

**AARP Presentation**  
**Disrupting Aging**  
**Wednesday, January 16th**  
**@ 10:30 am**

Don't you hate it when people make assumptions based solely on someone's age? Disrupt Aging is a call to shape the future of aging. We do this by challenging outdated beliefs and sparking new solutions so we can all choose how we live as we age. This presentation is built around a series of brief videos that introduce various elements of the Disrupt Aging story.

**Vital Aging January topic**  
**Starting Your New Year with Wellness**  
**Thursday, January 3rd 10:45 am**

The New Year can be a time of opportunity and change. Join Melissa from the Vital Aging Project as we discuss ways of starting the year with a focus on health and wellness.



**Karaoke**  
**Thursday, January 24th starting at 10:00 am**

Come with a song and dance as Tony G provides the music for a good time.

**Center closings**  
 Tuesday, January 1st: New Year's  
 Monday, January 21st: Martin Luther King Jr. Day



**Center Information**  
 385-468-3000  
 9228 West Magna Main St.  
 Magna, UT 84044  
**Center Hours**  
 Monday—Friday  
 8:00 am - 5:00 pm  
**Transportation**  
 Monday—Friday  
 Suggested donation \$1.00 each way  
**Lunch served**  
**11:45 am - 12:30 pm**  
 Suggested donation for lunch is \$3.00 (60+). Price of \$7.00 for under the age of 60.

**Center Staff**  
**Dee Dee Lobato**  
 Center Manager  
**Alysha Dairson**  
 Center Program Coordinator  
**Bertha Lopez**  
 Office Specialist  
**Caramen Aires**  
 Custodian  
**Corinne Campbell**  
 Kitchen Helper  
**Caleen Brown**  
**Becci Saxton**  
 Drivers  
[slco.org/MagnaKennecott](http://slco.org/MagnaKennecott)

**SALT LAKE COUNTY**  
 AGING & ADULT SERVICES

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

**Magna Kennecott Senior Center**  
 Promoting independence through, advocacy, engagement and access to resources.

**January 2019**

**Free ESL Class**  
**Starting January 15th**  
 The class will be every Tuesday and Thursday from 12:30 pm– 2:00 pm.

**The English Skills Learning Center will be offering a English as a Second Language (ESL) class at the center.**  
**To sign up or receive more information about the class, please call the center.**

**January Field Trip**  
**Thursday, January 31st**  
 Ririe-Woodbury Dance Company performing  
**The Live Creature and Ethereal Things**  
 Van will leave at 9:15 am. Show starts at 10 am. Will be back in time for lunch at 11:45 am.

**Martin Luther King Jr. Reading**  
**Friday, January 18th 12:00 pm**

We will have a time to remember this great man through hearing from a group of children from schools in the valley. They will be reciting a piece of his great speech "I Have a Dream", rendering poetry and playing the piano in his memory.

**Traveling Presentations**  
**Tuesday and Thursday, January 8th and 10th**

Steve and Carmen Dickson have travelled all of the country and would like to share their experiences with everyone. Steve will be giving 2 presentations this month explaining the ins and outs of cruise life and their travels in Alaska.

Tuesday, January 8th at 12:45 pm: Travelling on a Cruise ship  
 Thursday, January 10th at 11:00 am: Alaska-Tracy Arm Fjord Glacier

**Game Shot**  
**Every Monday starting at 9:30 am**

We are starting Mondays off with fun! Join us for game shot! Game shot is a time where we play random games. Whether its Chutes and Ladders or Wii Bowling, come ready to have fun.

Let Alysha know if you have a game you want to play.

**Make a card of Love**  
**Wednesday, January 23rd starting at 10:00 am**

Lets make cards for the ones we love. Kathy, one of our card crafters, will help you create one of a kind type cards.

Supplies will be supplied. Donations are appreciated.



# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Start the New Year as a volunteer!</p> <p>We have many areas we could use assistance. Places like:</p> <ul style="list-style-type: none"> <li>• Kitchen</li> <li>• Special events</li> <li>• Bingo</li> <li>• Front Desk (back ups)</li> </ul> <p>Let Alyssa know if you are interested!</p>	<p><b>Center Closed</b></p> 	<p>2</p> <p>8:30 Piano Lessons (full) 9:30 Line Dancing 9:30 Painting with Karen 10:30 Minding Motion 11:00 EnhanceFitness 12:30 Bingo</p>	<p>3</p> <p>8:30 Piano Lessons (full) 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Family History 10:00 Advanced Spanish Club 10:45 Vital Aging 11:00 Dance Flow 12:45 Hatha Yoga</p>	<p>4</p> <p>9:30 Line Dancing 10:00 Hair Cuts 10:30 Chair Massage with Craig 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:00 Movie &amp; Popcorn <b>The Darkest Minds</b></p>
<p>7</p> <p>9:00 Hearing Aid Cleaning 9:00 Beginning Line Dancing <b>9:30 Game Shot</b> 9:30 Line Dancing 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 Restorative Yoga 1:00 Leather Craft</p>	<p>8 <b>Birth Day Tuesday</b></p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Advanced Spanish Club 10:00 Legal Appointments <b>10:45 Entertainment: Paul Fredrick Trio</b> 11:00 Dance Flow <b>12:45 Travel Presentation: Traveling on a Cruise ship</b> 1:30 Ceramics</p>	<p>9</p> <p>8:30 Piano Lessons (full) 9:30 Line Dancing 9:30 Painting with Karen 10:30 Minding Motion 11:00 EnhanceFitness 12:30 Bingo</p>	<p>10</p> <p>8:30 Piano Lessons (full) 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Family History 10:00 Advanced Spanish Club <b>11:00 Travel Presentation: Tracy Arm Fjord Glacier (Alaska)</b> 11:00 Dance Flow 12:45 Hatha Yoga</p>	<p>11</p> <p>9:30 Line Dancing 10:00 Hair Cuts 10:30 Chair Massage with Craig 10:30 Food Sense Cooking Class: Taste of Winter Salad 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:00 Movie &amp; Popcorn <b>Jurassic World: Fallen Kingdom</b></p>
<p>14</p> <p>9:00 Beginning Line Dancing 9:30 Line Dancing <b>9:30 Game Shot</b> 10:45 Book Club: "The Other Side of The Bridge" by Cameron 11:00 EnhanceFitness 12:00 Eldorado DUP Meeting 12:30 Oquirrh DUP Meeting 12:00 Hatha Yoga 1:00 Restorative Yoga 1:00 Leather Craft</p>	<p>15</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Advanced Spanish Club 11:00 Dance Flow <b>12:30 ESL classes</b> 1:30 Ceramics</p>	<p>16</p> <p>9:30 Line Dancing 9:30 Painting with Karen 10:30 Minding Motion <b>10:30 AARP Presenting Disrupting Aging class</b> 11:00 EnhanceFitness 12:30 Bingo 1:00 Pleasant Green DUP meeting</p>	<p>17</p> <p>8:30 Piano Lessons (full) 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Family History 10:00 Advanced Spanish Club 11:00 Dance Flow <b>12:30 ESL classes</b> 12:45 Hatha Yoga 3:00 UT Food Bank</p>	<p>18</p> <p>9:30 Line Dancing 10:00 Hair Cuts 10:30 Chair Massage with Craig 11:00 EnhanceFitness <b>12:00 MLK Jr. Reading</b> 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:00 Movie &amp; Popcorn <b>Solo: A Star Wars</b></p>
<p><b>Center Closed</b></p> 	<p>22</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Advanced Spanish Club 11:00 Dance Flow <b>12:30 ESL classes</b> 1:30 Ceramics</p>	<p>23</p> <p>8:30 Piano Lessons (full) 9:30 Line Dancing 9:30 Painting with Karen <b>10:00 Making Valentine's Day cards</b> 10:30 Minding Motion 11:00 EnhanceFitness 12:30 Bingo</p>	<p>24</p> <p>8:30 Piano Lessons (full) 9:30 Tai Chi <b>10:00 Karaoke with Tony G</b> 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Family History 10:00 Advanced Spanish Club 11:00 Dance Flow <b>12:30 ESL classes</b> 12:45 Hatha Yoga</p>	<p>25</p> <p>9:30 Line Dancing 10:00 Hair Cuts 10:30 Chair Massage with Craig 11:00 EnhanceFitness 12:30 Bingo 1:00 Blood Pressure Checks Hosted by Firefighters 2:00 Movie &amp; Popcorn <b>The Wolverine</b></p>
<p>28</p> <p>9:00 Beginning Line Dancing 9:30 Line Dancing <b>9:30 Game Shot</b> 11:00 EnhanceFitness 12:00 Hatha Yoga 1:00 Restorative Yoga 1:00 Leather Craft</p>	<p>29</p> <p>9:00 Bag Ladies 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Advanced Spanish Club 11:00 Dance Flow <b>12:30 ESL classes</b> 1:30 Ceramics</p>	<p>30</p> <p>8:30 Piano Lessons (full) 9:30 Line Dancing 9:30 Painting with Karen 10:30 Minding Motion 11:00 EnhanceFitness 12:30 Bingo</p>	<p>31</p> <p>8:30 Piano Lessons (full) <b>9:15 Field Trip: Dance performance at Capitol Theater</b> 9:30 Tai Chi 10:00 Beginner Conversational Spanish 1 and 2 (Full) 10:00 Family History 10:00 Advanced Spanish Club 11:00 Dance Flow <b>12:30 ESL classes</b> 12:45 Hatha Yoga</p>	<p>February Field Trip Hardwar Ranch</p> <p>Friday, February 8th</p> <p>Cost: \$12 (\$7 for the trip; \$5 to be paid to the ranch CASH ONLY)</p> <p>WE are going for a winter sleigh ride to see the elk. The van will leave at 10 :00 am and return to the center by 4:30 pm. The van is fit for <b>10 people only</b>. Please sign up at the front desk.</p>