

# West Jordan

## Senior Center

September 2024



### What's Coming in October

**Mindfulness ~ Based**

**Stress Reduction Course**

- **Decreased Stress, Anxiety & Depression**
- **Increased Memory**
- **Improved ability to cope with pain**

**October 21st, - December 9th,**

**Mondays, 10:00 am - 3:00 pm**

**Register by calling**

**(385) 468 - 3401 Must be a Member**

### Senior Wellness Decathlon

**Food ~ Fun ~ Games**

**September 10th @ Magna Kennecott Senior Center**

**Check in: 8:30 am ~ Game time: 9:30 am**

**Live Entertainment with B.D. Howes**

**Register with the West Jordan Senior Center front desk.**

### Drums Alive Group

**Will perform a Demonstration**

**Tuesday September 17th, @ 11:00 am**

**Join us for the performance or come and  
join our fun group**

### Farmers Market

**Tuesday September 10th, 11:00 pm**

**Tickets will be handed out 10:45 am**

**Sign up @ the Front Desk**

## Center Information

### HOURS

**Monday - Friday**

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

### CONTACT

Manager: Amber Christensen

Programs: Sharon Gibson

Office: Kara Loden

Kitchen: Shanna Curley

Driver: Dale Perkins

Custodian: Cameron Smith

**8025 So 2200 W**

**West Jordan, UT**

**84088**

[Slco.org/west-jordan-senior-center/](http://Slco.org/west-jordan-senior-center/)



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>Center Closed</b></p> 	<p><b>Birthdays Tuesday</b>  <del>9:00 Arthritis Exercise</del>            10:00 Ceramics            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling  <b>10:45 UofU Strength</b>  <b>11:30 Music with the WJ Senior Band</b>            12:30 Bingo            1:30 Ping Pong Game            1:30 Pickleball GF Rec.</p>	<p>8:00 Advanced Tai Chi            8:30 Low impact fitness            9:30 Painting            9:30 Knit/Crochet            9:45 Zumba  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            12:30 Wood Carving            12:30 Bridge</p>	<p><del>9:00 Arthritis Exercise</del>            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling            10:00 Swedish Weaving  <b>10:45 UofU Strength</b>            12:30 Bingo            1:00 Sew-n-Sew            1:30 Bunco            1:30 Ping Pong Game            1:30 Pickleball GF Rec.</p>	<p>8:00 Advanced Tai Chi            9:00 Tattling            9:30 Low Impact fitness            10:00 Plastic Canvas  <b>10:00 Vital Aging</b>            11:00 Kumihimo  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            1:00 West Jordan Band Practice</p>
9	10	11	12	13
<p>8:00 Advanced Tai Chi            9:30 Low Impact Fitness            10:30 Basic Spanish            11:00 Spanish 2  <del>11:30 EnhanceFitness®</del>  <b>11:30 Fall Prevention Bingo</b>            12:30 Quilt Guild            12:30 Pinochle            1:30 Golf Fundamentals</p>	<p><del>9:00 Arthritis Exercise</del>            10:00 Ceramics            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling  <b>10:45 UofU Strength</b>  <b>11:00 Farmer's Market</b>            12:30 Bingo            1:00 Floss N Friends            1:30 Ping Pong Game            1:30 Pickleball GF Rec.</p>	<p>8:00 Advance Tai Chi            8:30 Low impact fitness            9:30 Painting            9:30 Knit/Crochet            9:45 Zumba  <del>11:30 EnhanceFitness®</del>            12:30 Wood Carving            12:00 Lapidary            12:30 Bridge</p>	<p><del>9:00 Arthritis Exercise</del>            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling            10:00 Swedish Weaving  <b>10:45 UofU Strength</b>            12:30 Bingo            1:00 Sew-n-Sew            1:30 Bunco            1:30 Ping Pong Game            1:30 Pickleball GF Rec.</p>	<p>8:00 Advanced Tai Chi            9:00 Tattling            9:30 Low Impact fitness            10:00 Plastic Canvas  <b>10:00 Vital Aging</b>            11:00 Kumihimo  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            1:00 West Jordan Band Practice</p>
16	17	18	19	20
<p>8:00 Advanced Tai Chi            9:30 Low Impact Fitness            10:30 Basic Spanish            11:00 Spanish 2  <del>11:30 EnhanceFitness®</del>  <b>11:30 Bingo with the U of U</b>            12:30 Quilt Guild            12:30 Pinochle            1:30 Golf Fundamentals</p>	<p><b>8:00 A.C. Breakfast</b>  <del>9:00 Arthritis Exercise</del>            10:00 Ceramics            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling  <b>10:45 UofU Strength</b>  <b>11:00 Presentation Drums Alive</b>            12:30 Bingo            1:00 Floss N Friends  <b>1:30 Joy Club</b>            1:30 Pickleball GF Rec.</p>	<p>8:00 Advanced Tai Chi            8:30 Low impact fitness            9:30 Painting            9:30 Knit/Crochet            9:45 Zumba  <b>10:00 AARP Driving</b>  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            12:30 Wood Carving            12:30 Bridge</p>	<p><del>9:00 Arthritis Exercise</del>            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling            10:00 Swedish Weaving  <b>10:30 Coins with Gene</b>  <b>10:45 UofU Strength</b>            12:30 Bingo            1:00 Sew-n-Sew            1:30 Bunco            1:30 Ping Pong Game            1:30 Pickleball GF Rec.</p>	<p>8:00 Advanced Tai Chi            9:00 Tattling            9:30 Low Impact fitness            10:00 Plastic Canvas  <b>10:00 Vital Aging</b>            11:00 Kumihimo  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            1:00 West Jordan Band Practice</p>
23	24	25	26	27
<p>8:00 Advanced Tai Chi            9:30 Low Impact Fitness            10:30 Basic Spanish            11:00 Spanish 2  <del>11:30 EnhanceFitness®</del>            12:30 Quilt Guild            12:30 Pinochle            1:30 Golf Fundamentals</p>	<p><del>9:00 Arthritis Exercise</del>            10:00 Ceramics            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling  <b>10:45 UofU Strength</b>            12:30 Bingo            1:00 Floss N Friends            1:30 Ping Pong Game            1:30 Pickleball GF Rec.</p>	<p>8:00 Advanced Tai Chi            8:30 Low Impact fitness            9:30 Painting            9:30 Knit/Crochet            9:45 Zumba  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            12:30 Wood Carving            12:30 Bridge</p>	<p><del>9:00 Arthritis Exercise</del>            9:30 Drums Alive            10:00 Basic ESL            10:00 Wii Bowling            10:00 Swedish Weaving  <b>10:45 UofU Strength</b>  <del>12:30 Bingo</del>  <del>1:00 Sew-n-Sew</del>  <del>1:30 Bunco</del>            1:30 Pickleball GF Rec.</p> <p>12:20 pm Center Closed</p>	<p>8:00 Advanced Tai Chi            9:00 Tattling            9:30 Low Impact fitness            10:00 Plastic Canvas  <b>10:00 Vital Aging</b>            11:00 Kumihimo  <del>11:30 EnhanceFitness®</del>            12:00 Lapidary            1:00 West Jordan Band Practice</p>
30	OCTOBER 1	2	3	4
<p>8:00 Advanced Tai Chi            9:30 Low Impact Fitness            10:30 Basic Spanish            11:00 Spanish 2  <del>11:30 EnhanceFitness®</del>            12:30 Quilt Guild            12:30 Pinochle            1:30 Golf Fundamentals</p>	<p><b>Advisory Committee Breakfast</b>  <b>Tuesday Sept 17th @ 8:00 am</b>  <b>Free to Members</b>  <b>West Jordan Police ~ Fire</b>  <b>And Special Invite</b></p>		<p><b>Educational Presentation</b>  <b>Fall Preventions Bingo</b>  <b>Monday Sept 9th, 11:30 am (Bingo)</b>  <b>Monday Sept 16, 11:30 am</b></p>	