

River's Bend

SENIOR CENTER

February 2023

Health Highlights

Senior Fitness with U of U: Wednesday & Friday starting on **February 1st** at 10:30 - 11:30 AM. Class includes movement patterns & full range of motion.

Beginner iPad Class: Starts at 12:15 PM on Tuesday's & Thursday's
Learn the basics of iPad use including Internet Safety, setting up an email account, how to sign up for our Virtual Senior Center, plus much more...

Living Well with Diabetes: Tuesday, **February 7th** at 9:15 - 11:30 AM
Learn how to manage blood sugar, manage symptoms & read food labels

Medicare Mary: Thursday, **February 9th** starting at 11:00 AM

Know the Signs of Alzheimer's: Monday, **February 13th** at 10:00 AM
Learn about the early signs of Alzheimer's.

Walk With Ease: Class through **February 17th** at 12:15 PM on Monday Wednesday & Friday. Walk with friends & learn stretches to keep you safe.

Movies of the Month Friday at **9:00 AM** on **February 3rd**

"Ticket to Paradise" & **February 17th "Fun w/ Dick & Jane"**

Entertainment: **"Brian / Schroder"** Thursday, **February 2nd** at **10:00 AM**

"Dieter Wachtel" Tuesday, **February 14th** at **10:00 AM**

"Decibelles" Friday, **February 24th** at **10:00 AM**

Image Bingo: Thursdays at **11:45 PM**, Plus an extra Tuesday, **February 21st**.

Free & different way to play Bingo with fun images.

Book Club is Back! Wednesday, **February 22nd** at **12:00 PM**



Center Information

HOURS

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

Lunch Time

11:30 AM—12:15 PM

CONTACT

(385)468-3015



ADDRESS

1300 West 300 North
Salt Lake City, UT 84116

WEBSITE

slco.org/rivers-bend-northwest

SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
February		1	2	3
Happy Valentines To love is to recognize yourself in another. <i>- Eckhart Tolle -</i>		9:00...Computers w/Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:15 Walk w/ Ease 12:30 Bingo	9:00...Ceramics 10:00 Piano Music w/ Brian / "Schroder" 10:00 Wii Bowling 10:15 Tai Chi: Ray J 11:45 Image Bingo 12:15 Beginner iPad	9:00 Movie & Donuts: "Ticket to Paradise" 9:00...Computers: Peter 9:30...AFEP Fitness: Sharleen 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:15 Walk w/ Ease 12:30 Bingo
6	7	8	9	10
9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:30 Mary's Spanish class 12:15 Walk w/ Ease 12:30 Bingo	9:00...Ceramics 9:15...Living Well w/ Diabetes 10:30 Line Dancing 10:30 Writing Class: <i>Telling Your Story</i> 10:30 Birthday Tuesday Entertainment: "Heart & Soul" 12:15 Beginner iPad	9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:15 Walk w/ Ease 12:30 Bingo	9:00..Pop-Up Art 9:00...Ceramics 10:00 Wii Bowling 11:00 Medicare Mary 11:45 Image Bingo 12:15 Beginner iPad	9:00..Pop-Up Art 9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:15 Walk w/ Ease 12:30 Bingo
13	14	15	16	17
9:00..Pop-Up Art 9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 "Know the Signs Of Alzheimer's" 10:30 Mary's Spanish class 12:15 Walk w/ Ease 12:30 Bingo	9:00...Ceramics 9:15...Living Well w/ Diabetes 10:30 Line Dancing 10:30 Writing Class: <i>Telling Your Story</i> 11:45 Live Music: "Dieter Wachtel" 12:15 Beginner iPad	9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:15 Walk w/ Ease	9:00...Ceramics 10:00 Wii Bowling 11:00 Medicare Mary 11:45 Image Bingo 12:15 Beginner iPad	9:00 Movie & Donuts: "Fun w/ Dick & Jane" 9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:15 Walk w/ Ease 12:30 Bingo
20	21	22	23	24
Senior Center Closed to Observe President's Day	9:00...Ceramics 9:15...Living Well w/ Diabetes 10:30 Line Dancing w/ Bonnie 10:30 Writing Class: <i>Telling Your Story</i> 11:45 Image Bingo	9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 Wii Bowling 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:00 Book Club	9:00...Ceramics 10:00 Wii Bowling 11:45 Image Bingo	9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 Music: "Decibelles" "How the West was Sung" 10:30 Mary's Spanish class 10:30 Senior Fitness w/ U of U 12:30 Bingo
27	28	<ul style="list-style-type: none"> Offered Once a Month A New Class 		Friday's Movies  
9:00...Computers w/ Peter 9:00...Cards w/ Joe 9:30...AFEP Fitness: Sharleen 10:00 "Early Stages of Alzheimer's Caregiving" 10:30 Mary's Spanish class 12:30 Bingo	9:00...Ceramics 9:15...Living Well w/ Diabetes 10:30 Line Dancing w/ Bonnie 10:30 Writing Class: <i>Telling Your Story</i>	