

# Taylorsville SENIOR CENTER

## September 2025



## HIGHLIGHTED COURSES

### Get U Fit Exercise Class

Welcome back the University of Utah students. This is a moderate-intensity workout class suitable for all levels of fitness with a focus on cardiovascular, strength, and flexibility activities. Students are encouraged to create programming based on a needs analysis of the participants. This class will replace Chair Aerobics on Monday and Friday for the semester.

### Drums Alive

Drums Alive class is a fun new way of getting exercise in. You will beat the ball to the rhythm of the songs. If you haven't tried it, stop by and give it a chance. This class is on Wednesday afternoons at 2:00 pm.

### Picnic in the Park

Picnic in the park is hosted by the Advisory Committee. Come and celebrate Fall with lunch and friends. This will be Friday, September 19th. Please sign up by Friday, September 5th.

## CENTER INFORMATION

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

(385)468-3370

4743 S. Plymouth View Dr.  
Taylorsville, UT 84123

[www.saltlakecounty.gov/aging-adult-services/community/senior-centers/taylorsville/](http://www.saltlakecounty.gov/aging-adult-services/community/senior-centers/taylorsville/)

Manager: Allie Lorang  
Programs: Amy Hackett  
Office: Daisy Figueroa  
Kitchen: Peter Rackl  
Custodial: Taylorsville City  
Transportation: Dana Bishop  
& Mike Belew

## ANNOUNCEMENTS

### Transportation

We have transportation to and from the center. If you live in Taylorsville's boundaries and are interested, call (385)468-3370 for more information.

### Pickleball

Taylorsville City has built brand new pickleball courts! They are open for the public to use. If you'd like to use them during business hours, paddles and balls available for sign out.

### Entertainment

September 9 • Birthday Tuesday  
with Robb Regar at 11:00 am

### Upcoming in October:

October 7th • Birthday Tuesday •  
Dieter Wachtel

Oct 7th • Stronger Memory  
Starts

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>CLOSED</b>	2	3	4 Wendover	5
	9:30 Crochet Group 10:00 Wii Bowling <b>10:30 Vital Aging</b> 1:00 Hatha Yoga 2:30 Table Tennis	9:00 Chair Aerobics 9:30 AC Meeting 10:30 EnhanceFitness 1:00 Bingo 2:00 Drums Alive	9:30 Crochet Group <del>9:30 Refugee Sewing</del>	<b>9:00 Get U Fit</b> 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
8	9 Birthday Lunch	10	11	12
<b>9:00 Get U Fit</b> 10:00 Dollar Tree Bus 10:30 EnhanceFitness <b>11:00 Book Club</b> 1:00 Bingo	9:30 Crochet Group 10:00 Wii Bowling <b>11:00 Entertainment:</b> <b>Robb Regar</b> 10:30 Vital Aging 1:00 Hatha Yoga 2:30 Table Tennis	9:00 Chair Aerobics 10:30 EnhanceFitness <b>12:00 Ice Cream Social</b> 1:00 Bingo 2:00 Drums Alive <b>2:00 Story Taylors</b>	9:30 Crochet Group <b>9:30 Refugee Sewing Start</b>	<b>9:00 Get U Fit</b> 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
15	16	17	18	19 Picnic
<b>9:00 Get U Fit</b> 10:30 EnhanceFitness 1:00 Bingo	<b>9:00 Biscuits &amp; Gravy</b> 9:30 Crochet Group 10:00 Wii Bowling <b>10:30 Vital Aging</b> 1:00 Hatha Yoga 2:30 Table Tennis	9:00 Chair Aerobics 10:30 EnhanceFitness 1:00 Bingo 2:00 Drums Alive	9:30 Crochet Group 9:30 Refugee Sewing <b>12:15 Center Closed</b> <b>Staff retreat</b>	<b>9:00 Get U Fit</b> 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness <b>11:30 Picnic Lunch</b>
				<b>Sign up by Sept. 5th</b>
22	23	24	25	26
<b>9:00 Get U Fit</b> <div>10:00 Origami &amp; Bonsai Class</div> 10:30 EnhanceFitness 1:00 Bingo	9:30 Crochet Group 10:00 Wii Bowling <b>10:30 Vital Aging</b> 1:00 Hatha Yoga 2:30 Table Tennis	9:00 Chair Aerobics 10:30 EnhanceFitness 1:00 Bingo 2:00 Drums Alive <b>2:00 Story Taylors</b>	9:30 Crochet Group 9:30 Refugee Sewing <b>5:00 Evening at the Center</b>	<b>9:00 Get U Fit</b> 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
29	30			
<b>9:00 Get U Fit</b> 10:30 EnhanceFitness 1:00 Bingo	9:30 Crochet Group 10:00 Wii Bowling <b>10:30 Vital Aging</b> 1:00 Hatha Yoga 2:30 Table Tennis			<b>Lunch</b> 11:30 - 12:15 60+ suggested \$4 donation

We have games that can be played any day of the week anytime. Thee games are: Cornhole, Wii Bowling, and Pickleball. Check out the equipment and game console with a staff member. Ping pong can be played anytime except for the times listed on the newsletter. Other programs are going on at that time.