

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2</b>	<b>May 3</b>	<b>May 4</b>	<b>May 5</b>	<b>May 6</b>
8 - 3.... Ping Pong* 9:00.... EnhanceFitness* 10:15.... EnhanceFitness* <b>11:00.... Meditation</b> 11:15.... Piano by Richard 12:00.... Tai Chi for Arthritis* 12:00.... Ballet 1:00.... Pinochle 1:00.... Learn & Play Chess	9:00 ... Chair Yoga 11:30 ... Piano by Sammy <b>11:30 ... Sudoku with Sandi</b> <b>11:30 ... Birthday Tuesday</b> 12:30 ... Bridge 1:00 ... Mahjong 1:00 ... Duplicate Bridge* <b>1:30 ... Computer/Gadget Help with Chet*</b>	9:00.... EnhanceFitness* 10:00 ....Knit/Crochet 10:15 .... EnhanceFitness* 10:30 .... Aging Mastery Program* 11:15 .... Piano by Richard 12:30 .... Intermediate Line Dancing 1:30 .... Beginner Line Dancing 1:30 .... Intermediate Japanese* 2:30.... Wii Sports	9:30.... Paint Studio 11:30 ... Piano by KayLynn 12:00 ... Tai Chi for Arthritis* 12:00 ... Guitar by Bob in the Lounge 12:30 ... Bridge <b>1:00.... Good Grief</b> <b>1:30.... Computer/Gadget Help with Chet*</b>	9:00.... EnhanceFitness* 9:00.... Watercolor Art Studio 9:00.... Beginner Karate 9:30.... Intermediate Karate 10:15 .... EnhanceFitness* 11:30.... Chair Yoga 11:30.... Piano by Rich 12:15 .... Irish Flute by Gene 1:00.... Hand & Foot Canasta
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8 - 3.... Ping Pong* 9:00.... EnhanceFitness* <b>10:00.... Make &amp; Take Craft: Fun Foil Cherry Trees*</b> 10:15.... EnhanceFitness* 11:15.... Piano by Richard 12:00.... Tai Chi for Arthritis* 12:00.... Ballet 1:00.... Pinochle 1:00.... Learn & Play Chess	<b>9:00 ... Ukrainian Eggs (1/3)*</b> 9:00 ... Chair Yoga 11:30 .. Piano by Sammy 12:30 .. Bridge 1:00 ... Mahjong 1:00 ... Duplicate Bridge* <b>1:30 ... Computer/Gadget Help with Chet*</b>	9:00.... EnhanceFitness* 10:00 ....Knit/Crochet 10:15 .... EnhanceFitness* 11:15 .... Piano by Richard 12:30 .... Intermediate Line Dancing 1:30 .... Beginner Line Dancing 1:30 .... Intermediate Japanese* <b>1:30.... Current Events with Tim Chambless</b> 2:30.... Wii Sports <b>2:30.... Toys for Shriners</b>	9:30.... Paint Studio <b>9:30.... Mexican Train Dominoes</b> 11:30.... Piano by KayLynn 12:00.... Tai Chi for Arthritis* 12:00.... Guitar by Bob in the Lounge <b>12:00.... Alzheimer's Caregiver Support</b> 12:30.... Bridge <b>1:30.... Write Your Life Story</b> 1:30.... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 9:00.... Watercolor Art Studio 9:00.... Beginner Karate 9:30.... Intermediate Karate <b>10:00.... AARP Driver Safety Course \$*</b> 10:15.... EnhanceFitness* <b>11:30.... BobbyD &amp; Friends</b> 11:30.... Chair Yoga 1:00.... Hand & Foot Canasta
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8 - 3.... Ping Pong* 9:00.... EnhanceFitness* <b>10:00.... Tye-Dye with Tammi*</b> 10:15.... EnhanceFitness* <b>11:00.... Meditation</b> 11:15.... Piano by Richard 12:00.... Tai Chi for Arthritis* 12:00.... Ballet 1:00.... Pinochle 1:00.... Learn & Play Chess	<b>9:00 ... Ukrainian Eggs (2/3)*</b> 9:00 ... Chair Yoga 11:30 .. Piano by Sammy 12:30 .. Bridge 1:00 ... Mahjong 1:00 ... Duplicate Bridge* 1:30 ... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 10:00 ....Knit/Crochet 10:15 .... EnhanceFitness* <b>10:30 .... Reece Stein Travelogue: Istanbul, Turkey</b> 11:15 .... Piano by Richard 12:30 .... Intermediate Line Dancing 1:30 .... Beginner Line Dancing 1:30 .... Intermediate Japanese* 2:30.... Wii Sports	9:30.... Paint Studio 11:30 ... Piano by KayLynn 12:00 ... Tai Chi for Arthritis* 12:00 ... Guitar by Bob in the Lounge 12:30 ... Bridge <b>1:00.... Good Grief</b> 1:30.... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 9:00.... Watercolor Art Studio 9:00.... Beginner Karate 9:30.... Intermediate Karate 10:15.... EnhanceFitness* 11:30.... Chair Yoga <b>11:30.... Piano by Rich</b> <b>12:00.... Special Entertainment: Mixed Nuts</b> <b>1:00.... Friends of Millcreek Board Meeting (Patrons welcome)</b> 1:00.... Hand & Foot Canasta
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8 - 3.... Ping Pong* 9:00.... EnhanceFitness* 10:15.... EnhanceFitness* 11:15.... Piano by Richard 12:00... Tai Chi for Arthritis* 12:00.... Ballet 1:00.... Pinochle 1:00.... Learn & Play Chess	<b>9:00.... Ukrainian Eggs (3/3)*</b> 9:00.... Chair Yoga 11:30.... Piano by Sammy 12:30.... Bridge 1:00.... Mahjong 1:00.... Duplicate Bridge* <b>1:15.... Senior Fitness with U of U</b> 1:30.... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 10:00 ....Knit/Crochet 10:15 .... EnhanceFitness* <b>10:30.... Library Event: Book Club "Moloka'i" -Alan Brenner</b> 11:15 .... Piano by Richard 12:30 .... Intermediate Line Dancing 1:00 .... Boost Memory and Cognition, Vital Aging Class 1:30 .... Beginner Line Dancing 1:30 .... Intermediate Japanese* 2:30.... Wii Sports	9:30.... Paint Studio 11:30.... Piano by KayLynn 12:00.... Tai Chi for Arthritis* 12:00.... Guitar by Bob in the Lounge 12:30.... Bridge <b>1:15.... Senior Fitness with U of U</b> 1:30.... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 9:00.... Watercolor Art Studio 9:00.... Beginner Karate 9:30.... Intermediate Karate 10:15.... EnhanceFitness* 11:20.... Piano by Peggy 11:30.... Chair Yoga 1:00.... Hand & Foot Canasta
<b>May 30</b>	<b>May 31</b>	<b>June 1</b>	<b>June 2</b>	<b>June 3</b>
<b>Memorial Day Center Closed</b>	9:00 ... Chair Yoga 11:30 .. Piano by Sammy 12:30 .. Bridge 1:00 ... Mahjong 1:00 ... Duplicate Bridge* <b>1:15 ... Senior Fitness with U of U</b> 1:30 ... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 10:00 ....Knit/Crochet 10:15.... EnhanceFitness* 11:15.... Piano by Richard 12:30.... Intermediate Line Dancing 1:30.... Beginner Line Dancing 1:30.... Intermediate Japanese* 2:30.... Wii Sports	9:30.... Paint Studio 11:30.... Piano by KayLynn 12:00.... Tai Chi for Arthritis* 12:00.... Guitar by Bob in the Lounge 12:30.... Bridge <b>1:00.... Good Grief</b> <b>1:15.... Senior Fitness with U of U</b> 1:30.... Computer/Gadget Help with Chet*	9:00.... EnhanceFitness* 9:00.... Watercolor Art Studio 9:00.... Beginner Karate 9:30.... Intermediate Karate 10:15.... EnhanceFitness* <b>10:30.... Vaccination Clinic</b> 11:30.... Chair Yoga 11:30.... Piano by Rich 12:15 .... Irish Flute by Gene 1:00.... Hand & Foot
Classes offered 1-2 times a month	Classes offered one time	New ongoing classes	*Pre-Register: 385-468-3305	

# MILLCREEK SENIOR CENTER

May 2022

## Boost Your Memory & Cognition

Wednesday, May 25 at 1:00 PM

*Have you noticed your memory changing? Do you have trouble recalling old information or learning new things? Join us as we discuss common memory changes and how to manage or prevent them.*



## CENTER INFORMATION

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

(385)468-3305

Manager: Laurie Tinker

2266 E. Evergreen Ave. (3435 S.)

Programs: Suzy Butler

[millcreekinfo@slco.org](mailto:millcreekinfo@slco.org)

Office: Sandi Simmons

[slco.org/millcreek-senior-center/](http://slco.org/millcreek-senior-center/)

Driver: Garth Barrus

## HIGHLIGHTED PROGRAMS

### Meditation

1st & 3rd Mondays at 11:00 AM

### Learn & Play Chess

Mondays at 1:00 PM

### Good Grief

1st & 3rd Thursdays at 1:00 PM

### Write Your Life Story

2nd Thursdays at 1:30 PM

## UPCOMING PROGRAMS

### Reece Stein Travelogue: Istanbul, Turkey

May 18 at 10:30 AM

### Senior Fitness with the U of U

First day: May 24

T & Th at 1:15 PM

### Vaccination Clinic

June 3

10:30 AM - 1:30 PM

## LUNCH INFORMATION

### Monday - Friday

11:30 AM - 1:30 PM

Inside Service Only

\$4 suggested donation

\*For more information, or to pre-register, visit the front desk, email us, or call us at 385-468-3305.

 **SALT LAKE  
COUNTY**  
AGING & ADULT SERVICES