

SOUTH SALT LAKE SENIOR CENTER *September, 2025*



LIVE ENTERTAINMENT

♪ Kevin the Piano Animal ♪ - Friday, September 12th at 10:30 am
♪ Utah Old Time Fiddlers ♪ - Friday, September 26th at 10:30 am

MONTHLY BLOOD PRESSURE CHECKS

BY SOUTH SALT LAKE FIRE DEPARTMENT : **Wednesday, Sept 10th at 9:15 am**

FARMER'S MARKET: Thursday, September 25th at 11:00 am

AGING MASTERY PROGRAM

Thursday, Sept. 18th - Nov. 20th from 10:00-11:30 am

10 weekly classes with guest speakers who help you learn about:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Nutritional Vital Signs
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement.

Limited spots available: Sign up now! Register at the front desk or call (385)468-3340. With Questions about the program contact: Annie (385)468-3295/ acox@saltlakecounty.gov

SPECIAL MEAL, ENTERTAINMENT & VOLUNTEER RECOGNITION

Wednesday, October 1st at 10:30 am

**VOLUNTEER
APPRECIATION**

Pre-registration required for lunch!

Please register at the front desk or call at 385-468-3340 by September 24th.

VACCINE CLINIC: Thursday, October 2nd at 9:30 am - 12:30 pm

TAKE CARE OF YOUR HEALTH, CHECK YOUR BLOOD PRESSURE REGULARLY. YOU CAN ACCESS AN AUTOMATIC BLOOD PRESSURE MACHINE AT SOUTH SALT LAKE SENIOR CENTER.

Please visit the front desk or call at 385-468-3340 if you have any questions.



Thank you to SSL Rec. team for providing transportation and bingo prizes.

CENTER INFORMATION

2531 South 400 East
South Salt Lake City, UT 84115

MAIN: (385)468-3340

Meals are suggested donation of \$4.00 for 60+ and under 60 cost is \$7.
Pay at the front desk

HOURS

Monday - Friday
8:30 AM - 4:00 PM

Lunch
11:30 AM—12:15 PM

CENTER STAFF

Manager: Matt Waite
MWaite@saltlakecounty.gov
Coordinator: Ashika Neopany
OS: Annie Terrell
Driver: Lisa (SSLC)

TRANSPORTATION

Wednesday—Friday
South Salt Lake Only
(Currently not available)

WEBSITE

<https://www.saltlakecounty.gov/aging-adult-services/community/senior-centers/south-salt-lake/>

**SALT LAKE
COUNTY**

AGING & ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CENTER CLOSED LABOR DAY!	8:30 Social Knitting 9:30 Arthritis Exercise 10:30 U of U Exercise 11:00-3:00 Pickleball 12:00 Bridge 1:00 Chess 2:00 Computer Help <i>*Appointment required</i>	8:30 EnhanceFitness 9:30 EnhanceFitness 10:30 ESL Class 10:30 Art Class: Co-Op 11:00-3:00 Pickleball 12:30 EnhanceFitness 12:30 Hand & Foot Card game 2:30 Mat Yoga-Stretching	9:00 Shopping Day 9:30 Arthritis Exercise 10:30 U of U Exercise 11:00-3:00 Pickleball 1:00 Chess 1:30 American Mahjongg	8:30 EnhanceFitness 9:30 Drums Alive 9:30 EnhanceFitness 10:30 Picture Bingo 10:30 Line Dance 11:00-2:30 Pickleball 12:30 EnhanceFitness 1:15 Chair Yoga
8	9 Birthday Meal!	10	11	12
8:30 EnhanceFitness 9:30 EnhanceFitness 10:30 Int. Open Line Dance 10:30 Cool Chicks 11:00-3:00 Pickleball 12:30 EnhanceFitness	8:30 Social Knitting 9:30 Arthritis Exercise 10:30 U of U Exercise 11:00-3:00 Pickleball 12:00 Bridge 1:00 Chess 2:00 Computer Help <i>*Appointment required</i>	8:30 EnhanceFitness 9:15 Blood Pressure Checks 9:30 EnhanceFitness 10:30 Int. Open Line Dance 10:30 BINGO 10:30 ESL Class 10:30 Art Class: Co-Op 11:00-3:00 Pickleball 12:30 EnhanceFitness 12:30 Hand & Foot Card game 2:30 Mat Yoga-Stretching	9:00 Shopping Day 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 Craft with Vickie 11:00-3:00 Pickleball 1:00 Chess 1:30 American Mahjongg 1:30 Tai Chi	8:30 EnhanceFitness 9:30 Drums Alive 9:30 EnhanceFitness 10:30 Line Dance 10:30 <i>♪ Kevin the piano animal ♪</i> 12:00-2:30 Pickleball 12:30 EnhanceFitness 1:15 Chair Yoga
15	16	17	18	19
8:30 EnhanceFitness 9:30 EnhanceFitness 10:30 Int. Open Line Dance 10:30 BINGO 11:00-3:00 Pickleball 12:30 EnhanceFitness 12:30 Choir Practice	8:30 Social Knitting 9:30 Arthritis Exercise 10:30 U of U Exercise 11:00-3:00 Pickleball 12:00 Bridge 1:00 Chess 2:00 Computer Help <i>*Appointment required</i>	8:30 EnhanceFitness 9:30 EnhanceFitness 10:30 ESL Class 10:30 Art Class: Co-Op 10:30 Int. Open Line Dance 10:30 Vital Aging 11:00-3:00 Pickleball 12:30 EnhanceFitness 12:30 Hand & Foot Card game 12:45 Writing Group 2:30 Mat Yoga-Stretching	9:00 Shopping Day 9:30 Arthritis Exercise 10:00 Aging Mastery 10:30 U of U Exercise 9 - 11:30 Pickleball 1:00 Chess 1:30 American Mahjongg 1:30 Tai Chi CENTER CLOSED at 12 PM Staff Retreat	8:30 EnhanceFitness 9:30 Drums Alive 9:30 EnhanceFitness 10:30 Line Dance 10:30 Picture Bingo 11:00-2:30 Pickleball 12:30 EnhanceFitness 1:00 Volunteers Orientation 1:15 Chair Yoga
22	23	24	25	26
8:30 EnhanceFitness 9:30 EnhanceFitness 10:30 Int. Open Line Dance 10:30 BINGO 11:00-3:00 Pickleball 12:30 EnhanceFitness 12:30 Choir Practice	8:30 Social Knitting 9:30 Arthritis Exercise 10:30 U of U Exercise 11:00-3:00 Pickleball 12:00 Bridge 1:00 Chess 2:00 Computer Help <i>*Appointment required</i>	8:30 EnhanceFitness 9:30 EnhanceFitness 10:30 BINGO 10:30 ESL Class 10:30 Int. Open Line Dance 10:30 Art Class: Co-Op 11:00-3:00 Pickleball 12:30 EnhanceFitness 12:30 Hand & Foot Card game 2:30 Mat Yoga-Stretching	9:00 Shopping Day 9:30 Arthritis Exercise 10:00 Aging Mastery 10:30 U of U Exercise 11:00 Farmer's Market 11:00-3:00 Pickleball 1:00 Chess 1:30 American Mahjongg 1:30 Tai Chi	8:30 EnhanceFitness 9:30 Drums Alive 9:30 EnhanceFitness 10:30 Line Dance 10:30 <i>♪ Utah Old Time Fiddlers ♪</i> 12:00-2:30 Pickleball 12:30 EnhanceFitness 1:15 Chair Yoga
29	30			
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September