

# West Jordan Senior Center *September 2021*



## **Birthday Tuesday**

Join us on September 7, 10:45 a.m. to celebrate Birthday Tuesday. Entertainment provided by B.D. Howes, thanks to our Advisory Committee for sponsoring this event. Please call to make a reservation for lunch at 385-468-3401 before August 31st.

## **20/20/20 Exercise Class**

Beginning August 31st the University of Utah students will be teaching this class at the center. It involves 20 minutes cardiovascular, 20 minutes strength and 20 minutes flexibility. Class will be on Tuesdays and Thursdays at 1:00 pm. Please call the center to sign up for this great class.

**Center Closed on Monday, September 6th  
for Labor Day**

**Center Closing at 1:00 PM on  
Tuesday, September 28**

# Center Information

## **HOURS**

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

## **CONTACT**

(385)468-3401

West Jordan@slco.org

Manager: Amber  
Christensen

Programs: Sheryl Miller

Office: Robyn Brown

Driver: Tommy Muir

Custodian: Cameron Smith

**8025 So 2200 W**

**West Jordan, UT  
84084**



**SALT LAKE  
COUNTY**

**AGING & ADULT  
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3
September is <b>National            Honey Month</b> 	20/20/20 Exercise class begins today August 31st at 1:00 p.m.	8:00 Tai Chi Advance 9:00 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary	9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 12:45 Bingo <b>1:00 20/20/20</b> 2:00 Bunco	8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging 1:30 Movie
6	7	8	9	10
Center closed for 	9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 10:30 Entertainment 12:45 Bingo 1:00 Porcelain <b>1:00 20/20/20</b> <b>Birthday Tuesday</b>	8:00 Tai Chi Advance 9:00 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary 1:30 Healthy Bowles	9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 12:45 Bingo <b>1:00 20/20/20</b> 2:00 Bunco	8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging 1:30 Movie
13	14	15	16	17
8:00 Tai Chi Advance 9:30 Tai Chi Plus 10:00 Polymer Clay 11:00 Spanish	9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 12:45 Bingo 1:00 Porcelain <b>1:00 20/20/20</b>	8:00 Tai Chi Advance 9:00 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary	9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 12:45 Bingo <b>1:00 20/20/20</b> 2:00 Bunco	8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging 1:30 Movie
20	21	22	23	24
8:00 Tai Chi Advance 9:30 Tai Chi Plus 10:00 Polymer Clay <b>10:00 AC meeting</b> 11:00 Spanish	9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 12:45 Bingo 1:00 Porcelain <b>1:00 Card making</b> <b>1:00 20/20/20</b>	8:00 Tai Chi Advance 9:00 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 10:00 Defensive Driving 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary	9:30 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 12:45 Bingo <b>1:00 20/20/20</b> 2:00 Bunco	8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging 1:30 Movie
27	28	29	30	Oct 1
8:00 Tai Chi Advance 9:30 Tai Chi Plus 10:00 Polymer Clay 11:00 Spanish	9:00 Ceramics 9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Wii Bowling 11:15 Medicare Class <b>Center is closing at            1:00pm. There will            be no afternoon            programming</b>	8:00 Tai Chi Advance 9:00 Yoga 9:30 Tai Chi Plus 9:30 Painting 10:00 Knit/Crochet 12:30 Wood Carving 12:30 Bridge 1:00 Lapidary	9:00 Arthritis Exercise 9:30 Drums Alive 10:00 Swedish Weaving 12:45 Bingo <b>1:00 20/20/20</b> 2:00 Bunco	8:00 Tai Chi Advance 9:00 Tatting 9:30 Tai Chi Plus 10:00 Plastic Canvas 10:00 Vital Aging

Classes offered once a month

New Programs