

MIDVALE SENIOR CENTER

July 2025



Midvale Senior Center Anniversary Waffle Breakfast & Bingo Friday, July 11 • 8:30 AM—10:00 AM

Join us for a waffle breakfast and bingo as we celebrate ten years at this location. Bingo prizes have been generously donated by Hale Centre Theatre, Larry H. Miller Megaplex Theatres, Utah Trailways and Arctic Circle.

Springville Museum of Art Virtual Tour Wednesday, July 9 • 10:00 AM

Healthy Feet are Happy Feet!

Presentation by Allevio, Professional In-Home & Facility Foot Care
Tuesday, July 15 • 10:15 AM

Babe Ruth Presentation

Presentation by Family Funeral Care
Tuesday, July 8 • 1:00 PM

***Registration Required Call 385-468-3350 to register**

CENTER INFORMATION

Monday - Friday • 7:00 AM - 4:00 PM

(385)468-3350

7550 South Main Street (700 West)

LWarner@saltlakecounty.gov

sco.org/midvale-senior-center/

Manager: Lori Warner

Programs: Kim Rasmussen

Office: Dale Olson

Custodian: Lima Finai

Trey—Bus Driver: 385-237-8993

Entertainment

West Jordan Senior Band

**Thursday, July 3
12:00 PM**

Jerry Simpson

**Wednesday, July 9
11:30 AM**

B.D. Howes

**Wednesday, July 23
12:00 PM**

Classes & Events

Ghost Towns and More

**Monday, July 14
1:00 PM**

Kennecott Field Trip*

**Wednesday, July 16
9:15 AM—12:00 PM**

Cost: \$6.00 per person

Sign up at front desk. Seats limited.

Ever wondered what one of the largest human-made open-pit excavations looks like up close and personal? Come and see for yourself at Rio Tinto Kennecott Visitor Experience. This is an outside exhibit. You may want to wear a hat and sunscreen. Bring plenty of water.

Midvale Senior Center will be closed on Independence Day Friday, July 4, and Pioneer Day Thursday, July 24.

For more information or to register, visit the front desk or call us at 385-468-3350

**SALT LAKE
COUNTY**

AGING & ADULT SERVICES

ART/CULTURE/MUSIC

Bonsai¹

Mondays • July 7 & 21
10:00 AM

Origami

Mondays • July 7 & 21
10:00 AM

Scrapbooking¹

Mondays • 9:30 AM

Beginning Pottery: Wheel Throwing*

Tuesdays • 10:00 AM—1:00 PM

Intermediate Pottery: Wheel Throwing*

Wednesdays • 9:00 AM—12:30 PM

Sewing¹

Wednesdays • 1:00 PM

Pottery Open Studio

Thursdays • 9:00 AM—1:00 PM
Fridays • 9:30 AM—12:30 PM

Jam Sessions

Tuesdays
10:30 AM—12:00 PM

Painting Open Studio¹

Fridays • 1:00 PM

Book Club

Tuesday, July 8 • 1:00 PM

The Seven Year Slip

By Ashley Poston

Tuesday, August 5 • 1:00 PM

Beyond that, the sea

by Laura Spence-Ash

Reserve and check out a book through
The County Library—Tyler.

AARP Smart Driver*

Thursday, July 10

10:00 AM—3:00 PM

You may be eligible for a discount on
your car insurance by taking this class.
AARP Members—\$20.00

Non-AARP Members—\$25.00

Must register for this class at the front
desk or calling 385-468-3350

Exact cash or check. No credit cards.

Movie Friday

July 18 • 1:30 PM

Twisters

Rated PG-13

Kate Carter, a retired
tornado-chaser and
meteorologist, is
persuaded to return to
Oklahoma to work with a new
team and new technologies.



EDUCATION

Ways to Live on Less— Money Matters

By Valley Behavioral Health

Thursday, July 17

1:00 PM

Many seniors are living on a fixed
budget. This session will discuss
budgeting tips and ways to
supplement your income.

Grief Support Group

2nd and 4th Wednesdays

July 9 & 16

12:00 PM

by Rocky Mountain Hospice

You do not have to go through loss
alone. Suzy Nelsen, chaplain, will discuss
ways to process grief and help you find
healing for the hurt of loss. Grief has no
timeline.

The Men Who Built America

Taking the White House
(Documentary)

Monday, July 28

1:00 PM

Vanderbilt, Rockefeller, Carnegie, and
Morgan have gone unmonitored for
decades, but American politicians are
about to change that.

FITNESS PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Music in Motion	8:30 Yoga	9:00 Yoga	9:00 Get U Moving	9:30 Chair Yoga
9:30 Chair Yoga	9:00 Get U Moving	9:30 EnhanceFitness	10:30 Cardio, Strength	9:30 EnhanceFitness ¹
9:30 EnhanceFitness ¹	10:30 Cardio, Strength	11:00 Cardio, Strength	& Stretch Video	10:45 Chair Yoga
10:45 Chair Yoga	& Stretch Video	& Stretch Video	10:30 Laughter &	11:00 Cardio, Strength
11:30 Line Dancing	1:00 Pickleball	1:00 Pickleball	Happiness Circle	& Stretch Video
12:30 Line Dancing -			11:45 Drums Alive	1:00 Pickleball
Intermediate			1:00 Line Dancing	
1:00 Pickleball				

SOCIAL & RECREATIONAL

Bingo

Tuesday, July 1 & 15
10:30 AM

Chess Club

Tuesdays • 1:00 PM

Mexican Train Dominoes

Wednesdays • 12:30 PM

Ping Pong/Corn Hole

Monday—Friday • 7 AM—4 PM

Poker Tournament

Friday, July 18
10:00 AM

Pinochle

Fridays • 12:30 PM

* Registration required. Call 385-468-3350 to register. ¹ Bring your own projects and supplies.

Monday	Tuesday	Wednesday	Thursday	Friday
June 30	July 1	July 2	July 3	July 4
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 9:00 Caregiver Support 10:00 Pottery: Beg Wheel* 10:30 Bingo 10:30 Writer's Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:45 Drums Alive 12:00 Entertainment: West Jordan Senior Band 1:00 Line Dancing	Closed for Independence Day
7	8	9	10	11
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Writer's Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 1:00 Book Club 1:00 Babe Ruth 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 10:00 Springville Museum of Art Virtual Tour 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 11:00 Grief Support Class¹ 11:30 Entertainment: Jerry Simpson 12:00 Grief Support Group 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 AARP Smart Driver 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:45 Drums Alive 11:00 French Club 1:00 Line Dancing	8:30 Waffle Breakfast & Bingo 9:00 Pottery Open Studio 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
14 Book Sale	15 Book Sale	16 Book Sale	17 Book Sale	18 Book Sale
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 11:00 Advisory Committee 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Ghost Towns & More 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:00 Healthy Feet 10:30 Bingo 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:15 Kennecott Field Trip 9:30 EnhanceFitness 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:00 French Club 11:45 Drums Alive 1:00 Money Matters 1:00 Line Dancing	9:00 Pottery Open Studio 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Poker Tournament 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball 1:30 Friday Movie: Twister PG-13
21 Book Sale	22 Book Sale	23 Book Sale	24	25 Book Sale
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 Cardio, Strength & Stretch (Video) 11:00 Grief Support Group ¹ 12:00 Grief Support Group 12:00 Entertainment: BD Howes 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	Closed for Pioneer Day	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
28	29	30	31	August 1
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 The Men Who Built America 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 Cardio, Strength & Stretch (Video) 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 Sewing 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Happiness Circle 11:45 Drums Alive 1:00 Line Dancing	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball

*Must register for class. Call 385-468-3350 to register. ¹ Closed Class