

SANDY SENIOR CENTER

April 2025

Center Information

HOURS

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

CONTACT

(385)468-3410

COtis@slco.org

Manager: Charles Otis

Programs: Cindy DeLao

Office: Maggie Steele

Office: Rebekah Bowen

Kitchen: Cassy Christensen

Custodial: Mariela Huitron

Driver: Scott Hess

ADDRESS

9310 S 1300 E
Sandy, UT 84094

WEBSITE

slco.org/sandy-senior-center/



SALT LAKE COUNTY
AGING & ADULT SERVICES

COVID, RSV & SHINGLES VACCINATION CLINIC

Tuesday, April 8th from 9:30 - 12:30

The ACIP recommends ALL adults 65 + get a second dose of 2024-2025 Formula COVID-19 vaccine 6 months after the first dose.

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We are happy to welcome back Reece Stein. Reece will show slides and discuss his recent adventure in Ireland. Thursday, April 10th @ 12:30.

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The Sandy Advisory Council hosts its annual Health Conference:

HOW TO STAY WELL AS YOU AGE

Wednesday, April 16th, 9:00-NOON

Lunch sponsored by Intermountain Health Alta View Hospital

Sign up at the front desk. Space is limited.

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Restroom Upgrades- The completion of the restroom upgrades is scheduled for April 11th. The upstairs restrooms will be completed by 4/4, the downstairs restrooms will be completed by 4/11. We apologize for any inconvenience, but hope you enjoy the results.

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~ Coming in May ~

“HAPPY HOUR” Friday May 9th, 10:00am. Happy Hour is an opportunity to revisit your favorite 50’s – 70’s music & television programs, share some laughs and stories and enjoy reminiscing with likeminded folks.

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On **Friday, May 23rd** the Advisory Council hosts a **Memorial Day Cookout** with **FREE Hamburgers and Hotdogs.** The congregate meal will not be available.

Aging and Adult Services’ mission is to promote Independence through advocacy, engagement, and access to resources.

Upstairs Remodel	1 - Birthday Meal	2 Remodel	3 - Remodel	4 - Remodel
<i>The center's restroom remodeling will be completed by the third week of April. We apologize for any inconvenience.</i>	8:00...Yoga 9:00...Ceramics 9:00....Open Painting 9:30..Dancing w/ Bart 10:00... Shutterbugs 12:30.. Living with Chronic Pain 1:00... Tuesday Pottery 2:00... Tai Chi	8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00.. Hooks & Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30..Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab	8:00...Self Guided Yoga 9:30...Table Tennis 10:00...Spanish 12:30... Advanced Stained Glass 1:00... Quilt Club 1:30... Ukulele 2:00...Tai Chi 2:30... Hula Dancing	8:00...Enhance Fitness 8:00...AM Pottery 9:15..U of U Fit & Trim 10:00... Current Events 10:00...Family Genealogy 10:30.. Arthritis Exercise 12:00...Table Tennis 12:30... PM Pottery 1:30...Belly Dancing 1:30... Ukulele
7 - Downstairs	8 - Remodel	9 - Remodel	10 - Remodel	11 - Remodel
8:00... Enhance Fitness 9:00... Wood Carving 9:15..U of U Fit & Trim 9:30....Computer Lab 10:00... Spanish 10:00.. Mundi Music 10:30.. Arthritis Exrcse 1:00....Book Club 1:00... Learn Guitar 1:00.. Watercolor 1:30...Drums Alive	8:00...Yoga 9:00...Ceramics 9:00....Open Painting 9:30 RSV, SHINGLES & COVID CLINIC 9:30..Dancing w/ Bart 10:00... Bingo 10:00... Shutterbugs 12:30.. Living with Chronic Pain 1:00... Tuesday Pottery	8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00...FTD Support Grp 10:00.. Hooks & Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30..Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab 2:30...Sandy Library BC	8:00... Self Guided Yoga 9:30... Table Tennis 10:00... Spanish 12:30... Advanced Stained Glass 12:30.. REECE STEIN Travels to IRELAND 1:30... Ukulele 2:00...Tai Chi 2:30... Hula Dancing	8:00...Enhance Fitness 8:00... AM Pottery 9:15..U of U Fit & Trim 10:00...Family Genealogy 10:30.. Arthritis Exercise 12:00...Table Tennis 12:30...PM Pottery 1:30...Belly Dancing
14-Mundi Music	15	16 - Conference	17	18
8:00... Enhance Fitness 9:00....Wood Carving 9:15..U of U Fit & Trim 9:30....Computer Lab 10:00... Spanish 10:00.. Mundi Music 10:30...Arthritis Exrcse 12:30..Movie Matinee The Boys in the Boat 1:00... Learn Guitar 1:00.. Watercolor	8:00...Yoga 9:00...Ceramics 9:00....Open Painting 9:30..Dancing w/ Bart 10:00... Shutterbugs 12:30.. Living with Chronic Pain 1:00... Tuesday Pottery 2:00... Tai Chi	8:00... Enhance Fitness 9:00... ANNUAL HEALTH CONFERENCE 10:00.. Hooks & Needles 12:30.. Learn Line Dance 12:30..Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab	8:00... Self Guided Yoga 9:30... Table Tennis 10:00...Spanish 12:30... Advanced Stained Glass 1:00... Astronomy 1:30... Ukulele 2:00...Tai Chi 2:30... Hula Dancing	8:00...Enhance Fitness 8:00....AM Pottery 9:15..U of U Fit & Trim 10:00...Current Events 10:00...Family Genealogy 10:30.. Arthritis Exercise 12:00... Table Tennis 12:30...PM Pottery 1:30... Belly Dancing
21- Last Day Fit & Trim	22	23	24	25
8:00... Enhance Fitness 9:00....Wood Carving 9:15..U of U Fit & Trim 9:30....Computer Lab 10:00... Spanish 10:00.. Mundi Music 10:30...Arthritis Exrcse 1:00...Book Club 1:00... Learn Guitar 1:00.. Watercolor 1:30...Drums Alive	8:00...Yoga 9:00...Ceramics 9:00....Open Painting 9:30...Dancing w/ Bart 10:00... Bingo 10:00... Shutterbugs 12:30.. Living with Chronic Pain 1:00... Tuesday Pottery 2:00... Tai Chi	8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00.. Hooks & Needles 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30..Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab	8:00...Self Guided Yoga 9:30... Table Tennis 10:00...Spanish 11:30.. VOLUNTEER APPRECIATION PROGRAM 12:30... Advanced Stained Glass 1:30... Ukulele 2:00...Tai Chi 2:30... Hula Dancing	8:00...Enhance Fitness 8:00... AM Pottery 10:00...AARP Driver Safety Course 10:00...Family Genealogy 10:30.. Arthritis Exrcse 12:00... Table Tennis 12:30... PM Pottery 1:30...Belly Dancing
28	29	30		Coming in May
8:00... Enhance Fitness 9:00....Wood Carving 9:30....Computer Lab 10:00... Spanish 10:30...Arthritis Exrcse 1:00... Learn Guitar 1:00.. Watercolor 1:30...Drums Alive	8:00...Yoga 9:00....Ceramics 9:00....Open Painting 9:30...Dancing w/ Bart 10:00... Shutterbugs 12:30.. Living with Chronic Pain 1:00... Wheel Pottery 2:00... Tai Chi	8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00.. Hooks & Needles 10:00....Freethinkers 10:30.. Arthritis Exercise 12:30.. Learn Line Dance 12:30..Wednesday Pottery 1:00.. Shakespeare Readrs 1:00... Square Dancing 1:30... Computer Lab	<i>Please Note The iPhone & iPad classes have been cancelled for the month of April</i>	Happy Hour Friday the 9th @ 10:00am Come hang out & have a laugh or 2 with friends