

Eddie P. Mayne

Kearns Senior Center



Highlighted Programs:

Stronger Memory: Mondays starting April 21st at 12:00PM

A 10-week brain health program that consists of simple daily activities to engage the working memory and trigger brain activity for those with mild cognitive impairments or early-stage dementia.

Vital Aging w/Maria: Thursdays 9:30 AM

Vital Aging in Spanish w/Maria: Tuesday, April 1st, 12:30 PM

Yoga w/Amber: Thursdays 1:00 PM and 2:00 PM

Basic Spanish w/Jerry: Mondays 1:30 PM

ADL Exercise: w/Jim: Tuesdays & Fridays 9:30 AM

Stretch & Tone w/Bonnie: Mondays & Thursdays 10:00 AM

Social Coloring w/Susan: Thursdays 1:00 PM

Ceramics w/Deanna: Tuesdays & Thursdays 9:00 AM

Leather Crafts w/Alan: Wednesdays 10:00 AM

Tai Chi w/Jennifer: Wednesdays 9:00 AM

Book Club w/Liz: Wednesday, April 23rd, 12:30 PM

Bingo*: Wednesdays & Fridays 1:30 PM

White Elephant Bingo*: Monday, April 7th, 1:30 PM

CENTER INFORMATION

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

(385) 468-3100

4851 West 4715 South

Kearns, UT 84118

slco.org/aging-adult-services/

Manager: Jayme Haight

Programming: Brandie Bruse

Office: Bobbi Bohman

Maintenance: Mike Moore

Driver: Crestin Bailey

Announcements

Lunch Program

Dine-in

11:30 AM-1:30 PM

(reservations not required)

Special Events

Vaccination Clinic

April 9th 9:00 AM - 12:00 PM

Spring Boutique*

April 10th & 11th 8:00 AM - 3:00 PM

Center Craft:

Bunny Bell

Thursday, April 17th 10:30 AM

Evolution Band

Friday, April 18th 11:30 AM

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SALT LAKE
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SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 11:30 Live Music: Utah Old Time Fiddlers 12:30 Spanish Vital Aging <i>Presente Española</i>	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Strong Bodies 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: <i>Emotion Regulation</i> 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 Live Music: Dieter Watchel 12:30 Strong Bodies 1:30 Bingo*
7	8	9 Vaccination Clinic	10 Spring Boutique	11 Spring Boutique
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish 1:30 White Elephant Bingo*	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: Life of PI 	9:00 Vaccination Clinic 9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:00 Karaoke 12:30 Strong Bodies 12:30 Dominoes 1:30 Bingo*	8:00 Boutique* 9:00 Ceramics 9:30 Vital Aging: <i>Emotion Regulation</i> 10:00 Stretch & Tone 1:00 Social Coloring: 1:00 Chair Yoga 2:00 Restorative Yoga	8:00 Boutique* 9:30 ADL Exercise 10:30 U of U Exercise 11:30 Live Music: Chris Dokos 12:30 Strong Bodies 1:30 Bingo*
14	15	16	17	18
9:30 Wii Bowling 10:00 Stretch & Tone 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:00 Advisory Meeting* 10:30 U of U Exercise 12:30 Strong Bodies 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: <i>Emotion Regulation</i> 10:00 Stretch & Tone 10:30 Center Craft: Bunny Bell 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 11:30 Live Music: Evolution Band 12:30 Strong Bodies 1:30 Bingo*
21	22	23	24	25
9:30 Wii Bowling 10:00 Stretch & Tone 12:00 Stronger Memory 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team 12:30 Movie & Popcorn: True Grit 	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 12:30 Book Club 12:30 Strong Bodies 12:30 Dominoes 1:30 Bingo*	9:00 Ceramics 9:30 Vital Aging: <i>Emotion Regulation</i> 10:00 Stretch & Tone 1:00 Social Coloring 1:00 Chair Yoga 2:00 Restorative Yoga	9:30 ADL Exercise 9:30 Wii Bowling 10:30 U of U Exercise 12:30 Strong Bodies 1:30 Bingo*
28	29	30	Hosted by Kearns Advisory Committee*	
9:30 Wii Bowling 10:00 Stretch & Tone 12:00 Stronger Memory 1:30 Basic Spanish	9:00 Ceramics 9:30 ADL Exercise 9:30 Wii Bowling Team	9:00 Tai Chi 9:30 Wii Bowling 10:00 Leather Crafts 10:30 U of U Exercise 11:30 Live Music: B.D. Howes 12:30 Strong Bodies 12:30 Dominoes 1:30 Bingo*	<div>APRIL 2025</div>	