

# SANDY SENIOR CENTER

## February 2023

### JOIN US FOR LUNCH!

*\*Suggested Donation of \$4.00\**

**Birthday Tuesday: Tuesday, February 7 at 11:30 AM**

### Holiday Meal Schedule

**Valentine's Day: Tuesday, February 14 at 11:30 AM**

*Turkey pot roast with mashed potatoes, carrots & peas,  
pineapple-orange ambrosia, green salad, and cake*

**Presidents' Day: Friday, February 17 at 11:30 AM**

*Sausage w/ onions & peppers on a bun, macaroni salad,  
Brussel sprouts, baked beans, and apple cobbler*

**Mardi Gras Lunch: Friday, February 24 at 11:30 AM**

*Chicken & sausage jambalaya with whole kernel corn,  
spinach, a whole wheat roll, and white cake.*

**Reservations for Holiday Meals are required.  
Call the center or sign up at the front desk.**

### AARP Driver Safety Course

Friday February 24, 10:00 - 3:00pm

Fee: \$20 for AARP members, \$25 for others

Payment due at beginning of class: check/cash

## Center Information

### HOURS

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

### CONTACT

(385)468-3410

COtis@slco.org

Manager: Charles Otis

Programs: Cindy DeLao

Office: Maggie Steele

Office: Rebekah Bowen

Kitchen: Cassy Christensen

Custodial: Mariela Huitron

Driver: Scott Hess

### ADDRESS

9310 S 1300 E  
Sandy, UT 84094

### WEBSITE

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



Aging and Adult Services' mission  
is to promote Independence  
through advocacy, engagement,  
and access to resources.

<p><b>On the last Friday of each month at 11:30 am we have live entertainment by our wonderful house band - Johnny Durango &amp; the Boys. We hope you drop in and enjoy their rockin' tunes.</b></p>	<p><b>February 14</b></p> <p><i>happy Valentine's day</i></p>	<p><b>1</b></p> <p>8:00...AM Exercise 8:30... Porcelain Dolls 9:30...Android Lab 10:00.. Hooks &amp; Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30.. Raku Pottery 1:00... Shakespeare Readers 1:00... Square Dancing 1:30... Computer Lab</p>	<p><b>2</b></p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30 American Mahjong 9:30.Learn Stained Glass 10:00... Chinese Support 10:00...Spanish 12:30...Stained Glass <b>1:00...QUILT CLUB</b> 1:30....Hula Dancing 2:00....Tai Chi</p>	<p><b>3</b></p> <p>8:00...AM Exercise 8:00...AM Pottery 9:15....Fit&amp;Trim Exercise <b>9:30... Family Search Genealogy</b> 10:00... Current Events 10:30...Arthritis Exercise 12:30... PM Pottery 1:00... Pinochle 1:30... Belly Dancing 1:30... Yin Yoga</p>
<p><b>6</b></p> <p>8:00...AM Exercise 9:00... Wood Carving 9:15...Fit &amp; Trim Exrcse 9:30...Computer Lab 10:00... Spanish 10:30.. Arthritis Exercise 1:00... Learn Guitar 1:00...Book Club 1:30.. Drums Alive</p>	<p><b>7 Birthday Tuesday</b></p> <p>8:00...Self Guided Yoga 9:00...Ceramics 9:00....Open Painting 9:30..Social Dance w/Bart 10:00... Bingo 10:00.. Chinese Language 10:00.. Shutterbugs 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p><b>8</b></p> <p>8:00... AM Exercise 8:30... Porcelain Dolls 9:30...Android Lab <b>10:00...FTD Support Grp</b> 10:00.. Hooks &amp; Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30.. Raku Pottery 1:00... Shakespeare Readrs 1:00... Square Dancing 1:30... Computer Lab <b>2:30...Sandy Library BC</b></p>	<p><b>9</b></p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30 American Mahjong 9:30.Learn Stained Glass <b>9:30..Mind over Matter Session 2 of 3</b> 10:00...Spanish 12:30...Stained Glass 1:30....Hula Dancing 2:00....Tai Chi</p>	<p><b>10</b></p> <p>8:00...AM Exercise 8:00...AM Pottery 9:15....Fit&amp;Trim Exercise <b>9:30... Family Search Genealogy</b> 10:30...Arthritis Exercise 12:30...PM Pottery 1:00... Pinochle 1:30...Belly Dancing 1:30... Yin Yoga</p>
<p><b>13</b></p> <p>8:00... AM Exercise 9:00... Wood Carving 9:15... Fit &amp; Trim Exrcse 9:30...Computer Lab 10:00... Spanish 10:30.. Arthritis Exercise 1:00... Learn Guitar 1:30.. Drums Alive</p>	<p><b>14 - Holiday Meal</b></p> <p>8:00... Self Guided Yoga 9:00... Ceramics 9:00....Open Painting 9:30..Social Dance w/Bart 10:00.. Chinese Language 10:00.. Shutterbugs 10:00...Bingo 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p><b>15</b></p> <p>8:00... AM Exercise 9:30...Android Lab 10:00.. Hooks &amp; Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30.. Raku Pottery 1:00... Shakespeare Readers 1:00... Square Dancing 1:30... Computer Lab</p>	<p><b>16</b></p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30 American Mahjong 9:30.Learn Stained Glass 10:00...Spanish <b>10:00...Q &amp; A w/Police Chief Severson</b> 12:30...Stained Glass 1:30....Hula Dancing 2:00....Tai Chi</p>	<p><b>17 - Holiday Meal</b></p> <p>8:00...AM Exercise 8:00...AM Pottery 10:00...Current Events 10:30...Arthritis Exercise 12:30...PM Pottery 1:00... Pinochle 1:30...Belly Dancing 1:30...Yin Yoga</p>
<p><b>20 - CLOSED</b></p> <p><b>See You Tomorrow</b></p> 	<p><b>21</b></p> <p>8:00... Self Guided Yoga 9:00... Ceramics 9:00....Open Painting 9:30..Social Dance w/Bart 10:00... Bingo 10:00.. Chinese Language 10:00.. Shutterbugs 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p><b>22</b></p> <p>8:00... AM Exercise 8:30... Porcelain Dolls 9:30...Android Lab 10:00.. Hooks &amp; Needles <b>10:00...Freethinkers</b> 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30.. Raku Pottery 1:00... Shakespeare Readers 1:00... Square Dancing 1:30...Computer Lab</p>	<p><b>23</b></p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30 American Mahjong 9:30.Learn Stained Glass <b>9:30..Mind over Matter Session 3 of 3</b> 10:00...Spanish 12:30...Stained Glass 1:30....Hula Dancing 2:00....Tai Chi</p>	<p><b>24 - Holiday Meal</b></p> <p>8:00... AM Exercise 8:00...AM Pottery 9:15....Fit&amp;Trim Exercise <b>10:00...AARP Driver Safety Course</b> 10:30...Arthritis Exercise <b>11:30... House Band</b> 12:30...PM Pottery 1:00... Pinochle 1:30...Yin Yoga</p>
<p><b>27</b></p> <p>8:00... AM Exercise 9:00... Wood Carving 9:15...Fit &amp; Trim Exrcse 9:30...Computer Lab 10:00... Spanish 10:30.. Arthritis Exercise 1:00... Learn Guitar 1:00...Book Club 1:30.. Drums Alive</p>	<p><b>28</b></p> <p>8:00... Self Guided Yoga 9:00... Ceramics 9:00....Open Painting 9:30..Social Dance w/Bart 10:00... Bingo 10:00.. Chinese Language 10:00.. Shutterbugs 1:00... Wheel Pottery 2:00... Tai Chi</p>	<p><b>Center Closed</b></p> <p><b>Monday 2/20/23</b></p> <p><b>President's Day</b></p>	<p><b>February Music</b></p> <p>2/7...Terry McClellen Birthday Tuesday</p> <p>2/17...Jerry Simpson President's Day</p> <p>2/24...House Band</p>	<p><b>Next month: Thrift Shop Sale March 20-24</b></p> 