



Don't miss Breakfast—Only \$1.50 for 60+

South Jordan Community Center November 2009

Transportation available for South Jordan residents!
Call 801-302-1222 for more information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Silver Splash (FAC) 10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene	3 9:00 Table Tennis 9:00 Silver Splash (FAC) 10:30 Yoga with Monica 12:30 Oil Painting with Marlene	4 9:30 Silver Sneakers (FAC) 10:00 Line Dancing with Judy 11:00 Mel's 30 Min. Easy Exercise 10:30 Health Clinic with Eclipse 12:30 Ceramics with Aleen and Marlene 12:30 Card making with Stephanie 12:30 Bingo with Alta Ridge	5 9:00 Woodcarving (Instructor on vacation) 9:00 Silver Splash (FAC) 9:30 Guitar Jam with Lloyd 10:00 Cowboy Poetry—Chili Train 10:30 Yoga with Monica 12:30 Spanish Club	6 Melva's Biscuits & Gravy 10:00 Watercolor with Sandi \$3 10:00 Tai Chi with Thelma 10:30 Silver Sneakers (FAC) 11:00 Mel's 30 Min. Easy Exercise Reserve your seat for the Veteran's Day Banquet!	7
8	9 9:30 Caring and Sharing 9:30 Silver Sneakers (FAC) 10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene	10 Veterans Day Banquet Veterans eat free! 9:00 Silver Splash (FAC) 9:00 Table Tennis 9:00 Personal Counseling with Audrey 10:30 Yoga with Monica 12:30 Oil Painting with Marlene \$3	11 Center Closed In observance of Veteran's Day	12 9:00 Woodcarving with Glen \$2 9:00 Table Tennis 9:00 Silver Splash (FAC) 9:30 Guitar Jam with Lloyd 10:30 Yoga with Monica 12:30 Spanish Club 12:30 COPD Support Group	13 Melva's Biscuits & Gravy 9:30 Watercolor with Friends 10:00 Tai Chi with Thelma 10:30 Silver Sneakers (FAC) 11:00 Mel's 30 Min. Easy Exercise Make your reservations for our Thanksgiving Banquet	14
15	16 9:00 Ride FrontRunner to Ogden Museum 9:30 Silver Sneakers (FAC) 10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene	17 9:00 Table Tennis 9:00 Silver Splash (FAC) 9:00 Personal Counseling with Audrey 9:40 AARP Drivers Safety Class 10:30 Yoga with Monica 12:30 Oil Painting with Marlene	18 9:30 Silver Sneakers (FAC) 10:00 Line Dancing with Judy 11:00 Mel's 30 Min. Easy Exercise 10:30 Health Clinic with Eclipse 12:30 Ceramics with Aleen and Marlene 12:30 Card making with Stephanie 12:30 Bingo with Chick-Fil-A	19 9:00 Woodcarving with Glen \$2 9:00 Table Tennis 9:00 Silver Splash (FAC) 9:30 Guitar Jam with Lloyd 10:30 Yoga with Monica 11:30 Red Hats Lunch at Sizzler 12:30 Spanish Club	20 Melva's Biscuits & Gravy 9:30 Watercolor with Friends 10:00 Tai Chi with Thelma 10:30 Silver Sneakers (FAC) 11:00 Legal Consultations 11:00 Mel's 30 Min. Easy Exercise 12:00 Thanksgiving Banquet 7:00—9:00 Evening Dance	21
22	23 9:30 Silver Sneakers (FAC) 10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene 12:30 Trip to Wal-Mart	24 9:00 Table Tennis 9:00 Silver Splash (FAC) 9:00 Personal Counseling with Audrey 10:30 Yoga with Monica 12:30 Oil Painting with Marlene	25 9:30 Silver Sneakers (FAC) 10:00 Line Dancing with Judy 11:00 Mel's 30 Min. Easy Exercise 10:30 Health Clinic with Eclipse 12:30 Ceramics with Aleen and Marlene 12:30 Bingo with Utah Hospice Specialists	26 Center Closed 	27 Center Closed 	28
29	30 9:30 Silver Sneakers (FAC) 10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene	31 9:00 Table Tennis 9:00 Silver Splash (FAC) 9:00 Personal Counseling with Audrey 10:30 Yoga with Monica 12:30 Oil Painting with Marlene	South Jordan Community Center 10778 S Redwood Road South Jordan, Utah 801-302-1222	Open 8:00—3:30 Billiards & TV Lounge Computer Lab with Internet Access	Please RSVP for lunch no later than noon the day before you wish to eat. \$2.50 for 60+ \$5.25 under 60	



What kind of programs do you want offered?

Do you have a program that you think would benefit the South Jordan Seniors? Please let Wendy Thomas know! She can be found at the center Monday through Friday from 8:00 until 5:00 or via phone 302-1222 or e-mail wthomas@sjc.utah.gov.

Breakfast with Friends

Monday—Friday



8:30—10:00 a.m.
\$1.50 for 60+
Coffee only .50!

Cooked to order breakfast available.



New Instructor!
Watercolor with Sandi!
Friday, November 6 @ 10:00 a.m.

Tai Chi with Thelma
Monday & Friday
10:00—11:00 a.m.
Increase flexibility, balance & strength
with beginning Tai Chi
Class donations accepted



**South Jordan Community Center
Beauty Shop**

Open Monday—Friday
Salon services for those 60 & Better



Haircuts	\$9.00
Shampoo Sets	\$9.00
Permanent Wave	\$22.00
Color	\$22.00
Pedicures	\$9.00
Manicures	\$9.00
Long hair	add\$10.00



New! Chair Massage! \$1.00 per minute



Special thanks to: Eclipse Home Health, Alta Ridge Assisted Living, Utah Hospice Specialists, Legacy Assisted Living, Harmons at the District, Harmons on Redwood Road, Costco, Chick-Fil-A, Smiths Grocery, Olive Garden, Chipotle Mexican Grill and Pizza Hut for their generous donations to our center.

Line Dancing

Wednesdays 10:00 a.m.

Come learn new dances, get great exercise and have fun!

\$1.00 Instructor Donation Requested.



NIA Exercise with Sadie
Mondays @ 10:00 a.m.

What is NIA?

NIA is a cardiovascular workout that stimulates your mind, body, spirit and emotions and leaves you feeling recharged and alive. Participants are encouraged to alter the exercise to their activity level. You will leave full of energy and feeling revitalized!

Eclipse Home Health Clinic

Wednesdays
10:30 a.m.



Featuring:
Blood Pressure Checks
Blood Glucose Checks
Oxygen Levels & Heart Rate

"It is possible at any age to discover a lifelong desire you never knew you had."

-Robert Brault



South Jordan Senior Happenings

November 2009
Volume 2, Issue 11

There are no strangers, only friends that haven't met.

Special Events for November

Wednesday, November 4 @ 12:30— Bingo with Alta Ridge
Thursday, November 5 @ 10:00—Cowboy Poetry-Chili Train
Monday, November 9 @ 9:30—Caring and Sharing Group
Tuesday, November 10 @ 12:00—Veterans Day Banquet
Wednesday, November 11— Community Center Closed
Thursday, November 12 @ 12:30—COPD Support Group
Monday, November 16 @ 9:00—FrontRunner Train Trip & Ogden Museum
Tuesday, November 17-@ 9:40 AARP Drivers Safety Class
Wednesday, November 18—Bingo with Chick-fil-A
Thursday, November 19 @ 11:30 Red Hats lunch at Sizzlers
Friday, 20 November @ 12—Thanksgiving Banquet
Monday, November 23 @ 12:30—Trip to Wal-Mart
Wednesday, November 25 @ 12:30—Bingo with Utah Hospice Specialists
Thursday, November 26 & 27 Community Center Closed



Find this newsletter and other South Jordan City updates online!
<http://www.sjc.utah.gov/leisureservices/communitycenter.asp>

Lunch

Monday through Friday 12:00 p.m. · \$2.50 Donation for 60+ is requested
Make Lunch reservation the morning prior to the day you want to eat

Breakfast

Begins at 8:30 a.m. · \$1.50 Donation is appreciated.
No reservation is required.

Senior Advisory Council

Harold Rossberg
Billie Lawrence
Dixon Greer
Sharon Weeks
Maryann Mutsch

City Council Liaison
Aleta Taylor

Day Directors

Dixon Greer
Mary Alice Weber
Roland Arnold
Billie Lawrence
Lee Adams

South Jordan Community Center Staff

Senior Program Manager

Wendy Thomas

Program Assistant

Belinda Pinion

Transportation

Rex Firth

Kitchen Staff

Breakfast

Melva Burbidge

Lunch

Joy Nichol

Building Attendant

Linda Rasmussen

South Jordan Community Center

10778 S Redwood Road

South Jordan, Utah 84095

801-302-1222