

Health & Fitness

9:30 M,W,F EnhanceFitness
 10:00 T,TH U. of U. Exercise
 10:00 T Tai Chi
 10:30 T,TH Pickleball
 10:30 F Line Dance
 12:30 M,W Modified Yoga

Vital Aging Project

June 2019

“Navigating New Technology”

Join us as we discuss how to use technology in a way that adds meaning and simplicity to our lives.

Thursday, June 13th at 11:00 am.

Special Entertainment

Heart & Soul
 World Refugee Day

Thursday, June 20th 2019
 10:00—11:00 am

Volunteers Needed

Columbus Senior Center is looking for 1 or 2 volunteers that could help in our kitchen from 11:00 am to 1:30 pm.

The individual must have a food handler permit before starting work in the kitchen. Tasks that the volunteer will be assisting with are: preparing foods, serving meals off the line, and clean-up in the kitchen.

Please contact the center if you are interested in helping as a volunteer.

Thank you!



JUNE 2019

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](http://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

Lunch
 Lunch is served M-F
 12:00^{pm} - 12:45^{pm}
 Suggested donation of
 \$3.00 for 60+
 Under 60 cost is \$7 pay
 at front desk

Center Staff

Jayme Haight
 Center Manager

AshikaOffice Specialist
 DeeCustodian
 MargaretKitchen
 Celeste (SSL).....Driver

SL SALT LAKE COUNTY
 AGING & ADULT SERVICES

Accredited by **ncoa**
 National Institute of
 Senior Centers

Center Updates

Starting Monday, July 1st
 2019 we will be serving lunch
 at 11:45 a.m.

Pancake Breakfast

Thursday, June 20th at 8:45 am

Please join us for our pancake
 breakfast. A big thank you to our
 advisory committee for sponsoring our
 breakfast.

Columbus Senior Center

Promoting Independence through Advocacy, Engagement & Access to Resources

SENIOR SPELLING BEE

Wednesday, June 26 1:30 PM

Millcreek Senior Center • 2266 East Evergreen Avenue • Millcreek, UT 84109



Salt Lake County Aging & Adult Services invites you to a day of fun with words!
All Salt Lake County residents ages 60+ are invited to compete.

Register at your Senior Center Front Desk, or by contacting:
385-468-3305 • sjbutler@slco.org

Accepting registrations now through June 21.
 Word packets available for all registrants on June 1.



Pick up a registration form at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Shopping 9:30 EnhanceFitness 10:00 Harmony Blood Pressure Checks 10:30 Walk With Ease 11:00 Writing Class with Kenna 11:00 Ping Pong 12:30 Modified Yoga 12:30 Bingo	4 9:00 Carrom & Ludo Games 9:00 ESL Picture Bingo 9:30 Pinochle 10:00 Tai Chi 10:30 Pickleball 11:00 Ping Pong 11:00 ESL Class 11:00 Darts 12:30 Choir	5 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 11:00 Cool Classic Chicks Group 11:00 Ping Pong 12:30 Modified Yoga 12:30 MOVIE	6 9:00 Carrom & Ludo Games 9:30 Pinochle 9:45 Bingo 10:30 Pickleball 11:00 Ping Pong 11:00 ESL Class	7 8:45 Columbus Wii Challenge (8:45-11:45) 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 10:30 Line Dance until (12:25) 11:00 Ping Pong
10 9:00 Shopping 9:30 EnhanceFitness 11:00 Ping Pong 12:30 Modified Yoga 12:30 Bingo	11 Birthday Tuesday! 9:00 Carrom & Ludo Games 9:00 ESL Picture Bingo 9:30 Pinochle 10:00 Tai Chi 10:30 Pickleball 11:00 Ping Pong 11:00 ESL Class 11:00 Darts 12:00 Birthday Lunch 12:30 Choir	12 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 11:00 Ping Pong 12:30 Modified Yoga 12:30 Legal Consultations *Register* 12:30 MOVIE	13 8:30 Computers 9:00 Carrom & Ludo Games 9:30 Pinochle 9:45 Bingo 10:30 Pickleball 11:00 Vital Aging: Navigating New Technology 11:00 ESL Class 11:00 Ping Pong	14 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 9:30 AARP: Defensive Driving (9:30-2:30 pm) 10:30 Line Dance (till 12:25) 11:00 Ping Pong
17 9:00 Shopping 9:30 EnhanceFitness 11:00 Ping Pong 12:30 Modified Yoga canceled 12:30 Bingo	18 9:00 Carrom & Ludo Games 9:00 ESL Picture Bingo 9:30 Pinochle 10:00 Tai Chi 10:30 Pickleball 11:00 Ping Pong 11:00 ESL Class 11:00 Darts 12:30 Choir	19 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 11:00 Ping Pong 12:30 Modified Yoga canceled 12:30 MOVIE	20 World Refugee Day 8:30 Computer Class 8:45 Pancake Breakfast  9:00 Carrom & Ludo Games 9:00 U of U Exercise Class 9:30 Pinochle 9:45 Bingo 10:00 Entertainment: Parks Musical Group and Nepalese dancers 10:30 Pickleball 11:00 ESL Class	21 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 10:30 Line Dance (till 12:25)
24 9:00 Shopping 9:30 EnhanceFitness 11:00 Presentation: Grizzly Bears By Jill Smith 11:00 Ping Pong 12:30 Modified Yoga canceled 12:30 Bingo	25 9:00 Carrom & Ludo Games 9:00 ESL Picture Bingo 9:30 Pinochle 10:00 Podiatrist 10:00 U of U Exercise Class 10:00 Tai Chi 10:30 Pickleball 11:00 ESL Class 11:00 Darts 12:30 Choir	26 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 11:00 Ping Pong 12:30 Modified Yoga 12:30 MOVIE	27 9:00 Carrom & Ludo Games 8:30 Computer Class: 9:30 Pinochle 9:45 Bingo 10:00 U of U Exercise Class 10:30 Pickleball 10:30 Dining with Diabetes 11:00 Ping Pong 11:00 ESL Class 12:30 Advisory Committee meeting	28 9:00 Carrom & Ludo Games 9:30 EnhanceFitness 10:30 Line Dance (till 12:25) 11:00 Ping Pong
	<p align="center"><u>Morning Coffee</u></p> <p>Coffee, tea, and toast are available at 8:30^{am} Donations are greatly appreciated</p> <p>Thank you to our Advisory Committee for sponsoring Bingo prizes, movie popcorn, the pancake breakfast, entertainment, water for WWE and special event gifts.</p>	<p align="center">Movie Schedule</p> <p align="center">Every Wednesday 12:30 Columbus Dining Room w/ Popcorn </p> <p align="center">Let us know your suggestions for shows!</p>	<p align="center"><u>World Refugee Day</u> Special Entertainment</p> <p align="center">June 20th from 10:00 – 11:00 am</p> <p align="center">Parks Musical Group: Traditional Korean Music & Nepalese Dancers: Nepali Folk Dance</p>	