



COLUMBUS

Senior Center

Promoting independence through advocacy, engagement & access to resources

March 2018

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

RUSSPROGRAM COORDINATOR
ASHIKAOFFICE SPECIALIST
DEECUSTODIAN
MARGARETKITCHEN
PERROKITCHEN
RANDYDRIVER
ALEXDRIVER



AGING & ADULT SERVICES

Accredited by 
National Institute of
Senior Centers

Special Entertainment

♪ Deb Bowers St. Paddy's Show ♪

Monday, March 12th

At 11:00

Special Entertainment

♪ Time Steppers Irish Show ♪

Monday, March 26th

At 11:00

"Healthy Eating"

With

Salt Lake Regional
Medical Center

Monday

March 19th

At 11:00

Health Screenings




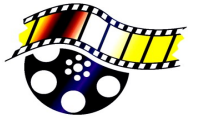


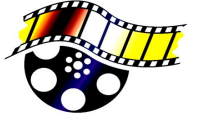

With

Westminster School
of Nursing

Tuesday,

March 20th

From 9:00 -11:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Movie Schedule</p> <p>Every Wednesday 12:30 Columbus Dining Room Popcorn Included</p>  <p align="center">Let us know your suggestions for shows!</p>	<p align="center">Wii Schedule</p> <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>  <p align="center">Join the Columbus Wii Bowling Team!</p>	<p align="center">"Dining with Diabetes"</p>  <p align="center">Thursday, March 22 at 10:30</p>	<p>1</p> <p>9:00 ESL Picture Bingo 9:00 Computer Class (9-2) 9:00 Fortis Dental Hygiene ReCare 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 11:00 Shuffle Board *New* 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch 12:30 Chess Club / Instruction 12:45 Writing Workshop Part 2</p>	<p>2</p> <p>8:45 Columbus Wii Challenge (8:45-11:45) 9:00 Dominos and Canasta 9:00 Shopping 9:30 Enhance Fitness 10:30 Line Dance until (12:30) 12:00 Lunch</p>
<p>5</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 10:00 Harmony Blood Pressure Checks 11:00 Jill Smith / The Science Within You 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>6</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 Darts 11:00 Creative Movement *New* 12:00 Lunch 12:30 Choir 12:45 Ping Pong</p>	<p>7</p> <p>9:00 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Mosaic Art Class 11:00 Red Hat 12:00 Lunch 12:30 Modified Yoga 12:40 MOVIE TBA</p> 	<p>8</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 Shuffle Board *New* 11:00 Individual Computer Classes (11:00-2:00) 11:00 Vital Aging Project "Dealing with Anxiety" 12:00 Lunch 12:30 Chess Club / Instruction</p>	<p>9</p> <p>9:00 Shopping 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Line Dance (till 12:25) 12:00 Lunch</p>
<p>12</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 11:00 Deb Bowers St. Paddy's Program 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>13</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 Darts 11:00 Creative Movement *New* 12:00 Lunch 12:30 Choir 12:45 Ping Pong</p>	<p>14</p> <p>8:45 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Mosaic Art Class 12:00 Lunch 12:30 Modified Yoga 12:30 Legal Consultations *Register* 12:40 MOVIE TBD</p> 	<p>15</p> <p>9:00 ESL Picture Bingo 8:45 Pancake Breakfast 9:00 Computer Class (9-2) 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 11:00 Shuffle Board *New* 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch 12:30 Chess Club / Instruction</p> 	<p>16</p> <p>9:00 Shopping 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Line Dance (till 12:25) 12:00 Lunch</p>
<p>19</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 11:00 SLRMC "Healthy Eating" 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>20</p> <p>9:00 ESL Bridging Nepali 9:00 Westminster College Health Screenings 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 Darts 11:00 Creative Movement *New* 12:00 Lunch 12:30 Choir 12:45 Ping Pong</p>	<p>21</p> <p>9:00 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Mosaic Art Class 11:00 County Medicare Q & A 12:00 Lunch 12:30 Modified Yoga 12:40 MOVIE TBD</p> 	<p>22</p> <p>9:00 ESL Picture Bingo 9:00 Computer Class (9-2) 9:30 Pinochle 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 11:00 Yellow Dot Driving Presentation 11:00 Shuffle Board *New* 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch</p>	<p>23</p> <p>9:00 Shopping 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Line Dance (till 12:25) 12:00 Lunch</p>
<p>26</p> <p>9:00 Dominos and Canasta 9:30 Enhance Fitness 11:00 Time Steppers Irish Program 12:00 Lunch 12:30 Modified Yoga 12:40 Bingo</p>	<p>27</p> <p>9:00 ESL Bridging Nepali 9:30 Pinochle 10:00 U of U Strength Training 10:00 Tai Chi 10:30 Pickleball 11:00 Darts 11:00 Creative Movement *New* 12:00 Lunch 12:30 Choir</p>	<p>28</p> <p>9:00 ESL Bridging Nepali 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:15 Book Source "Mysteries Locations" 10:30 Mosaic Art Class 12:00 Lunch 12:30 Modified Yoga 12:40 MOVIE TBD</p> 	<p>29</p> <p>9:00 ESL Picture Bingo 9:00 Computer Class (9-2) 9:45 Bingo 10:00 U of U Strength Training 10:30 Pickleball 10:30 Dining with Diabetes 11:00 Shuffle Board *New* 11:00 Individual Computer Classes (11:00-2:00) 12:00 Lunch 12:30 Advisory Committee</p>	<p>30</p> <p>9:00 Shopping 9:00 Dominos and Canasta 9:30 Enhance Fitness 10:30 Line Dance (till 12:25) 12:00 Lunch</p>

“Good Luck Is Believing That Your Lucky”

“Discover the Science Within You”



Leprechaun Craft w/ Jill Smith

Monday, March 5th at 11^{am}

MOSAIC ART CLASS



Wednesdays 10:30 - 12

Thanks to the following organizations
for Special March
Presentations & Services

Columbus Library

Deb Bowers

Kenna Onwuzuruoha

Jill Smith

South Salt Lake Parks & Recreation

Westminster College

Harmony Home Health

Advisory Committee

Fortis College of Dental Hygiene

Vital Aging Project - Valley Behavioral

Time Steppers

Health & Fitness

9:30	M, W, F	Enhance Fitness
12:30	M, W	Modified Yoga
10:00	T, TH	U ^{of} U 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	M Mar. 5	Blood Pressure Checks
9:00	TH Mar. 5	Fortis College Dental Care
11:00	TH Mar. 8	Vital Aging Project
10:30	TH Mar. 22	Dining w/ Diabetes

Fortis Dental Hygiene Re-Care

Thursday, March 1st from 9-11



“Writing Workshop Part 2”



Thursday March 1st

At 12:45 PM

Please Register