yoga 9:30 Seated 20/20/20 ¹ 11:45 Music in Motion 1:00 Pickleball | Ping Pong* 9:00 Beginning Pottery 9:30 Needlecraft 9:45 Cardio, Strength & Stretch (Video) 10:00 Living Well with Chronic Pain 10:30 Tai Chi Basics ¹ 11:00 Tai Chi ¹ 1:00 Pickleball | Ping Pong* 8:00 Shopping Trip 9:30 Seated 20/20/20 ¹ 9:00 Pottery—Open Studio 1:00 Line Dancing | Ping Pong* 9:00 Pottery—Hand Building Class 9:45 Cardio, Strength & Stretch (Video) 11:00 Blood Pressure 1:00 Painting Class 1:00 Pickleball |

*Ping Pong is available all day Monday—Friday.

¹New Time