

Mt. Olympus SENIOR CENTER

August 2022

HIGHLIGHTED ACTIVITIES

Vital Aging: Wednesdays at 10:30 AM

The Vital Aging Project is back! Join this weekly wellness group discussion led by Valley Behavioral Health every Wednesday at 10:30 starting on August 3rd.

Stop the Bleed: Wednesday, August 10th at 10:00 AM

Join Teresa Brunt from Intermountain Healthcare for this hands on class that teaches the basics of treating life-threatening bleeding.

Protect Yourself from Scams: Tuesday, Aug. 16 at 10:00 AM

The price of scams is much more than financial. Find out why seniors are targeted, the toll it can take on your health and how to protect yourself. Presented by Tony Spires from Humana.

Farmer's Market: Tuesday, August 16 at 11:00 AM

The Salt Lake County Jail Horticulture Program will be onsite providing fresh fruits and vegetables. Please bring a bag or a basket for your produce. The Farmer's Market is free of charge.

Vaccine Clinic: Tuesday, August 16 at 11:00 AM

The Salt Lake County Health Department will be onsite administering Covid-19 Vaccines and Flu Vaccines. The clinic will run from 11:00 AM to 2:00 PM. Please bring your insurance card.

Book Club: Meets 1st Tuesday of the month at 2:00 PM

The book for September is "What the Wind Knows" by Amy Harmon. Books will be available at the Holladay Library.

Stepping On: Wednesdays at 10:00 AM starting September 7

The Stepping On Program empowers older adults to incorporate healthy behaviors that reduce the risk of falls. Offered once a week for seven weeks, this workshop uses adult education and self-efficacy principals.

JOIN US FOR LUNCH!

*Reservations Required: Please call 385-468-3130 or stop by the front desk
*Suggested Donation of \$4.00**

Birthday Tuesday: Tuesday, August 2 at 11:30 AM

Summer BBQ: Wednesday, August 17 at 11:30 AM

Please join us for a delicious summer BBQ hosted by the Mt. Olympus Advisory Committee. There will be a \$5.00 charge per plate. RSVP by Friday, August 12th. *We will not be serving our regular meal this day*

Labor Day: Friday, September 2 at 11:30 AM

Bacon cheeseburger with baked beans, parslid potatoes, coleslaw and watermelon. RSVP by Friday, August 19th.

Birthday Tuesday: Tuesday, September 6 at 11:30 AM

Upcoming Center Closures:

Monday, September 5th in observance of Labor Day



Center Information HOURS

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

CONTACT

(385)468-3130

Manager: Lisa Tovey
Programs: Olivia Snyder
Office: Cheryl Hale

ADDRESS

1635 E Murray Holladay Road,
Holladay, UT 84117

WEBSITE

slco.org/mt-olympus-senior-center/

*Promoting independence through
advocacy, engagement, and
access to resources.*



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Birthday Tuesday	3	4	5
7:30.....EnhanceFitness 8:45.....EnhanceFitness 9:00.....Chair Yoga 10:00.....AFEP 10:00.....Knitting 10:15...Finding Happiness 11:30... Lunch 12:00...Patio Popsicles 12:15.....Bingo 12:30.....Duplicate Bridge	8:00...AARP Safe Driving 8:30.....Tai Chi 10:00.....Line Dancing 11:30...Lunch 12:00.....Table Games 12:30.....Chair Tai Chi 12:30.....Current Events 1:45.....Table Tennis 2:00...Book Club <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">Book Club will be discussing the book "The Island of Sea Women"</div>	7:30.....EnhanceFitness 8:00.....Strength Training 8:30.....Advanced Spanish 8:45.....EnhanceFitness 9:00.....Ballet 10:00.....AFEP 10:30.....Vital Aging 10:45.....Intermediate Spanish 11:30... Lunch 12:00.....Table Games 12:15.....Bingo 12:30.....National MahJongg 1:45.....Table Tennis	8:30.....Tai Chi 9:00.....Pinochle 10:00.....Line Dancing 10:30.....Optimal Aging 11:30... Lunch 12:00.....Table Games 12:30.....Chair Tai Chi 1:45.....Table Tennis	7:30.....EnhanceFitness 8:00.....Strength Training 8:30.....Advanced Spanish 8:45.....EnhanceFitness 9:00.....Ballet 10:00.....AFEP 10:45.....Intermediate Spanish 11:30... Lunch 12:00.....Table Games 12:30.....Duplicate Bridge 12:30.....Canasta 12:30.....Social Dancing
8	9	10 Ice Cream Social	11	12
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15	16 Farmer's Market	17 Summer BBQ	18	19
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29	30	31	Lunch Program Changes: Starting on Monday, August 1st, the time window for the drive-thru lunches is changing. The new lunch drive-thru time is <u>11:30 AM-12:15 PM</u>	
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