

River's Bend SENIOR CENTER July, 2024



HIGHLIGHTED COURSES

All - County Bunco Tournament

The special events are back! Come join in the friendly tournament of bunco. All ability levels welcome.

Thursday, July 18th • West Jordan Senior Center •
1:00 pm

Get U Fit

This class is taught by students at the University of Utah Kinesiology program. This course is designed by the students to help you with your flexibility, strength, and range of motion.

This class is Tuesday and Thursday's at 9:30 am.

Announcements

Transportation

Is offered Monday through Friday. If you live in our boundaries, call, or come visit to see about getting a ride on the bus.
(385) 468-3015.

Holiday Meal's

July 3rd • Entertainment by Heart & Soul at 11:00 am.

July 23rd • Entertainment by Leigh Hintz at 11:00 am.

Lunch starts serving at 11:30 am.

Center CLOSED

All Salt Lake County Senior Centers will be CLOSED on Thursday, July 4th and Wednesday, July 24th.

Upcoming in August

Birthday Tuesday •

August 6th

August 21st •

Entertainment by Terry Spencer

CENTER INFORMATION

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

(385)468-3015

1300 W 300 N SLC, UT 84116

<https://slco.org/rivers-bend-northwest/>

Lunch 11:30 - 12:15 pm

60+ suggested \$4 donation

Under 60 is \$7

Manager: Chase Amos

Programs: Allie Lorang

Programs Assistant: Agustin Celi

Office: Kathy Platt

Custodian: Jinette Christensen

Kitchen: Stella Gallegos

Driver: Carl Roose



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Holiday Meal	4	5
9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish 1 12:30 Bingo 12:30 Walk with Ease	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish Lab 11:00 Entertainment • Heart & Soul 12:15 Water Painting Group 12:30 Bingo 12:30 Walk with Ease	CLOSED 	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish 2 12:30 Bingo 12:30 Walk with Ease
8	9 Birthday Lunch	10	11	12
9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish 1 12:30 Bingo 12:30 Walk with Ease	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 11:00: Entertainment: Calvin Law 12:30 Quilting 101 12:30 AC Meeting	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish Lab 12:15 Water Painting Group 12:30 Bingo 12:30 Walk with Ease	9:30 Get U Fit 10:30 Tai Chi • Ray J 11:45 Image Bingo 12:30 Quilting 101	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish 2 12:30 Bingo 12:30 Walk with Ease
15	16	17	18 BUNCO	19
9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish 1 12:30 Bingo 12:30 Walk with Ease	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101 Pop-Up Craft: Rock Painting	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish Lab 12:15 Water Painting Group 12:30 Walk with Ease 1:00 Bonus Bingo	9:30 Get U Fit 10:30 Tai Chi • Ray J 11:45 Image Bingo 12:30 Quilting 101 1:00 All-County Bunco Tournament 	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish 2 12:30 Bingo 12:30 Walk with Ease
22	23 Holiday Meal	24	25	26
9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 9:30 Vital Aging 10:30 PEARLS 10:30 Spanish 1 12:30 Bingo 12:30 Walk with Ease END	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 11:00 Entertainment • Leigh Hintz 12:30 Quilting 101	CLOSED 	9:30 Get U Fit 10:30 Tai Chi • Ray J 11:45 Image Bingo 12:30 Quilting 101	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish 2 12:30 Bingo
29	30	31		
9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish 1 12:30 Bingo	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101	9:00 Computers 9:00 Cards w/ Joe 9:30 Enhance Fitness 10:30 Spanish Lab 12:00 Book Club 12:15 Water Painting Group		