

Draper Senior Center April 2025



Vaccination Clinic- April 3

Vaccinations are one of the most important tools in protecting public health. They prevent the spread of dangerous diseases, safeguard vulnerable populations, & have helped eradicate or control illnesses. By getting vaccinated, you're not only protecting yourself but also those around you—especially young children, the elderly, & individuals with weakened immune systems. Staying up to date on your vaccinations is a simple yet powerful way to contribute to a healthier community.

Fall Prevention- April 3

Learn exercises that can help improve strength and balance along with discussing the importance of fall prevention. Master strategies to transfer positions, prevent falls and get up safely from a fall. All this and more in this one hour class.

New Art Class

The Draper Senior Center just started a Beginning Art class (Acrylic & Oil) and it is not too late to sign up. You can register at the front desk or with Rick, but **registration is required.**

Center Information

Hours

Monday - Friday
7:00 AM - 4:00 PM
Lunch 11:30 AM—1:30 PM

(385)468-3330

Manager: Shawn Ashby

**Programs: Rick
Dykhuisen**

**Office: Marianne
Bradley-Kopec**

Janitorial: David Lopez

Transportation:

Chuck Bradley

Scott Andrews

Kitchen:

Elevation Catering

[https://www.saltlakecounty.gov/
aging-adult-services/
community/senior-centers/
draper/](https://www.saltlakecounty.gov/aging-adult-services/community/senior-centers/draper/)

**SL SALT LAKE
COUNTY**
AGING & ADULT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
	1.	2.	3.	4.
	9:00 Spanish 101 9:00 <u>Cardio/Weights</u> 9:00 Arthritis Exer 9:00 Wood Carving 10:15 Zumba 12:00 Bridge 12:30 Dot Art Etc. 1:00 <u>Get U Moving</u> 1:00 Yin Yang Yoga	8:45 Enhance Fitness 9:45 Irish Dance 10:00 Chair Yoga 10:00 <u>Beginning Painting</u> 10:30 Belly Dancing 12:00 <u>Tai Chi</u> 12:00 Ukulele 1:15 <u>Enhance Fitness</u> 1:30 Hawaiian Dance 2:30 Table Tennis	9:00 Arthritis Exer 9:00 Cardio/Weights 10:00 <u>Inter Pottery</u> 10:30 <u>Vaccination Clinic</u> 10:30 <u>Fall Prevention</u> 12:00 Bridge 12:30 Pinochle 1:00 <u>Get U Moving</u>	8:45 Enhance Fitness 9:00 Arthritis Exer 10:00 <u>Beg Pottery</u> 10:30 Drums Alive 1:00 Chess Club 1:00 Mahjong 1:15 <u>Enhance Fitness</u> 2:30 Strength Yoga 2:30 Table Tennis
7.	8.	9.	10.	11.
8:45 Enhance Fitness 9:00 Arthritis Exer 10:00 Ballet 10:15 <u>Cardio/Weights</u> 1:00 Guitar 1:00 Mahjong 1:15 <u>Enhance Fitness</u> 2:30 Table Tennis	9:00 Spanish 101 9:00 <u>Cardio/Weights</u> 9:00 Arthritis Exer 9:00 Wood Carving 11:00 <u>County Recorder Visit</u> 10:15 Zumba 12:00 Bridge 12:30 Dot Art Etc. 1:00 <u>Get U Moving</u>	8:45 Enhance Fitness 9:45 Irish Dance 10:00 Chair Yoga 10:00 <u>Beginning Painting</u> 10:30 Belly Dancing 12:00 <u>Tai Chi</u> 12:00 Ukulele 1:00 BINGO! 1:15 <u>Enhance Fitness</u> 1:30 Hawaiian Dance 2:30 Table Tennis	9:00 Arthritis Exer 9:00 <u>Cardio/Weights</u> 10:00 <u>Inter Pottery</u> 10:30 <u>Coins w Gene</u> 12:00 Bridge 12:30 Pinochle 1:00 <u>Get U Moving</u> 2:45 Pickleball 101	8:45 Enhance Fitness 9:00 Arthritis Exer 10:00 <u>Beg Pottery</u> 10:30 Drums Alive 11:45 <u>Movie Friday</u> 1:00 Chess Club 1:00 Mahjong 1:15 <u>Enhance Fitness</u> 2:30 Strength Yoga 2:30 Table Tennis
14.	15.	16.	17.	18.
8:45 Enhance Fitness 9:00 Arthritis Exer 10:00 Ballet 12:00 <u>Book Club</u> 1:00 Guitar 1:00 Mahjong 1:15 <u>Enhance Fitness</u> 2:30 Table Tennis	9:00 Spanish 101 9:00 <u>Cardio/Weights</u> 9:00 Arthritis Exer 9:00 Wood Carving 10:15 Zumba 12:00 Bridge 12:30 Dot Art Etc. 1:00 <u>Get U Moving</u> 1:00 Yin Yang Yoga	8:45 Enhance Fitness 9:45 Irish Dance 10:00 Chair Yoga 10:00 <u>Beginning Painting</u> 10:30 Belly Dancing 12:00 <u>Tai Chi</u> 12:00 Ukulele 1:15 <u>Enhance Fitness</u> 1:30 Hawaiian Dance 2:30 Table Tennis	9:00 Arthritis Exer 9:00 <u>Cardio/Weights</u> 10:00 <u>Inter Pottery</u> 10:00 <u>Crafty w Mickey</u> 12:00 Bridge 12:30 Pinochle 1:00 <u>Get U Moving</u> 2:45 Pickleball 101	8:45 Enhance Fitness 9:00 Arthritis Exer 10:00 <u>Beg Pottery</u> 10:30 Drums Alive 1:00 Chess Club 1:15 <u>Enhance Fitness</u> 2:30 Strength Yoga 2:30 Table Tennis
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