



COLUMBUS Senior Center

Promoting independence through advocacy, engagement & access to resources

August 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](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

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

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

RUSSPROGRAM COORDINATOR
ASHIKAOFFICE SPECIALIST
DEECUSTODIAN
MARGARETKITCHEN
PERROKITCHEN
RANDYDRIVER
ALEXDRIVER

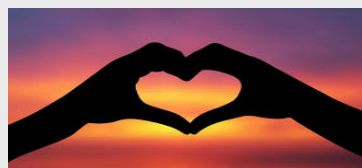
SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

Accredited by 
National Institute of
Senior Centers



Lighten Home Health

Healthy Balance Screening Tuesday, August 22nd



Heart to Heart

**Cardiology Health Presentation with
Salt Lake Regional Medical Center**

Tuesday, August 1st



Brain Games

on
Netflix

Come join us Fridays for weekly
episodes of *Brain Games* to
expand your mind and stretch
your memory with Brain
Exercises - This program is a
family-friendly and intelligence-
boosting show.

Fridays at 12:45^{pm} Dining Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<div style="border: 2px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <h3>Wii Schedule</h3> </div> <div style="border: 1px solid orange; padding: 5px; display: flex; align-items: center;"> <table style="margin-right: 10px;"> <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> </table> </div>	Monday	12:00 - 2:30	Tuesday	8:30 - 12:00	Wednesday	8:30 - 12:00	Thursday	12:00 - 2:30	<p>1</p> <p>9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 SLRMC Cardiologist Presentation *Please Register* 12:00 Lunch 12:30 Choir 12:30 Ping Pong 1:00 Netflix: Planet Earth Pole to Pole</p>	<p>2</p> <p>9:30 Enhance Fitness 10:30 Art Class (Water Colors) 12:00 Lunch 12:30 Netflix: The Bucket List 12:30 Modified Yoga 12:30 Legal Consultation / Please Sign Up</p>	<p>3</p> <p>9:00 Picture Bingo 9:00 Computer Classes (9:00-2:00) 9:30 Pinochle 9:45 Bingo 10:00 Strength Training 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<p>4</p> <p>8:45 Columbus Wii Challenge (8:45-11:45) 9:00 Shopping 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>		
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Tuesday	8:30 - 12:00													
Wednesday	8:30 - 12:00													
Thursday	12:00 - 2:30													
<p>7</p> <p>9:00 Series: The Crown (Netflix) Episode 10 "Gloriana" (54m) 9:30 Enhance Fitness 10:30 Craft Corner 11:00 Calvin Law 🎵 Ice Cream for those that Attend 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>8</p> <p>9:30 Pinochle 10:00 Strength Training 10:00 Tai Chi 10:30 Pickleball 12:00 Lunch 12:30 Choir 12:30 Ping Pong 1:00 Netflix: Planet Earth Mountains</p>	<p>9</p> <p>9:30 Enhance Fitness 10:30 Art Class (Water Colors) 12:00 Lunch 12:30 Netflix: The Man From Snowy River 12:30 Modified Yoga 12:30 Legal Consultations *Register*</p>	<p>10</p> <p>9:00 Picture Bingo 9:00 Special Computer Class: *REGISTER* Photo Shop / Remove Red Eye Photo 9:30 Pinochle 9:45 Bingo 10:00 Strength Training 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 11:00 Vital Aging Project / Creative Problem Solving 12:00 Lunch</p>	<p>11</p> <p>9:00 Shopping 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>14</p> <p>9:30 Enhance Fitness 10:30 Craft Corner 11:00 Larry Turner County Western 🎵 Ice Cream for those that Attend 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>15</p> <p>9:30 Pinochle 10:00 Strength Training 10:00 Tai Chi 11:00 Pickleball 12:00 Lunch 12:30 Choir 12:30 Ping Pong 1:00 Netflix: Planet Earth Fresh Water</p>	<p>16</p> <p>9:30 Enhance Fitness 10:30 Art Class (Water Colors) 11:00 National Roller Coaster Day w/ Jill Smith 12:00 Lunch 12:30 Modified Yoga 12:30 Netflix: Stagecoach</p>	<p>17</p> <p>9:00 Picture Bingo 8:45 Free Pancake Breakfast (8:45-9:45) Join Us & Socialize 9:00 Computer Class (9:00-2:00) 9:30 Pinochle 9:45 Bingo 10:00 Strength Training 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<p>18</p> <p>9:00 Shopping 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>21</p> <p>9:30 Enhance Fitness 10:30 Craft Corner 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo with Chateau Brickyard</p>	<p>22</p> <p>9:30 Pinochle 10:00 Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 Lighten Home Health Balance Screening *Please Register* 12:00 Lunch 12:30 Choir Program "Island Sounds" 12:30 Ping Pong 1:00 Netflix: Planet Earth Caves</p>	<p>23</p> <p>9:30 Enhance Fitness 10:15 Book Source: Refugee Stories 10:30 Art Class (Water Colors) 12:00 Lunch 12:30 Modified Yoga 12:30 Netflix: Meeks Cutoff</p>	<p>24</p> <p>9:00 Picture bingo 9:00 Special Computer Class: *REGISTER* Create "Wanted Poster" 9:30 Pinochle 9:45 Bingo 10:00 Strength Training 10:30 Dining with Diabetes 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch 12:45 Advisory Committee</p>	<p>25</p> <p>9:00 Shopping 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>28</p> <p>9:30 Enhance Fitness 10:30 Craft Corner 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>29</p> <p>9:30 Pinochle 10:00 Strength Training 10:00 Tai Chi 10:30 Pickleball 12:00 Lunch 12:30 Choir 12:30 Ping Pong 1:00 Netflix: Deserts</p>	<p>30</p> <p>9:30 Enhance Fitness 10:30 Art Class (Water Colors) 12:00 Lunch 12:30 Modified Yoga 12:30 Netflix: The Newton Boys</p>	<p>31</p> <p>9:00 Picture bingo 9:00 Computer Class (9:00-2:00) 9:30 Pinochle 9:45 Bingo 10:00 Strength Training 10:30 Pickleball 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<div style="border: 2px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <h3>Netflix Schedule</h3> </div> <div style="border: 1px solid orange; padding: 5px; display: flex; align-items: center;"> <table style="margin-right: 10px;"> <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> </div>	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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“August is Like the Sunday of Summer”

WENDOVER BUS

WEDNESDAY, AUGUST 16th

7:15^{am}



Health & Fitness

9:30	M, W, F	Enhance Fitness®
12:30	M, W, F	Modified Yoga
10:30	M, W	Art Class
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	August 7 th	Blood Pressure Checks
12:30	August 9 th	Legal Consultations

STRENGTH TRAINING EXERCISE CLASS

Join Columbus Senior
Center for
Strength Training
class



*Every Tuesday &
Thursday 10 - 11^{am}*

Thanks to the following organizations for
Special
August Presentations and Services

Columbus Library
Valley Behavioral Health
Lighten Home Health
Salt Lake Regional Medical Center
SSL Maintenance Staff Mark and Ed
South Salt Lake Parks & Recreation
Chateau Brickyard Independent Living
Alpine Foot and Ankle
Jill Smith
SLCO Health Dept.



National Roller Coaster
Day Presentation
Wednesday,
August 16th
11am

Columbus Senior Center
385-468-3340