



COLUMBUS Senior Center

Promoting Independence through Advocacy, Engagement & Access to Resources

May 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}
Donations 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

SHAWN ASHBY
CENTER MANAGER
SASHBY@SLCO.ORG
385.468.3338

SHAWN..PROGRAM COORDINATOR
ASHIKAOFFICE SPECIALIST
DEECUSTODIAN
MARGARETKITCHEN
PERROKITCHEN
CELESTE.....DRIVER
ANGELICA.....DRIVER



AGING & ADULT SERVICES

Accredited by 
National Institute of
Senior Centers

♪ Special Entertainment ♪

Kevin Christensen

Monday, May 7th

At 11:00

♪ Special Entertainment ♪

Decibell's

Monday, May 21st

At 11:00

National Senior Health and Fitness Day.

Wednesday, May 30th

1 - 4 pm

Viridian Event Center

8030 S. 1825 W.

“It’s Never Too Late....”

Movie Schedule

Every Wednesday
12:30
Columbus Dining Room
w/ Popcorn



Let us know your suggestions for shows!

1
9:00 ESL Bridging Nepali
9:30 Pinochle
10:00 Tai Chi
10:30 Pickleball
11:00 **Choir Festival**
11:00 Darts
11:15 Music & Movement
12:00 **Birthday Meal**
12:30 Choir
1:00 **New Yoga Class**



2
9:00 ESL Bridging Nepali
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
11:00 **Red Hat Field Trip**
12:00 Lunch
12:30 Modified Yoga
12:40 MOVIE TBA



3
9:00 ESL Picture Bingo
9:00 Computer Class (9-2)
9:30 Pinochle
9:45 Bingo
10:30 Pickleball
11:00 **Fortis College Dental Hygiene**
11:00 Shuffle Board
11:00 Individual Computer Classes (11:00-2:00)
12:00 Lunch
1:00 **New Yoga Class**

4
8:45 Columbus Wii Challenge (8:45-11:45)
9:00 Dominos and Canasta
9:00 Shopping
9:30 Enhance Fitness
10:30 **Walk with Ease**
10:30 Line Dance until (12:30)
12:00 Lunch
12:40 Ted Talks on Positive Aging

7
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:00 **Harmony Blood Pressure Checks**
10:30 **Walk with Ease**
11:00 **Kevin Christensen - Ladies Day Show**
12:00 Lunch
12:30 Modified Yoga
12:40 Bingo

8
9:00 ESL Bridging Nepali
9:30 Pinochle
10:00 Tai Chi
10:30 Pickleball
11:00 Darts
11:15 Music & Movement
12:00 Lunch
12:30 Choir
1:00 **New Yoga Class**

9
9:00 ESL Bridging Nepali
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
11:00 **Jill Smith - Sponges**
12:00 Lunch
12:30 Modified Yoga
12:30 **Legal Consultations *Register***
12:40 MOVIE TBA



10
9:00 ESL Picture Bingo
9:00 **Special Computer Class: *Register***
9:30 Pinochle
9:45 Bingo
10:30 Pickleball
11:00 Shuffle Board
11:00 Individual Computer Classes (11:00-2:00)
11:00 **Vital Aging Project "Self-Esteem"**
12:00 Lunch
1:00 **New Yoga Class**

11
9:00 Shopping
9:00 Dominos and Canasta
9:00 **Writing workshop w/ Kenna**
9:30 Enhance Fitness
10:30 **Walk with Ease**
10:30 Line Dance (till 12:25)
12:00 Lunch
12:40 Ted Talks on Positive Aging

14
9:00 Dominos and Canasta
9:30 Enhance Fitness
9:00 **Sweets Candy Factory Tour - Sign up**
10:30 **Walk with Ease**
12:00 Lunch
12:30 Modified Yoga
12:40 Bingo

15
9:00 ESL Bridging Nepali
9:30 Pinochle
10:00 Tai Chi
10:30 Pickleball
11:00 Darts
11:15 Music & Movement
12:00 Lunch
12:30 Choir
1:00 **New Yoga Class**

16
9:00 ESL Bridging Nepali
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
12:00 Lunch
12:30 Modified Yoga
12:40 MOVIE TBD



17
8:45 **Pancake Breakfast**
9:00 ESL Picture Bingo
9:00 Computer Class (9-2)
9:30 Pinochle
9:45 Bingo
10:30 Pickleball
11:30 **Clear Captions Presentation**
11:00 Shuffle Board
11:00 Individual Computer Classes (11:00-2:00)
12:00 Lunch
1:00 **New Yoga Class**



18
9:00 Shopping
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
10:30 Line Dance (till 12:25)
12:00 Lunch
12:40 Ted Talks on Positive Aging

21
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
11:00 **Decibells - Pure Imagination**
12:00 Lunch
12:30 Modified Yoga
12:40 Bingo

22
9:00 ESL Bridging Nepali
10:00 Tai Chi
10:30 Pickleball
11:00 Darts
11:15 Music & Movement
12:00 Lunch
12:30 Choir
1:00 **New Yoga Class**

23
9:00 ESL Bridging Nepali
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
10:30 **Advanced Directive Presentation**
12:00 Lunch
12:30 Modified Yoga
12:40 MOVIE TBD



24
9:00 ESL Picture Bingo
9:00 **Special Computer Class: *Register***
9:30 Pinochle
9:45 Bingo
10:30 Pickleball
11:00 Individual Computer Classes (11:00-2:00)
12:00 Lunch
12:30 **Advisory Committee**
1:00 **New Yoga Class**

25
9:00 Shopping
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
11:00 **Veteran Benefits Presentation**
10:30 Line Dance (till 12:25)
12:00 Lunch
12:40 Ted Talks on Positive Aging

**Memorial Day
Senior Center Closed**

29
9:00 ESL Bridging Nepali
10:00 Tai Chi
10:30 Pickleball
11:00 Darts
11:15 Music & Movement
12:00 Lunch
12:30 Choir
1:00 **New Yoga Class**

30
9:00 ESL Bridging Nepali
9:00 Dominos and Canasta
9:30 Enhance Fitness
10:30 **Walk with Ease**
10:15 **Book Source - D.I.Y. books**
12:00 Lunch
12:30 Modified Yoga
12:40 MOVIE TBD
1:00 **National Senior Health & Fitness Day @ Viridian Event Center**

31
9:00 ESL Picture Bingo
9:00 Computer Class (9-2)
9:30 Pinochle
9:45 Bingo
10:30 **Dining w/ Diabetes**
10:30 Pickleball
11:00 Individual Computer Classes (11:00-2:00)
12:00 Lunch
1:00 **New Yoga Class**

Wii Schedule

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



Join the Columbus Wii Bowling Team!



**“you don’t stop playing because you grow old,
You grow old because you stop playing.”**



“New” Afternoon Yoga Class

**Beginning May 1st, on Tuesdays
and Thursdays at 1:00 pm, we
will have a new afternoon yoga
class.**

Come check out the new class.

Health & Fitness

9:30 M, W, F	Enhance Fitness
12:30 M, W	Modified Yoga
10:00 T	Tai Chi
1:00 T, TH	New Afternoon Yoga Class
10:30 T, TH	Pickleball
10:30 F	Line Dance
10:30 M, W, F	Walk with Ease
11:00 TH May 3	Fortis College Dental Care
11:00 TH May 10	Vital Aging Project
10:30 TH May 31	Dining w/ Diabetes

MODIFIED YOGA



Mon / Wed 12:30 - 1:30

**Thanks to the following
Organizations for Special May
Presentations & Services**

- * Columbus Library
- * Kevin Christensen
- * Kenna Onwuzuruoha
- * Repertory Dance Theatre
 - * The Decibells
 - * Fortis College
- * Harmony Home Health
- * Advisory Committee
 - * Clear Captions
- * Vital Aging Project - Valley Behavioral
 - * Salt Lake County Aging & Adult Services

Columbus Senior Center Presents

The Spring Choir Festival

Tuesday, May 1st at 11:00 am

Auditorium

Jill Smith - Sponges

Wednesday, May 9th

11:00 am

Field Trip:

Must sign up at Front Desk

Sweets Factory Tour

Monday, May 14th

Van will start loading at

9:00 am