

SOUTH SALT LAKE SENIOR CENTER

July, 2025



LIVE ENTERTAINMENT

♪ Time Steppers ♪ - Wednesday, July 9th at 10:30 am
♪ Heart & Soul ♪ - Wednesday, July 23rd at 10:30 am

MONTHLY BLOOD PRESSURE CHECKS

BY SOUTH SALT LAKE FIRE DEPARTMENT :

Wednesday, July 9th at 9:15 am

LINE DANCE: Every Friday at 10:30 am

Line dancing is a unique form of exercise that provides heart-healthy benefits of an aerobic exercise. It also helps improve balance while allowing you to engage in a fun social activity.

MIND OVER MATTER:

Wednesdays | July 30th, Aug 13th & Aug 27th | 9:30 am to 11:30 am

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

This 3 part class will teach you:

- Information about bladder and bowel control
- At home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

DEALING WITH DEMENTIA WORKSHOP

Wed, Aug 13 & Thurs, Aug 14th from 1:00-3:00 pm

Do you need help in these areas?

- Understanding Dementia - Managing Problem Behaviors
- Handling Stress - Finding Time for You

Pre-Registration is required! Limited to 15 individuals!

Please sign up at the front desk or sign up at <https://www.monami.io/calendars/salt-lake-county-aging-adult-services/>

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
(Call for availability)

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
Mon-Fri: 8:30-3:30	1	2	3	4 CENTER CLOSED
*Computer *Puzzles game *Exercise "Shake" Machine *Board Games *Coffee & toast ('till 11:00 am) *Wii Bowling	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS 2:00 Computer Help <i>*Appointment required</i>	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 BINGO 11:30 Lunch 11:30-3:00 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 11:30 Lunch 11:30-3:00 Pickleball 12:30 Living Well with Diabetes 1:00 CHESS	
7	8	9	10	11
9:30 EnhanceFitness 10:30 BINGO 11:00 Free Fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball 12:30 EnhanceFitness 12:30 Choir Practice	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Birthday Lunch 11:30-3:00 Pickleball 1:00 CHESS 2:00 Computer Help <i>*Appointment required</i>	9:15 Blood Pressure Checks 9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 ♪ Time Steppers ♪ 11:30 Lunch 11:30-3:00 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 11:30 Lunch 11:30-3:00 Pickleball 12:30 Living Well with Diabetes 1:00 CHESS	9:30 EnhanceFitness 10:30 Line Dance 10:30 Picture Bingo 11:30 Lunch 11:30-2:30 Pickleball 12:30 EnhanceFitness 1:15 Chair Yoga
14	15	16	17	18
9:30 EnhanceFitness 10:30 BINGO 11:00 Free Fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball 12:30 EnhanceFitness 12:30 Choir Practice	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS 2:00 Computer Help <i>*Appointment required</i>	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Vital Aging 11:30 Lunch 11:30-3:00 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 BINGO 11:30 Lunch 11:30-3:00 Pickleball 12:30 Living Well with Diabetes	9:30 EnhanceFitness 10:30 Line Dance 10:30 Presentation by Jill "Great Salt Lake" 11:30 Lunch 11:30-2:30 Pickleball 12:30 EnhanceFitness 1:15 Chair Yoga
21	22	23	24 CENTER CLOSED	25
9:30 EnhanceFitness 10:30 BINGO 11:00 Free Fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball 12:30 EnhanceFitness 12:30 Choir Practice	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS 2:00 Computer Help <i>*Appointment required</i>	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 ♪ Heart & Soul ♪ 11:30 Lunch 11:30-3:00 Pickleball 12:30 EnhanceFitness 12:30 Hand & Foot Card game 2:30 Mat Yoga-Stretching		9:30 EnhanceFitness 10:30 Line Dance 10:30 Picture Bingo 11:30 Lunch 11:30-2:30 Pickleball 12:30 EnhanceFitness 1:15 Chair Yoga
28	29	30	31	
9:30 EnhanceFitness 10:30 BINGO 11:00 Free Fresh Veggies 11:30 Lunch 11:30-3:00 Pickleball 12:30 EnhanceFitness 12:30 Choir Practice	9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 Farmers' Market 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS 2:00 Computer Help <i>*Appointment required</i>	9:30 Mind Over Matter 9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 11:30 Lunch 11:30-3:00 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 BINGO 11:30 Lunch 11:30-3:00 Pickleball 12:30 Living Well with Diabetes 1:00 CHESS	