

Mt. Olympus SENIOR CENTER

September 2025

HIGHLIGHTED PROGRAMS

Registration is Required

AARP Driving Class | Tuesday 9/2 | 8:00 am ~ 12:00 pm

Mt. Olympus Book Club | Tuesday 9/2 | 2:00 pm

AAUW Book Group | Thursday 9/11 | 1:00 pm
Book to review this month is "The Lost Bookshop" by Evie Woods.

National Mahjong | Thursdays | 1:30 pm ~ 3:30 pm
A tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century.

The Senior Connection | Thursdays | 10:30 am
Learn how to take care of your physical, mental and cognitive health.

Balance & Fall Prevention Exercise Class | Mondays | 11:00 ~ 11:30 am
Educational, fun, dynamic, strength, motivational, balance, stability, group exercise.

Card Making Class is back | Second Monday 9/8 | 1:30 ~ 3:00 pm
Join us and be creative making fun cards for birthdays, holidays and more!

Mat Strength Yoga | Thursdays | 9:45 am | **Start Date 9/11**
Join this new class! Limited class to 15, first come first serve every class.

Stepping Up Your Nutrition | Monday 9/22 | 12:30 pm
One time class, join us to learn how nutrition impacts our health.

VACCINATION CLINIC | Wednesday 9/24 | 12:00 ~ 3:00 pm |
Little Cottonwood Room | Bring you insurance card.

Pancake Breakfast | Tuesday 9/9 | 8:30 ~ 9:30 am.
Join us for a **FREE** and delicious pancake breakfast generously provided and prepared by the Mt. Olympus Advisory Committee.

JOIN US FOR LUNCH!

First come first serve. Suggested Donation of \$4.00

Birthday Tuesday | Tuesday 9/9 | 11:30 am
Celebrate with friends, lunch, and music!

UPCOMING CENTER CLOSURES

Monday 9/1 in observance of Labor Day

Wednesday 9/18 close early @ 12:30 pm
Mandatory Staff Retreat



Center Information

HOURS

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

CONTACT

(385) 468-3130

Manager: Olivia Snyder
Programs: Isabel Domínguez
Office: Cheryl Hale

ADDRESS

1635 E Murray Holladay Rd,
Holladay, UT 84117

WEBSITE

[https://www.saltlakecounty.gov/
aging-adult-services/](https://www.saltlakecounty.gov/aging-adult-services/)

*Promoting
independence through
advocacy,
engagement, and
access to resources.*



Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed	2	3	4	5
	8:00...AARP Driving 8:30...Tai Chi 9:30...Wyld Dance & Meditation 10:00...Line Dancing 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis 2:00...Mt.Olympus Book Group 1st Tuesday	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:30...Vital Aging 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:15...Bingo 1:45...Table Tennis	8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...Senior Connection 11:30...Lunch 12:00...Table Games ** 12:30...Chair Tai Chi 1:30...Mah Jong 1:00...Stronger Memory 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:00...Intro to Social Dance 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge
8	9 Birthday Tuesday	10 Ice Cream Social	11	12
7:30...Enhance Fitness 8:45...Enhance Fitness 9:00...Chair Yoga 10:00...AFEP 11:00...Balance & Fall Prev. 11:30...Cornhole Game 11:30...Lunch 12:15...Bingo 12:00...Duplicate Bridge 12:30...Stepping On 1:30... Card Making Class	8:30...Tai Chi 8:30...Pancake Breakfast 9:30...Wyld Dance & Meditation 10:00...Line Dancing 11:30...Lunch & Music 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis  9:00 Decathlon in Magna	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Ice Cream Social 12:15...Bingo 1:45...Table Tennis 	8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...Senior Connection 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:30...Mah Jong 1:00...Stronger Memory 1:00*AAUW Book Group 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:00...Intro to Social Dance 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge
15	16	17	18 Closing at 12:30 pm.	19
7:30...Enhance Fitness 8:45...Enhance Fitness 9:00...Chair Yoga 10:00...AFEP 11:00...Balance & Fall Prev. 11:30...Cornhole Game 11:30...Lunch 12:15...Bingo 12:00...Duplicate Bridge 12:30...Stepping On -ends	8:30...Tai Chi 9:30...Wyld Dance & Med. 10:00...Line Dancing 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:30...Vital Aging 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:15...Bingo 1:45...Table Tennis	8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...Senior Connection 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:00...Funeral of Bela Lugosi 1:30...Mah Jong 1:00...Stronger Mem. Ends 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:00...Intro to Social Dance 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge
22	23	24 Vaccination Clinic	25	26
7:30...Enhance Fitness 8:45...Enhance Fitness 9:00...Chair Yoga 10:00...AFEP 11:00...Balance & Fall Prev. 11:30...Cornhole Game 11:30...Lunch 12:15...Bingo 12:00...Duplicate Bridge 12:30...Stepping Up Your Nutrition, one time class	8:30...Tai Chi 9:30...Wyld Dance & Med. 10:00...Line Dancing 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...VACCINE CLINIC 12:15...Bingo 1:45...Table Tennis	8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...Senior Connection 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:30...Mah Jong 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:00...AFEP 10:00...Intro to Social Dance 10:30...Intermediate Spanish 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:00...Party Bridge
29	30			
7:30...Enhance Fitness 8:45...Enhance Fitness 9:00...Chair Yoga 10:00...AFEP 11:00...Balance & Fall Prev. 11:30...Cornhole Game 11:30...Lunch 12:15...Bingo 12:00...Duplicate Bridge *Please register in advance for these programs	8:30...Tai Chi 9:30...Wyld Dance & Med. 10:00...Line Dancing 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis			** Table Games: Hand & Foot 3-13, 4's Munch Mexican Train Dominoes Skip Bo, Poker Uno, Phase 10 Rumiko, Hearts Kings in the corner 7Up.