

Eddie P. Mayne

# Kearns Senior Center



## Highlighted Programs:

**Living Well with Chronic Pain** Starts Monday, September 22nd 12:30PM  
Learn self-management techniques and skills needed in the day-to-day management of any type of chronic pain condition in this 6-week class. Effective with caregivers.

**Vital Aging w/Jesse:** Thursdays 9:30 AM

**Vital Aging in Spanish w/Maria:** ~~Tuesday, September 2nd, 12:30 PM~~

**Yoga w/Amber:** Thursdays 1:00 PM and 2:00 PM

**Basic Spanish w/Jerry:** Mondays 1:30 PM

**ADL Exercise: w/Jim:** Tuesdays & Fridays 9:30 AM

**Stretch & Tone w/Bonnie:** Mondays & Thursdays 10:00 AM

**Social Coloring w/Susan:** Thursdays 1:00 PM

**Ceramics w/Deanna:** Tuesdays & Thursdays 9:00 AM

**Leather Crafts w/Alan:** Wednesdays 10:00 AM

**Book Club w/Liz:** Wednesday, September 26th, 12:30 PM

**Bingo\*:** Wednesdays & Fridays 1:30 PM

**White Elephant Bingo\*:** Monday, September 8th, 1:30 PM

**Board Games & Brain Games:** Mondays 12:30 PM

**Movie Tuesdays:** Tuesdays 12:30 PM

**Lapidary:** Mondays 10:00 AM

## CENTER INFORMATION

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

(385) 468-3100

4851 West 4715 South

Kearns, UT 84118

[slco.org/aging-adult-services/](http://slco.org/aging-adult-services/)

Manager: Jayme Haight

Programming: Brandie Bruse

Office: Bobbi Bohman

Maintenance: Mike Moore

Driver: Crestin Bailey

## Announcements

### Lunch Program

11:30 AM-1:30 PM

(reservations not required)

Suggested Donation of \$4.00

### Special Events

#### SENIOR WELLNESS DECATHLON

Tuesday, September 9th at Magna  
Kennecott Senior Center

#### Mini Derby Race Day

Wednesday, September 10th 12:30 PM

#### Farmers Market

Tuesday, September 16th 11:00 PM  
free produce for seniors

#### Texas Hold'em

Tuesday, September 23th 12:30 PM

### Center Craft

#### Fall Faces

Tuesday, September 23th 10:30 AM


#### Advisory Craft: Legos\*

Tuesday, September 16th 10:00



**SALT LAKE  
COUNTY**

**AGING & ADULT  
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Closed</b>  <b>LABOR DAY</b>	<b>2</b> 9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 11:30 <b>Live Music:</b> <b>Old Time Fiddlers</b> 12:30 <del>Spanish</del> <b>Vital Aging</b>	<b>3</b> 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Dominoes 1:30 Bingo*	<b>4</b> 9:00 Ceramics 9:30 <del>Vital Aging:</del> <del>Maximize Your Retirement</del> 10:00 Stretch & Tone 1:00 Social Coloring: <b>Coloring Project</b> 1:00 Chair Yoga 2:00 Restorative Yoga	<b>5</b> 9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 <b>Live Music:</b> <b>Dieter Watchel</b> 11:30 Free Nail Painting: By Niely 1:30 Bingo*
<b>8</b> 9:30 Wii Bowling 10:00 Stretch & Tone 10:00 Lapidary 12:30 Board Games & Brain Games 1:30 Basic Spanish	<b>9</b> 9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team <b>SENIOR WELLNESS DECATHLON</b> Today at Magna Kennecott Senior Center	<b>10</b> 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Dominoes 12:30 <b>Mini Derby Cars Race Day</b> 1:30 Bingo*	<b>11</b> 9:00 Ceramics 9:30 <del>Vital Aging:</del> <del>Maximize Your Retirement</del> 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	<b>12</b> 9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 <b>Live Music:</b> <b>New Fiddlers</b> 11:30 Free Nail Painting: By Niely 1:30 Bingo*
<b>15</b> 9:30 Wii Bowling 10:00 Stretch & Tone 10:00 Lapidary 12:30 Board Games & Brain Games 1:30 Basic Spanish	<b>16</b> 9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 10:00 <b>Advisory Craft:</b> <b>Legos*</b> 11:00 <b>Farmers Market</b> 12:30 Movie & Popcorn: <b>Bourne Supremacy</b>	<b>17</b> 9:30 Wii Bowling 10:00 Leather Crafts 10:00 Advisory Meeting* 10:30 U of U Exercise 11:30 <b>Live Music:</b> <b>Heart &amp; Soul</b> 12:30 Dominoes 1:30 Bingo*	<b>18 Closing at 12:30</b> 9:00 Ceramics 10:00 Stretch & Tone Lunch 10:30—Noon <del>1:00—Social Coloring</del> <del>1:00—Chair Yoga</del> <del>2:00—Restorative Yoga</del> <b>Center is closing at 12:30PM</b>	<b>19</b> 9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 <b>Live Music:</b> <b>B D Howes</b> 11:30 Free Nail Painting: By Niely 1:30 Bingo*
<b>22</b> 9:30 Wii Bowling 10:00 Stretch & Tone 10:00 Lapidary 10:00 Living Well with Chronic Pain 12:30 Board Games & Brain Games 1:30 Basic Spanish	<b>23</b> 9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 10:30 <b>Center Craft:</b> <b>Fall Faces</b> 12:30 Movie & Popcorn: <b>Rain Man</b> 12:30 <b>Texas Hold'em</b>	<b>24</b> 9:30 Wii Bowling 10:00 Leather Crafts 10:30 Boutique Sign-up* 10:30 U of U Exercise 12:30 Dominoes 12:30 Book Club 1:30 Bingo*	<b>25</b> 9:00 Ceramics 9:30 <del>Vital Aging:</del> <del>Maximize Your Retirement</del> 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	<b>26</b> 9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 <b>Live Music:</b> <b>Larry Turner</b> 11:30 Free Nail Painting: By Niely 1:30 Bingo*
<b>29</b> 9:30 Wii Bowling 10:00 Stretch & Tone 10:00 Lapidary 10:00 Living Well with Chronic Pain 12:30 Board Games & Brain Games 1:30 Basic Spanish	<b>30</b> 9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: <b>Forrest Gump</b> 	Hosted by Kearns Advisory Committee * <b>September 2025</b> 