

# Mt. Olympus **September** SENIOR CENTER **2024** HIGHLIGHTED PROGRAMS

*\*Registration is Required\**

**Balance & Fall Prevention Exercise Class | Mondays 11:00 am ~ 11:30**  
Educational, fun, dynamic, strength, motivational, balance, stability, group exercise.

**Mt. Olympus Book Club | 1st Tuesday of the month | 2:00 pm**  
The book for September is Fall of Giants by Ken Follett.

**AAUW Book Group | 2nd Thursday of the month | 1:00 pm**  
The book for September is Lady Tan's Circle of Women by Lisa See.

**Ukrainian Eggs | Monday Sept. 9, 16 & 23 | 8:00 ~ 10:45 am**  
3 days class to create wonderful Décor Ukrainian Eggs.

**The Senior Connection | Thursday's | 10:30 am**  
Let's learn how to take care of our physical, mental and cognitive health.

**Card Making Class is back | Second Monday Sept. 9 | 1:30 ~ 3:00 pm**

**Funeral of Judy Garland Presentation | Thursday, Sept. 19 | 1:00 pm**  
One time presentation, join us to learn and enjoy interesting facts about it.

**Aging Mastering Class | Thursday's | 10:00 am | Sept 19 ~ Nov 21**

**Pancake Breakfast | Tuesday, Sept. 10 | 8:30 ~ 9:30 am.**  
Join us for a **FREE** and delicious pancake breakfast generously provided and prepared by the Mt. Olympus Advisory Committee.

**Walk With Ease | Monday's ~ Wednesday's ~ Friday's | 10:00 am.**  
**September 23 ~ November 1st.** Walk safely and comfortably, improve flexibility, strength & stamina, reduce pain and stiffness, feel confident in managing arthritis, meet new people and gain social support, go at your own pace, slowly increase walking time each week.

## JOIN US FOR LUNCH!

*Reservations Required: Please call 385-468-3130*

*\*Suggested Donation of \$4.00\**

**Birthday Tuesday | Tuesday, Sept 3 | 11:30 am**

Come to Celebrate your Birthday and listen to our Piano Birthday Music!

**Volunteer Recognition | Special Lunch & Music | Sept. 25 | 11:30 am**  
Volunteers come to enjoy lunch & music | We would like to recognize you and thank you for everything you do to help us continue serving the community.

*RSVP by Friday, Sept. 13*

### Upcoming Center Closures:

**Monday, September 2nd in observance of Labor Day.**

**Thursday, September 26th, we'll close early @ 12:30 pm.,  
due to a Mandatory Staff Retreat.**



## Center Information

### HOURS

**Monday - Friday**  
7:00 AM - 4:00 PM

### CONTACT

(385)468-3130

**Manager:** Lisa Tovey  
**Programs:** Isabel Domínguez  
**Office:** Cheryl Hale

### ADDRESS

1635 E Murray Holladay Rd,  
Holladay, UT 84117

### WEBSITE

[slco.org/mt-olympus-senior-center/](http://slco.org/mt-olympus-senior-center/)

**Promoting  
independence through  
advocacy,  
engagement, and  
access to resources.**



Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED	3 Birthday Tuesday	4	5	6
 <p>labor day</p>	<p>8:00...AARP Driving 8:30...Tai Chi 9:30...Wyld Dance &amp; Meditation 10:00...Stronger Memory 10:00... Line Dancing 11:30...Lunch - Piano Music 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis 2:00.Mt.Olympus Book Group</p>	<p>7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:30...Vital Aging 10:45...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:15...Bingo 1:45...Table Tennis</p>	<p>8:30...Tai Chi 9:00...Pinochle 10:00...Line Dancing 10:30...Senior Connection 11:30...Lunch 12:00...Table Games ** 12:30...Chair Tai Chi 12:30...Balance &amp; Fall Prevention Exercise 1:00...Mah Jong 1:45...Table Tennis</p>	<p>7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:00...Intro to Social Dance 10:45...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge</p>
9	10 Pancake Breakfast	11 Ice Cream Social	12	13
<p>7:30...Enhance Fitness 8:00... Ukrainian Eggs 8:45...Enhance Fitness 9:00...Chair Yoga 10:00...AFEP 10:00...Knitting 11:00...Balance &amp; Fall Prev. 11:30...Cornhole Game In lunch room before bingo 11:30...Lunch 12:15...Bingo 12:00...Duplicate Bridge 12:30...Party Bridge 1:30...Card Making Class</p>	<p>8:30...Tai Chi 8:30...Pancake Breakfast 9:30...Wyld Dance &amp; Meditation 10:00...Stronger Memory 10:00... Line Dancing 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis</p> 	<p>7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:30...Vital Aging 10:45...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:15...Bingo 1:45...Table Tennis</p> 	<p>8:30...Tai Chi 9:00...Pinochle 10:00...Line Dancing 10:30...Senior Connection 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:00...Mah Jong 1:45...Table Tennis 1:00*AAUW Book Group</p>	<p>7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:00...Intro to Social Dance 10:45...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge</p>
16	17	18	19	20
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23	24	25 Volunteer Recognition	26 CLOSED @ 12:30	27
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\*Please register in advance for these programs