

Taylorsville Senior Center

March 2025



HIGHLIGHTED PROGRAMS:

Birthday Tuesday - Tuesday, March 4th. Celebrate the March Birthdays. BD Howes will be the Entertainment which starts at 11:00^{am}.

In Person Craft - Tuesday, March 11th at 10:00^{am} in the Woodworking Room. Call or Register at the front desk.

Vital Aging - Tuesdays at 10:30^{am} in Classroom B. The topic is Coping w/ Stress & Anxiety. Join Jesse if you have ever found yourself overwhelmed, stressed, or worried. Come learn how to overcome these anxiety symptom and live a more anxiety free life!

Drums Alive! - Wednesdays at 2:00^{pm} in the Aerobics Room. Learn traditional aerobics movements with the powerful beat and rhythms of the drums.

Good Grief - 2nd and 4th Thursday of every month. Come join this social group and talk about everything from grief to good things too!

ANNOUNCEMENTS:

- * **BINGO** - Three times a week! Check calendar for dates and times.
- * In-person dining and hot meal take out: 11:30^{am} - 12:15^{pm} Mon.-Fri.
- * **PICKLEBALL** paddles and balls available for sign out.
- * All activities are subject to change

Center Information

HOURS

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

CONTACT

(385)468-3370

Manager: Mike Potter

Programs: Vacant

Office: Daisy Figueroa

Kitchen: Peter Rackl

Transportation: Dana Bishop
Michael Belew

ADDRESS

4743 S. Plymouth View Dr.
(4743 S. 1650W.)
Taylorsville, Utah 84123

WEBSITE

[www.slco.org/
taylorsville-senior-center](http://www.slco.org/taylorsville-senior-center)



**SALT LAKE
COUNTY**
AGING & ADULT
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Chair Aerobics 9:30 Refugee ESL 10:30 EnhanceFitness 1:00 Bingo	9:30 Crochet Group 10:00 Wii Bowling 10:30 Vital Aging 11:00 Entertainment 1:00 Hatha Yoga 2:30 Table Tennis	9:30 Advisory Mtng. 9:00 Chair Aerobics 10:30 EnhanceFitness 1:00 Bingo 2:00 Drums Alive	9:00 Wendover 9:30 Crochet Group 9:30 Refugee Sewing 12:00 Table Tennis	9:00 Chair Aerobics 10:30 EnhanceFitness 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
10	11	12	13	14
9:00 Chair Aerobics 9:30 Refugee Joy Club 10:00 Dollar Tree Bus 10:30 EnhanceFitness 11:00 Book Club 1:00 Bingo	9:00 Biscuits & Gravy 9:30 Crochet Group 10:00 Wii Bowling 10:00 Craft 10:30 Vital Aging 1:00 Hatha Yoga 2:30 Table Tennis	9:00 Chair Aerobics 10:30 EnhanceFitness 12:00 Ice Cream 1:00 Bingo 2:00 Drums Alive 2:00 Story Taylors	9:30 Crochet Group 9:30 Refugee Sewing 10:00 Wii Bowling 12:00 Table Tennis 1:00 Good Grief	9:00 Chair Aerobics 10:30 EnhanceFitness 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
17	18	19	20	21
9:00 Chair Aerobics 9:30 Refugee ESL 10:30 EnhanceFitness 1:00 Bingo	9:30 Crochet Group 10:00 Wii Bowling 10:30 Vital Aging 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 12:00 Table Tennis 5:00 Evening at the Center	9:00 Chair Aerobics 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
24	25	26	27	28
9:00 Chair Aerobics 9:30 Refugee Joy Club 10:00 Dollar Tree Bus 10:30 EnhanceFitness 1:00 Bingo	9:30 Crochet Group 10:00 Wii Bowling 10:30 Vital Aging 1:00 Hatha Yoga 2:30 Table Tennis	9:00 Chair Aerobics 10:30 EnhanceFitness 1:00 Bingo 2:00 Drums Alive 2:00 Story Taylors	9:30 Crochet Group 9:30 Refugee Sewing 12:00 Table Tennis 1:00 Good Grief	9:00 Chair Aerobics 10:00 Walmart Bus 10:00 Bingo 10:30 EnhanceFitness
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