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National Senior Health and Fitness Day: Brain Savers Summit

Wednesday, May 31st 2017

11:30 a.m. - 4:00 p.m.

Viridian Event Center

8030 S. 1825 W. West Jordan, Utah

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to kick off the event at 11:30 a.m. a free sack lunch will be offered at the event by Celebrity Chef Katie Weiner from Top Chef Boston. There will be presentations, a Brain Gym, exercise classes and the Drum Bus. There will be a wrap up and prize drawings. Through out the event there will be a lot of fun. Learn about many resources Salt Lake County has to offer. The Sunday Anderson Senior Center will be going on a field trip to this wonderful location. The bus will leave the center at 12:30 p.m. after lunch and will be returning to the center at 3:00 p.m. Cost of transportation is \$1.00. Sign up at the front desk.

Mothers Day Celebration

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Friday, May 12th

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The menu is baked chicken breast with citrus sauce, tricolor pasta, Hash browns, beets, broccoli cuts & florets, strawberry shortcake.
Reserve your meal by Tuesday, May 2nd.

Memorial Day Program

Friday, May 26th at 12:00 p.m.

The owner of the largest collection of flags in the state of Utah, Devaughn Smith will be presenting her collection. She will cover the history and evolution of the flag. The presentation will include a video, a reading, and presentation of a flag. The flag viewing starts at 12:00 p.m. in the room. Presentation will begin after lunch has been served. A meal of beef hamburger patty on a bun with lettuce & tomato, BBQ beans, corn on the cob, and famous chocolate cupcake will be served. Reserve your meal by Tuesday, May 16th.

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