

MILLCREEK SENIOR CENTER

September 2025

Tai Chi For Arthritis*

Tai Chi is an ancient form of Chinese exercise that promotes strength, flexibility, physical balance, and centeredness. Designed to teach Tai Chi forms, this fun, *10-week class is held on Monday's and Wednesday's at 11:45 AM*. Each session builds on the previous class. Ongoing and consistent attendance is encouraged.

Mondays & Wednesdays starting September 8th at 11:45AM

Living Well with Chronic Pain*

The Chronic Pain Self-Management Program (CPSMP) is a 6-week evidence-based workshop designed for those dealing with chronic pain. Participants learn self management techniques and skills needed in the day to day management of their chronic pain condition.

Wednesdays starting September 17th at 9:30AM

Café Evergreen

Breakfast: 7:30AM-9:30AM - \$6.00 (Cash)

Lunch: 11:30AM-1:30PM | 60+ Suggested donation \$4.00

Under 60 Main Meal: \$9.00 (Cash)

Under 60 Alternative Meal: \$8.00 (Cash)

Cards accepted with additional processing fee.

CENTER INFORMATION

HOURS

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

CONTACT

385.468.3305
millcreekinfo@slco.org

STAFF

Manager: Laurie Tinker
Programs: Darcy Dockery
Office Specialist: Patty Ward
Kitchen: Elevation Catering

ADDRESS

2266 E. Evergreen Ave.
(3435 S.)

WEBSITE

slco.org/millcreek-senior-center/



SL
**SALT LAKE
COUNTY**
**AGING & ADULT
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 	September 2 9:00Chair Yoga 12:15.....Senior Fitness w/U of U 12:30.....Bridge 12:30.....Duplicate Bridge* 1:00Mahjong 1:00Computer/Gadget Help w/Chet* 1:30Cognitive Coloring	September 3 7:45.....EnhanceFitness* 9:00.....EnhanceFitness* 9:30.....Stepping Up Your Nutrition* 10:00Knit/Crochet 10:15EnhanceFitness* 10:30Arthritis Foundation Exercise Program* 1:30Table Games 2:30Wii Sports	September 4 9:30 ... Paint Studio 10:00 Tai Chi Easy & Qigong 10:30....Friends BINGO Fundraiser 11:00 Tai Chi Easy 12:30 Bridge 12:15.....Senior Fitness w/U of U 1:00 Computer/Gadget Help w/Chet* 1:00...Good Grief	September 5 7:45....EnhanceFitness* 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 10:15....EnhanceFitness* 11:45....Chair Yoga 1:00Hand & Foot Canasta
September 8 7:45 EnhanceFitness* 9:00 EnhanceFitness* 10:15 EnhanceFitness* 10:30 Arthritis Foundation Exercise Program* 11:00 Ballet 11:45 Tai Chi for Arthritis* (1/10) 1:00 Pinochle 1:30 Alzheimer's Support Group	September 9 9:00.....Chair Yoga 10:00.....Clever Crafter* 11:00.....Birthday Tuesday 12:15.....Senior Fitness w/U of U 12:30.....Bridge 12:30.....Duplicate Bridge* 1:00Mahjong 1:00Computer/Gadget Help w/Chet* 1:30Cognitive Coloring	September 10 7:45 EnhanceFitness* 9:00 EnhanceFitness* 10:00Knit/Crochet 10:15 EnhanceFitness* 10:30 Arthritis Foundation Exercise Program* 11:45 Tai Chi for Arthritis* (2/10) 1:30 Table Games 2:30 Wii Sports	September 11 9:30..... Paint Studio 10:00 Tai Chi Easy & Qigong 10:30....Friends BINGO Fundraiser 11:00 Tai Chi Easy 12:15.....Senior Fitness w/U of U 12:30 Bridge 1:00 Computer/Gadget Help w/Chet* 1:30... Write Your Life Story	September 12 7:45 EnhanceFitness* 9:00 EnhanceFitness* 9:00 Watercolor Art Studio 10:00 AARP Smart Driver Course \$\$ 10:15 EnhanceFitness* 11:30...BobbyD & Friends 11:45 Chair Yoga 1:00 Hand & Foot Canasta
September 15 7:45 ... EnhanceFitness* 9:00 ... EnhanceFitness* 10:15 ... EnhanceFitness* 10:30 ... Arthritis Foundation Exercise Program* 11:00 ... Ballet 11:45 ... Tai Chi for Arthritis* (3/10) 1:00 ... Pinochle	September 16 9:00 ... Chair Yoga 12:15.....Senior Fitness w/U of U 12:30 ... Bridge 12:30 ... Duplicate Bridge* 1:00 ... Mahjong 1:00 ... Computer/Gadget Help w/Chet* 1:30Cognitive Coloring	September 17 7:45.....EnhanceFitness* 9:00.....EnhanceFitness* 9:30.....Living Well w/Chronic Pain* (1/7) 10:00Knit/Crochet 10:15EnhanceFitness* 10:30Arthritis Foundation Exercise Program* 11:45Tai Chi for Arthritis* (4/10) 1:30.....Table Games 2:30.....Wii Sports	September 18 9:30 Paint Studio 10:00 Tai Chi Easy & Qigong 10:30....Friends BINGO Fundraiser 11:00 Tai Chi Easy 10:30...Lunch 12:00...Center Closed for staff training	September 19 7:45 .. EnhanceFitness* 9:00.. EnhanceFitness* 9:00... Watercolor Art Studio 10:15.. EnhanceFitness* 11:45.. Chair Yoga 11:30...Friends of Millcreek Meeting 1:00.. Hand & Foot Canasta
September 22 7:45 ... EnhanceFitness* 9:00 ... EnhanceFitness* 10:15 ... EnhanceFitness* 10:30 ... Arthritis Foundation Exercise Program* 11:00 ... Ballet 11:45 ... Tai Chi for Arthritis* (5/10) 1:00 ... Pinochle	September 23 9:00 ... Chair Yoga 10:00.....Dialogues w/Dr. Dave 10:30.....Caregiver Support Group* 12:15.....Senior Fitness w/U of U 12:30 ... Bridge 12:30 ... Duplicate Bridge* 1:00 ... Mahjong 1:00 ... Computer/Gadget	September 24 7:45..... EnhanceFitness* 9:00..... EnhanceFitness* 9:30..... Living Well w/Chronic Pain* (2/7) 10:00Knit/Crochet 10:15 EnhanceFitness* 10:30 Arthritis Foundation Exercise Program* 11:45 Tai Chi for Arthritis* (6/10) 1:00 Vital Aging 1:30 Table Games 2:30 Wii Sports	September 25 9:30 Paint Studio 10:00 Tai Chi Easy & Qigong 10:30....Friends BINGO Fundraiser 11:00 ... Tai Chi Easy 12:15.....Senior Fitness w/U of U 12:30 ... Bridge 1:00...Computer/Gadget Help w/Chet*	September 26 7:45 EnhanceFitness* 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 10:15....EnhanceFitness* 11:45....Chair Yoga 1:00....Hand & Foot Canasta
September 29 7:45 ... EnhanceFitness* 9:00 ... EnhanceFitness* 10:15 ... EnhanceFitness* 10:30 ... Arthritis Foundation Exercise Program* 11:00 ... Ballet 11:45 ... Tai Chi for Arthritis* (7/10) 1:00 ... Pinochle	September 30 9:00Chair Yoga 12:15.....Senior Fitness w/U of U 12:30.....Bridge 12:30.....Duplicate Bridge* 1:00Mahjong 1:00Computer/Gadget Help w/Chet* 1:30Cognitive Coloring	October 1 7:45.....EnhanceFitness* 9:00.....EnhanceFitness* 9:30.....Living Well w/Chronic Pain* (3/7) 10:00Knit/Crochet 10:15EnhanceFitness* 10:30Arthritis Foundation Exercise Program* 11:45Tai Chi for Arthritis* (8/10) 1:30Mind Over Matter* (1/3) 1:30 Table Games 2:30 Wii Sports	October 2 9:30... Paint Studio 10:00 ... Tai Chi Easy & Qigong 10:30. Friends BINGO Fundraiser 11:00 ... Tai Chi Easy 12:15...Senior Fitness w/U of U 12:30 ... Bridge 1:00...Computer/Gadget Help w/Chet* 1:00...Good Grief	October 3 7:45....EnhanceFitness* 9:00....EnhanceFitness* 9:00....Watercolor Art Studio 10:15....EnhanceFitness* 11:45....Chair Yoga 1:00....Hand & Foot Canasta
Limited-Time Series	Sponsored by Friends of Millcreek Advisory Committee- friends.millcreek@gmail.com			*Pre-Register: 385.468.3305