

Tenth East

Senior Center

March, 2025



HIGHLIGHTED PROGRAMS

St. Patrick's Day Entertainment:

Monday, March 17, 11:30 AM

Celebrate with live music by the Jackson Jills, a folk, swing, and bluegrass band. Entertainment is supported by our partnership with the nonprofit Heart & Soul organization. You are invited to join us for lunch and enjoy the cheerful music.

AARP Smart Driver: Offered monthly on the first Friday.

Facilitated by AARP volunteers. This defensive driving course and possibly earn a multiyear discount on your auto insurance.

Tai Chi: Thursdays, 1:30-2:30 PM.

Learn the Master Cheng Tsang Lu ancient Yang Tai Chi 108, taught by the amazing Ray and Nancy Paramore. This wonderful class is accessible to all abilities and is sure to relax your mind, warm your tender joints, and greatly improve your balance.

ANNOUNCEMENTS

Center News Email Blast: Receive updates and information by giving your email address to a staff person at the front desk.

Remodel Postponed: The temporary closure of Tenth East Senior Center has been postponed due to meeting building design requirements. There are no new updates.

Program Registration: All classes require registration. Please check in at the front desk. Thank you.

Scan Your Card: Scanning your card at the front desk is vital for the functioning of this center. Thank you for your participation.

CENTER INFORMATION

HOURS

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

LUNCH

11:30 AM - 12:15 PM

CONTACT

(385) 468-3140

Management: Matt Waite

Programs: Lara Kandolin

Office: Donnie Tidwell

Maintenance: Jason Hill

Kitchen: Jill Roberts

ADDRESS

237 South 1000 East
Salt Lake City, UT
84102

WEBSITE

<https://slco.org/tenth-east-senior-center/>



SALT LAKE
COUNTY
AGING & ADULT
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Knit & Chat 9:30 Open Dance 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:30 Chair Yoga 12:00 Bridge 2:30 Arthritis Exercise Tech. Help by Appt.	9:30 Open Dance 9:45 Stretch Yoga 10:30 EnhanceFitness 12:30 Hand & Foot Card Game 1:00 EnhanceFitness 2:15 Pickleball	9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi Tech. Help by Appt	9:00 Stretch Yoga 10:00 AARP Smart Driver Course 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
10	11	12	13	14
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17	18	19	20	21
9:00 Knit & Chat 9:30 Open Dance 10:30 EnhanceFitness 11:30 St. Patrick's Day Entertainment 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:30 Chair Yoga 12:00 Bridge 2:30 Arthritis Exercise Tech. Help by Appt.	9:30 Open Dance 9:45 Stretch Yoga 10:30 EnhanceFitness 12:30 Hand & Foot Card Game 12:30 Writing Group 1:00 EnhanceFitness 2:15 Pickleball	9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi Tech. Help by Appt	9:00 Stretch Yoga 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
24	25	26	27	28
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