

River's Bend Senior Center

September 2025



HIGHLIGHTED PROGRAMS:

WELCOME SUNDAY ANDERSON SENIORS!

University of Utah Exercise Class (Ufit) - This class is a favorite among participants and it's back! Come every Tuesday and Thursday at 9:30^{am} to this exercise class taught by U of U students.

Foster Grandparent Program - Monday, September 8th at 11:30^{am}. If you want to volunteer for this program, you may be eligible for a monetary stipend.

Ceramics is here! - Starting Wednesday, September 3rd at 1:30^{pm}. Come on by and check it out!

Blood Pressure and Glucose Check - Wednesday, September 10th and 24th. Please sign up ASAP at the front desk in advance as spots are limited.

AC Spaghetti Dinner - Thursday, September 18th at 2:00^{pm}. Must sign up by September 9th if you'd like to attend. Sponsored by the Advisory Committee.

Picnic In the Park - Friday, September 26th at 11:30^{am}. Come and Enjoy a sack lunch outside in the pavilion/field and play chair volleyball. If you would like a sack lunch please sign up by Friday, September 12th. Regular lunch will be served that day if you don't wish to have sack lunch.

Lunch is served from 11:30^{am} to 12:15^{pm}.

Ages 60+ is a suggested donation of \$4. If you are under 60 it is \$7.

Transportation is offered Monday to Friday. If you live in our boundaries call, or come visit to see about getting a ride on the bus.

Center Information

HOURS

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

CONTACT

(385)468-3015

Manager: Chase Amos

Programs: Mike Potter

Office: Kathy Platt

Program Ast: Augustin Celi

Custodian: Jinette Christensen

Kitchen: Stella Gallegos

Driver: Frankee Thomas


ADDRESS

**1300 W. 300 N.
SLC, Utah 84116**

WEBSITE

www.saltlakecounty.gov/aging-adult-services/community/senior-centers/rivers-bend



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CENTER CLOSED 	9:30 Ufit Class 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101	9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 12:15 Water Painting 12:30 Bingo 1:30 Ceramics	9:00 Grief Group #3 9:30 Ufit Class 9:30 Wii Bowling 10:30 Tai Chi w/Ray J 12:30 Quilting 101 <div> AARP Safe Driving Class 9:30^{am} to 3:00^{pm} </div>	9:00 Computers 9:30 Enhance Fitness 10:30 Beginning Spanish 12:00 Picture Bingo 12:00 Ceramics
8	9 Birthday Tuesday	10	11	12
9:00 Computers 9:30 Wii Bowling 9:30 Enhance Fitness 11:30 Foster Grandparents 10:30 Spanish 2 12:00 Ceramics 12:30 Bingo	9:30 Ufit Class 10:30 Writing Class: <i>Telling Your Story</i> 10:45 Entertainment by Dieter Wachtel 12:30 Quilting 101 <div> Dealing w/ Dementia Class #1 9:30^{am} to 11:30^{pm} </div>	9:00 Daycare Storytime 9:00 Computers 9:30 Enhance Fitness 10:00 Blood Pressure Glucose Check 10:30 Spanish Lab 12:15 Water Painting 12:30 Bingo 1:30 Ceramics	9:00 Grief Group #4 9:30 Wii Bowling 9:30 Ufit Class 10:30 Tai Chi w/Ray J 11:00 Farmers Market 12:30 Quilting 101 1:30 Vital Aging <div> Dealing w/ Dementia Class #2 9:30^{am} to 11:30^{pm} </div>	9:00 Computers 9:30 Enhance Fitness 10:30 Beginning Spanish 12:00 Picture Bingo 12:00 Ceramics
15	16	17	18	19
9:00 Computers 9:30 Wii Bowling 9:30 Enhance Fitness 10:30 Spanish 2 12:00 Ceramics 12:30 Bingo	9:30 Ufit Class 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101	9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 12:15 Water Painting 12:30 Bingo 1:30 Ceramics	9:00 Grief Group #5 9:30 Ufit Class 9:30 Wii Bowling 10:30 Tai Chi w/Ray J 12:30 Quilting 101 <div> Spaghetti Dinner at 2:00^{pm} </div>	9:00 Computers 9:30 Enhance Fitness 10:30 Beginning Spanish 12:00 Ceramics 12:30 Bonus Bingo
22	23	24	25	26
9:00 Computers 9:30 Wii Bowling 9:30 Enhance Fitness 10:30 Spanish 2 12:00 Ceramics 12:30 Bingo	9:30 Ufit Class 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101	9:00 Daycare Storytime 9:00 Computers 9:30 Enhance Fitness 10:00 Blood Pressure Glucose Check 10:30 Spanish Lab 12:15 Water Painting 12:30 Bingo 1:30 Vital Aging 1:30 Ceramics	9:00 Grief Group #6 9:30 Ufit Class 9:30 Wii Bowling 10:30 Tai Chi w/Ray J 12:30 Quilting 101 1:30 Vital Aging	9:00 Computers 9:30 Enhance Fitness 10:30 Beginning Spanish 12:00 Ceramics <div> Picnic In The Park 11:30^{am} Outside the center </div>
29	30	<div> September </div>		
9:00 Computers 9:30 Wii Bowling 9:30 Enhance Fitness 10:30 Spanish 2 12:00 Ceramics 12:30 Bingo	9:30 Ufit Class 10:30 AFEP Class 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 101			