

West Jordan Senior Center

February 2025



Center Closed

Monday, Feb 17th In honor of Presidents Day.

March

Living Well with Diabetes

A workshop for people 60 years and older who have pre-diabetes, diabetes, or caregivers.

Trained facilitators will help you manage your condition so you can enjoy life.

Birthday Celebration

Tuesday, Feb 4th @ 11:00 am

Music with Robb Reager

Entertainment for Valentines Day

Featuring Larry Turner

Friday January 14th @ 11:00 am

New Class

Beginning Tai Chi

For Arthritis and Fall Prevention

Starts Monday Feb 3rd @ 1:00 pm

Beginners are Welcome

Center Information

HOURS

Monday - Friday

7:00 AM - 4:00 PM

Lunch 11:30 AM - 12:15 PM

Coffee: 7:30 AM - 12:30 PM

Suggested Lunch

Donation

\$4.00 over 60

\$7.00 under the age of 60

CONTACT

(385)468-3401

Manager: Amber Christensen

Programs: Sharon Gibson

Office: Nicole Burgess

Kitchen: Shanna Curley

Driver: Dale Perkins

Custodian: Cameron Smith

8025 So 2200 W

West Jordan, UT 84088

Slco.org/West-Jordan-senior-center/



**SALT LAKE
COUNTY**

**AGING & ADULT
SERVICES**

Monday 3	Tuesday 4 Birthday Tuesday	Wednesday 5	Thursday 6	Friday 7
8:00 Advanced Tai Chi 9:30 Low Impact Fitness 10:00 Walk with Ease 11:00 Spanish 2 11:00 Beg. Kumihimo 11:30 EnhanceFitness® 1:00 Beginning Tai Chi 1:30 Mexican Train	9:00 Arthritis Exercise 9:30 Drums Alive #1 10:00 Ceramics 10:00 Wii Bowling 10:00 Basic ESL 10:45 Drums Alive # 2 10:45 U of U Strength 11:00 Entertainment 12:30 Bingo 1:00 Beginning Ceramics 1:00 Beginning Guitar 1:30 Low impact fitness 1:30 Beg. Pickleball	8:00 Advanced Tai Chi 8:30 Low Impact Fitness 9:30 Painting 9:30 Knit/Crochet 9:45 Zumba 10:00 Ax Throwing 10:00 Walk with Ease 11:30 EnhanceFitness® 12:00 Lapidary 12:30 Wood Carving 12:30 Bridge 1:00 Beginning Tai Chi	9:00 Arthritis Exercise 9:30 Drums Alive #1 10:00 Swedish Weaving 10:00 Wii Bowling 10:00 Basic ESL 10:45 Drums Alive #2 10:45 U of U Strength 12:30 Bingo 1:30 Bunco 1:30 Low impact fitness 1:30 Beg. Pickleball Gene Fullmer Rec.	8:00 Advanced Tai Chi 9:00 Tatting 9:30 Low Impact Fitness 10:00 Plastic Canvas 10:00 Walk with Ease 10:00 Vital Aging Series 11:00 Kumihimo 11:30 EnhanceFitness® 12:30 Lapidary 12:30 Walk with Ease 1:00 West Jordan Band Practice
10	11	12	13	14 Valentines Day
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17	18	19	20	21
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24	25	26	27	28
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