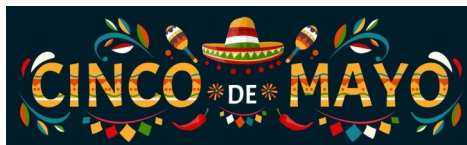


SUNDAY ANDERSON SENIOR CENTER

May, 2022

Senior Wellness Conference/Cinco De Mayo

The Senior Wellness Conference will be held at the Liberty Senior Center on Thursday, May 19th from 9:00AM-12:30PM. They will be holding health screenings, including blood pressure, vision ect., Mindfulness awareness exercises, all-you-can eat hotdogs/raffle, beach ball activity, Vital Aging program intro, live band and lunch. Please see flyer for activity times.



We will be celebrating Cinco De Mayo on Thursday, May 5th. At 11:00AM Heart & Soul will provide entertainment, and lunch will include: *Beef Tacos, Cheese, Lettuce, Tomato, Southwest Corn, Pineapple, Slaw and Lemon Pudding.* **We hope to see you at the fiesta!**

***Please note:** *Tuesday, May 3rd & Thursday May 5th, Bingo will be held after lunch.*

CENTER INFORMATION

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

(385)468-3155

868 West 900 South

slco.org/Sunday-Anderson-
westside/

Manager: Sunni Hobbs-McKinney

Programs: Amy Hackett

Office: Hazel Roehrig

Driver: Vacant

Custodian: Leonard Wright

BIRTHDAY TUES

Entertainment 11:00

by Ron Hadley

Birthday Tuesday

Tuesday, May 3rd

11:00AM

MEDICARE/OPEN

ENROLLMENT Q & A

Tuesday, May 3rd

10:30 AM

By Mary Boyer

COVID BOOSTER SHOTS

Tuesday, May 3rd

10:30 AM—1:30PM

VITAL AGING

Wednesday, May 11th

& Wednesday, May 25th

10:30 AM

Topic: Secrets to Wellness

LIVING WELL WITH

CHRONIC PAIN (TONGAN)

Monday, May 2th, 9th, 16th

& 23rd

12:15 PM

LIVING WELL W/DIABETES

6 Week Course

Fridays, Starting May 6th

1:30 PM—3:00 PM

Signup at the front desk



SALT LAKE
COUNTY

AGING & ADULT
SERVICES

Art/Culture/Music

Brain Teaser: Hidden Pictures

Can you find all the hidden pictures in the image? Receive four fun hidden pictures for every month. Sign up at the front desk.

Adult Coloring Contest

Do you love to color? Participate in a contest each month. Use color pencils or gel pens. Sign up at the front desk.

Word Search

Backward, forward, and diagonal— can you find all the words? Receive four word searches every month.

Ceramics

Monday & Wednesday
9:30AM - 3:30 PM
Learn/create fun projects with instruction.

Ceramics Open Studio

Fridays
9:30AM - 3:30PM
Enjoy extra time working on your projects.

Bonsai and Origami

Monday, May 9th & 23rd
10:00 AM
See front desk for needed supplies.

Games

Bingo

Tuesdays & Thursdays
9:30AM

First Tuesday of every month will be held after lunch. **Unless there is a cancelation with Entertainment

Bunko

Put on Hold & Hope to Restart Soon
Bring your own dice.

Horseshoe

Monday-Friday
7:00AM - 3:45PM
Available as weather permits

Golf Card Game

Friday May 13th & 27th
10:00 AM-11:30 AM

Ping Pong

Monday-Friday
7:00AM - 3:45PM

Pool/Billiards

Monday-Friday
7:00AM - 3:45PM
Enjoy a great game of pool with your friends

Shuffleboard

Monday-Friday
7:00AM - 3:45PM

Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 3:45 Gym Equip. 1:00 Line Dancing	7:00 - 3:45 Gym Equip.	7:00 - 3:45 Gym Equip.	7:00 - 3:45 Gym Equip.	7:00 - 3:45 Gym Equip.
U of U Summer Classes TBD				U of U Summer Classes TBD

Education

Vital Aging

2nd & 4th Wednesday of every month
May 11th & 25th
10:30 AM

Computer Open Lab

Monday-Friday
7:00AM-3:45PM
Email, games and more!

Information & Services

Haircuts

To Be Determined

Massages

To Be Determined

Upcoming Events

Birthday Tuesday

Tuesday, June 7th
By Our TONGAN Band

Living Well with Diabetes

Friday, June 3rd & 10th
1:30 PM—3:00 PM

Father's Day Entertainment

Friday, June 17th | 11:00AM
By Heart and Soul

Registration Information

All classes and activities are by appointment only. Call or sign up at the front desk. See you there!
385-468-3155