



COLUMBUS Senior Center

Promoting independence through advocacy, engagement & access to resources

October 2017

CENTER INFORMATION
2531 South 400 East
South Salt Lake City
385.468.3340

TTY use 711

Open: 8:30^{am} - 2:30^{pm}
Monday through Friday

WWW.SLCO.ORG/COLUMBUS

SENIOR TRANSPORTATION
Pick up begins at 8:30^{am}
Rides home begin at 12:30^{pm}
Call for more details
Please call 24 hours in advance

MORNING COFFEE
Coffee, tea, and toast are
available at 8:30^{am}
Donation are greatly
appreciated

LUNCH
Lunch is served M-F
12:00^{pm} - 12:30^{pm}
Suggested donation of
\$3.00 for 60+
Under 60 cost is \$7 pay
at front desk

CENTER STAFF

MELINDA CUDNEY
CENTER MANAGER
MCUDNEY@SLCO.ORG
385.468.3071

RUSS ... PROGRAM COORDINATOR
ASHIKA OFFICE SPECIALIST
DEE CUSTODIAN
MARGARET KITCHEN
PERRO KITCHEN
RANDY DRIVER
ALEX DRIVER

SLC SALT LAKE COUNTY
AGING & ADULT SERVICES

Accredited by 
National Institute of
Senior Centers

Columbus Center Celebration

Wednesday, October 11th

Entertainment at 11:00^{am} *Fall River Band*



Special Event Menu:

Ravioli (cheese w/meat sauce)

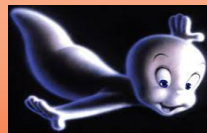
Corn with Red/Green Peppers

Caesar Salad

Fresh Fruit Salad

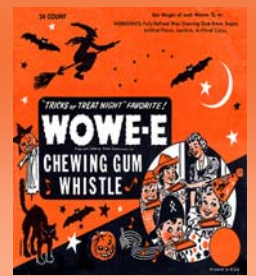
Frosted Brownie

REGISTER at FRONT DESK

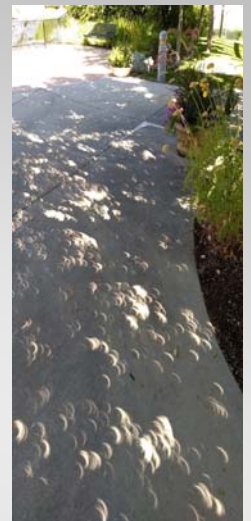


Halloween Lunch

Tuesday, October 31st at 12^{pm}



Total of Eclipse Viewing at Sugar House Park Thanks Robert!!!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																				
<p>2</p> <p>9:00 Dominos & Canasta Enhance Fitness 9:30 Red Hat Gardner Village Witch's Festival 10:00 Blood Pressure Checks *Register* 10:00 Walk with Ease 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo 12:45 Netflix: Planet Earth TBA</p> 	<p>3</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 12:00 Lunch 12:30 Choir 12:30 Ping Pong</p>	<p>4</p> <p>9:00 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:00 Walk with Ease 11:00 Red Hat moved to Monday this Week 12:00 Lunch 12:30 Modified Yoga 12:30 Netflix: Young Frankenstein</p> 	<p>5</p> <p>9:00 ESL Picture Bingo 9:00 Computer Class (9:00-2:00) 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p> 	<p>6</p> <p>8:45 Columbus Wii Challenge (8:45-11:45) 9:00 Dominos and Canasta 9:00 Shopping 9:30 Enhance Fitness 10:00 Walk with Ease 10:30 Line Dance (till 12:20) 12:00 Lunch 12:30 Modified Yoga 12:45 Netflix: Brain Games 1:00 Wii Sports</p>																				
<p>9</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 10:00 Walk with Ease 11:00 Calvin Law Entertainment 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo 12:45 Netflix: Planet Earth TBA</p> 	<p>10</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:30 Westminster Screenings 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 ESL 12:00 Lunch 12:30 Choir 12:30 Ping Pong</p>	<p>11</p> <p>9:00 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:00 Walk with Ease 12:00 Celebrate Columbus Luncheon 12:30 Modified Yoga 12:30 Legal Consultations *Register* 12:30 Netflix: The Fly</p> 	<p>12</p> <p>9:00 ESL Picture Bingo 9:00 Special Computer Class: *REGISTER* 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 11:00 Vital Aging 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<p>13</p> <p>9:00 Shopping 9:30 Enhance Fitness 10:30 Line Dance (till 12:20) 10:00 Walk with Ease 12:00 Lunch 12:30 Modified Yoga 12:45 Netflix: Brain Games 1:00 Wii Sports</p> 																				
<p>16</p> <p>9:00 Dominos and Canasta 9:30 Millcreek Fall Leaves Trip *REGISTER* Enhance Fitness 9:30 10:00 Walk with Ease 11:00 Medicare 101 w/ Humana 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo 12:45 Netflix: Planet Earth TBA</p> 	<p>17 12:30 *Center Closed After Lunch*</p> <p>7:15 Wendover Bus *REGISTER* 9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 12:00 Lunch</p> 	<p>18</p> <p>8:45 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:00 Walk with Ease 10:15 Book Source 11:00 Financial Scams Presentation 12:00 Lunch 12:30 Modified Yoga 12:30 Netflix: Sleepy Hollow</p> 	<p>19 8:45 Free Pancake Breakfast (8:45-9:45) Join Us & Socialize</p> <p>9:00 ESL Picture Bingo 9:00 Computer Class (9:00-2:00) 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<p>20</p> <p>9:00 Shopping 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:00 Walk with Ease 10:30 Line Dance (till 12:20) 12:00 Lunch 12:30 Modified Yoga 12:45 Netflix: Brain Games 1:00 Wii Sports</p>																				
<p>23</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 11:00 All About Bats w/ Jill Smith 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo 12:45 Netflix: Planet Earth TBA</p> 	<p>24</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 12:00 Lunch 12:30 Choir 12:30 Ping Pong 12:45 Choir Festival</p>	<p>25</p> <p>9:00 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:15 Book Source: Diabetic/Kidney Health 12:00 Lunch 12:30 Modified Yoga 12:30 Advisory Committee 12:30 Netflix: Gremlins</p> 	<p>26</p> <p>9:00 ESL Picture Bingo 9:00 Special Computer Class: *REGISTER* 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 10:30 Dining with Diabetes 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<p>27</p> <p>9:00 Shopping 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Line Dance (till 12:20) 12:00 Lunch 12:30 Modified Yoga 12:45 Netflix: Brain Games 1:00 Wii Sports</p> 																				
<p>30</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo 12:45 Netflix: Planet Earth TBA</p> 	<p>31</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 12:00 Halloween Luncheon 12:30 Choir 12:30 Ping Pong</p>	<p>Modified Yoga Every M/W/F at 12:30pm</p> 	<p>Wii Schedule</p> <table border="1"> <tr><td>Monday</td><td>12:00 - 2:30</td></tr> <tr><td>Tuesday</td><td>8:30 - 12:00</td></tr> <tr><td>Wednesday</td><td>8:30 - 12:00</td></tr> <tr><td>Thursday</td><td>12:00 - 2:30</td></tr> <tr><td>Friday</td><td>8:30 - 12:00</td></tr> </table>  <p>Join the Columbus Wii Bowling Team!</p>	Monday	12:00 - 2:30	Tuesday	8:30 - 12:00	Wednesday	8:30 - 12:00	Thursday	12:00 - 2:30	Friday	8:30 - 12:00	<p>Netflix Schedule</p> <table border="1"> <tr><td>Monday</td><td>8:30 - 12:00</td></tr> <tr><td>Tuesday</td><td>12:30 - 2:30</td></tr> <tr><td>Wednesday</td><td>12:30 - 2:30</td></tr> <tr><td>Thursday</td><td>8:30 - 12:00</td></tr> <tr><td>Friday</td><td>12:30 - 2:30</td></tr> </table>  <p>Let us know your suggestions for shows!</p>	Monday	8:30 - 12:00	Tuesday	12:30 - 2:30	Wednesday	12:30 - 2:30	Thursday	8:30 - 12:00	Friday	12:30 - 2:30
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Eat* *Drink & Be Scary

All About BATS



Monday, October 23rd w/ Jill Smith

Join us at 11:00^{am}

Health & Fitness

9:30 M, W, F	Enhance Fitness®
12:30 M, W, F	Modified Yoga
10:30 W	Arts & Craft Corner
10:00 T, TH	Strength Training
10:00 T	Tai Chi
10:30 T, TH	Pickleball
12:30 T, TH	Ping Pong
10:30 F	Line Dance
10:00 October 2 nd	Blood Pressure Checks
11:00 October 12 th	Vital Aging Project



WESTMINSTER STUDENT WELL CHECKS



Tuesday, October 10th from 9:30^{am} - 12:00^{pm}

Modified Yoga



Thanks to the following organizations for Special October Presentations and Services

Columbus Library
Salt Lake County
Westminster College
Jill Smith
South Salt Lake Parks & Recreation
Chateau Brickyard Independent Living
Super Shuttle Driver Randy
Super Shuttle Driver Alex
Heart and Soul
Humana
Vital Aging Project - Valley Behavioral Health

Monday / Wednesday / Friday
12:30^{pm} - 1:30^{pm}

Come join us for a great
healthy and safe stretch after
lunch in the auditorium
with our awesome instructor
Sharon