

MIDVALE SENIOR CENTER September 2025



Fresh Produce Presentation Friday, September 5 • 10:30 AM

Jerry Thompson, former produce manager at Reams, will help us learn how to choose and store fruits and veggies for less waste and more flavor. How to choose the best variety of fruits and vegetables for baking and canning. And, the best farmers markets in our area.

Fall Planting Presentation: Bulbs and Pansies Monday, September 8 • 10:30 AM

Did you know that you can plant bulbs with pansies for a vibrant display of color in late winter and early spring? Alex Morris, Jordan River Temple Ground Supervisor, will teach us how we can do this in our own garden.

Civil War Presentation Tuesday, September 23 • 1:00 PM

Join us for some fascinating facts about the Civil War presented by Bob James, Civil War Buff. He will also bring some artifacts from the war.

***Registration Required Call 385-468-3350 to register**

CENTER INFORMATION

Monday - Friday • 7:00 AM - 4:00 PM

(385)468-3350

7550 South Main Street (700 West)

LWarner@saltlakecounty.gov

sco.org/midvale-senior-center/

Manager: Lori Warner

Programs: Kim Rasmussen

Office: Dale Olson

Custodian: Lima Finai

Trey—Bus Driver: 385-237-8993

Entertainment

James Romero

Thursday, September 4
11:30 AM

West Jordan Senior Band

Tuesday, September 16
12:00 PM

Classes & Events

Ghost Towns and More

Monday, September 8
1:00 PM

Decathlon at Magna
Senior Center*

Tuesday, September 9
8:30 AM

Farmers Market

Thursday, September 18
11:00 AM

Vaccine Clinic

Thursday, September 25
10:00 AM—1:00 PM

Midvale Senior Center
will be closed

Monday, September 1
for Labor Day.

Thursday, September 18
Closing at 12:30 PM
for a staff retreat.

Lunch will be served from
10:30 AM—12:00 PM

For more information or to
register, visit the front desk or
call us at 385-468-3350

SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

ART/CULTURE/MUSIC

Bonsai¹

Mondays • September 15 & 29
10:00 AM

Origami

Mondays • September 15 & 29
10:00 AM

Calligraphy (*Taught in Cantonese*)

Tuesdays, September 11 & 25
2:00 PM

Beginning Pottery: Wheel Throwing*

Tuesdays • 10:00 AM—1:00 PM

Intermediate Pottery: Wheel Throwing*

Wednesdays • 9:00 AM—12:30 PM

Sewing¹

Wednesdays • 1:00 PM

Pottery Open Studio

Thursdays • 9:00 AM—1:00 PM
Fridays • 9:30 AM—12:30 PM

Jam Sessions

Tuesdays
10:30 AM—12:00 PM

Painting Open Studio¹

Fridays • 1:00 PM

Book Club

Tuesday, September 2 • 1:00 PM

I Hope This Finds You Well

by Natalie Sue

Tuesday, October 7 • 1:00 PM

The Spellshop

by Sarah Beth Durst

Reserve and check out a book through
The County Library—Tyler.

History of Folklore Creatures

by Family Funeral Care

**Tuesday, September 30
1:00 PM**

Dragons, elves and unicorns, often
appear in myths, legends and art.
Learn more about the origin of
folklore creatures.

Movie Friday

September 12 • 1:30 PM

The Longest Ride

A bull-rider and an art
student are in love but their
conflicting paths threaten to
separate them. They find
inspiration from a man
whose enduring romance
with his wife serves as a
reminder of lasting love.



EDUCATION

Stress Management

by Valley Behavioral Health

**Thursday, September 4
1:00 PM**

No one escapes from the stressors of life
but we can learn how to manage it.
Come learn the tried-and-true tools that
can help you cope and manage stress in a
healthier way.

Grief Support Group

2nd and 4th Wednesdays

September 10 & 24 • 12:00 PM

by Rocky Mountain Hospice

You do not have to go through loss
alone. Suzy Nelsen, chaplain, will
discuss ways to process grief and help
you find healing for the hurt of loss.
Grief has no timeline.

AARP Smart Driver*

**Tuesday, September 16
10:00 AM—3:00 PM**

You may be eligible for a discount on
your car insurance by taking this class.
AARP Members—\$20.00
Non-AARP Members—\$25.00
Must register for this class at the front
desk or calling 385-468-3350

Exact cash or check. No credit cards.

FITNESS PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Music in Motion	8:30 Yoga	9:00 Yoga	9:00 Get U Moving	9:30 Chair Yoga
9:30 Chair Yoga	9:00 Get U Moving	9:30 EnhanceFitness	10:30 Cardio, Strength	9:30 EnhanceFitness
9:30 EnhanceFitness	10:30 Cardio, Strength	11:00 Cardio, Strength	& Stretch Video	10:45 Chair Yoga
10:45 Chair Yoga	& Stretch Video	& Stretch Video	10:30 Laughter &	11:00 Cardio, Strength
11:30 Line Dancing	1:00 Pickleball	1:00 Pickleball	Happiness Circle	& Stretch Video
12:30 Line Dancing -			11:45 Drums Alive	12:00 Beg/Inter Pickleball
Intermediate			1:00 Line Dancing	Practice Time*
1:00 Pickleball				1:00 Pickleball

SOCIAL & RECREATIONAL

Bingo

**Tuesday, September 2 & 16
10:30 AM**

Chess Club

Tuesdays • 1:00 PM

Mexican Train Dominoes

Wednesdays • 12:30 PM

Beginning Pickleball*

Learn the rules and how to hit the
ball. Register with Kim Rasmussen.

Poker Tournament

**Friday, September 19
10:00 AM**

Pinochle

Fridays • 12:30 PM

* Registration required. Call 385-468-3350 to register. ¹ Bring your own projects and supplies.

Midvale Senior Center September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
September 1	September 2	September 3	September 4	September 5
Closed for Labor Day	8:30 Yoga 9:00 Caregiver Support 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Bingo 10:30 Writer's Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 1:00 Book Club 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:00 Tap Dancing 9:00 ESL 9:30 EnhanceFitness 10:30 Stronger Memory* 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Chinese Support Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:30 Entertainment: James Romero 11:45 Drums Alive 1:00 Stress Management 1:00 Line Dancing	9:00 Pottery Open Studio 9:00 Tap Dancing ¹ 9:00 ESL 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Fresh Produce Presentation 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:00 Beginning Pickleball* 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
8	9	10	11	12
9:00 Music in Motion 9:00 Tap Dancing ¹ 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Fall Planting Presentation 10:45 Chair Yoga 11:00 Advisory Committee 11:30 Line Dancing 12:30 Intmd. Line Dancing 1:00 Ghost Towns & More 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Decathlon at Magna 8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Writer's Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:00 Tap Dancing ¹ 9:00 ESL 9:30 EnhanceFitness 10:30 Stronger Memory* 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:00 Grief Support Group 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:00 French Club 11:45 Drums Alive 1:00 Line Dancing 2:00 Calligraphy (Cantonese)	9:00 Pottery Open Studio 9:00 Tap Dancing ¹ 9:00 ESL 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:00 Beginning Pickleball* 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball 1:30 Friday Movie: The Longest Ride
15	16	17	18	19
9:00 Music in Motion 9:00 Tap Dancing ¹ 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 AARP Smart Driver* 10:00 Pottery: Beg Wheel* 10:30 Bingo 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 12:00 Entertainment: West Jordan Senior Band 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:00 Tap Dancing ¹ 9:00 ESL 9:30 EnhanceFitness 10:30 Stronger Memory* 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:00 Farmers Market 11:45 Drums Alive 1:00 Line Dancing Center Closed 12:30—4:00 PM	9:00 Pottery Open Studio 9:00 ESL 9:00 Tap Dancing ¹ 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Poker Tournament 10:45 Chair Yoga 11:00 Cardio, Str, & Stretch 12:00 Beginning Pickleball* 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
22	23	24	25	26
9:00 Music in Motion 9:00 Tap Dancing ¹ 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 Civil War Presentation 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:00 Tap Dancing ¹ 9:00 ESL 9:30 EnhanceFitness 10:30 Stronger Memory* 11:00 Cardio, Strength & Stretch 11:00 Pottery: Adv Wheel* 11:00 Grief Support Group ¹ 12:00 Grief Support Group 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Vaccine Clinic 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:00 French Club 11:45 Drums Alive 1:00 Line Dancing 2:00 Calligraphy (Cantonese)	9:00 Pottery Open Studio 9:00 ESL 9:00 Tap Dancing ¹ 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:00 Beginning Pickleball* 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
29	30	October 1	October 2	October 3
9:00 Music in Motion 9:00 Tap Dancing ¹ 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 Chess Club 1:00 Pickleball 1:00 Folklore Creatures	9:00 Pottery: Int Wheel* 9:00 Yoga 9:00 Tap Dancing ¹ 9:00 ESL 9:30 EnhanceFitness 10:30 Stronger Memory* 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 Chinese Support Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:30 Entertainment: Happy Together 11:45 Drums Alive 1:00 Line Dancing	9:00 Pottery Open Studio 9:00 ESL 9:00 Tap Dancing ¹ 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:00 Beginning Pickleball* 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball

*Must register for class. Call 385-468-3350 to register. ¹ Closed Class