

Eddie P. Mayne

Kearns Senior Center



Highlighted Programs:

Strong Bodies: March 26th–June 13th Wed & Fri 12:30 PM
Strength Training Program Classes include progressive resistance training, balance training, & flexibility exercises. Must preregister at the center.

Vital Aging w/Maria: Thursdays 9:30 AM

Vital Aging in Spanish w/Maria: Tuesday, February 4th, 12:30 PM

Yoga w/Amber: Thursdays 1:00 PM and 2:00 PM

Basic Spanish w/Jerry: Mondays 1:30 PM

ADL Exercise: w/Jim: Tuesdays & Fridays 9:30 AM

Stretch & Tone w/Bonnie: Mondays & Thursdays 10:00 AM

Social Coloring w/Susan: Thursdays 1:00 PM

Ceramics w/Deanna: Tuesdays & Thursdays 9:00 AM

Leather Crafts w/Alan: Wednesdays 10:00 AM

Tai Chi w/Jennifer: Wednesdays 9:00 AM

Book Club w/Liz: Wednesday, February 26th, 12:30 PM

Bingo*: Wednesdays & Fridays 1:30 PM

White Elephant Bingo*: Monday, February 3rd 1:30 PM

Day Time Party*: Go for the Green Tuesday, March 18th 3:00 PM

Salt Lake Co Recorder: Property Watch Monday, March 10th 11:00 AM

CENTER INFORMATION

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

(385) 468-3100

4851 West 4715 South

Kearns, UT 84118

slco.org/aging-adult-services/

Manager: Jayme Haight

Programming: Brandie Bruse

Office: Bobbi Bohman

Maintenance: Mike Moore

Driver: Crestin Bailey

Announcements

Lunch Program

Dine-in

11:30 AM-1:30 PM

(reservations not required)

Special Events

Mardi Gras Craft

Wednesday, March 4th, 11:00AM



St. Patrick's Day

Celebration

Shamrock Pin

Monday, March 17th 11:00AM



**SALT LAKE
COUNTY**

**AGING & ADULT
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Mardi Gras	5	6	7
9:30 Wii Bowling 10:00 Stretch & Tone 12:30 Tai Chi for Arthritis 1:30 Basic Spanish 1:30 White Elephant Bingo*	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 11:00 Center Craft Mardi Gras Mask 12:30 Spanish Vital Aging Presente Española	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Tai Chi for Arthritis 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: Aging & Independence 10:00 Stretch & Tone 11:00 Aging Mastery 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 Live Music: Dieter Watchel 1:30 Bingo*
10	11	12	13	14
9:30 Wii Bowling 10:00 Stretch & Tone 11:00 Salt Lake Co Recorder Property Watch 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: Marley & Me 	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 11:30 Live Music: Crossfire Band 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: Aging & Independence 10:00 Stretch & Tone 11:00 Aging Mastery 1:00 Social Coloring: Coloring Event 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 Live Music: New Fiddlers 1:30 Bingo*
17 St. Patrick's Day	18	19	20	21
9:30 Wii Bowling 10:00 Stretch & Tone 10:30 Center Craft: Shamrock Pin 11:30 Live Music: B D Howes 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: Blind Date 3:00 Go for the Green Day Time Party* Dinner, Games, and prizes 	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:00 Advisory Meeting* 10:30 U of U Exercise 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: Aging & Independence 10:00 Stretch & Tone 11:00 Aging Mastery 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 Live Music: Time Steppers 1:30 Bingo*
24	25	26	27	28
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: Trouble with the Curve 	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Book Club 12:30 Strong Bodies 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: Aging & Independence 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 Live Music: Larry Turner 12:30 Strong Bodies 1:30 Bingo*
31	Hosted by Kearns Advisory Committee *			
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish	<h1>March</h1> <p>Go for the Green Party* on Tuesday, March 18th, 3:00 PM Dinner, Games, & Prizes. *\$5 cover charge*</p>  <p>Happy St. Patrick's Day</p>			