

MIDVALE SENIOR CENTER

May 2025



Afternoon Tea*

Friday, May 16, from 2:30 PM—3:30 PM

Everyone is welcome to spend an afternoon with us relaxing to music and chitchatting with friends. Teas, cocoas, sweets and savories will be served. Cost is \$3.00 per senior and \$10.00 for those under 60. Purchase tickets at the front desk. **Limited seats available. Please bring your own tea cup.**

Breakfast at Midvale Senior Center

Mondays through Fridays • 7:30 AM—10:30 AM

Cost is \$6.00

Breakfast Burritos with Fruit (ham, hashbrowns, eggs, and cheese) or (hashbrowns, egg and cheese).

Croissant Sandwich (sausage, eggs and cheese) with fruit and choice of tater tots or piece of toast.

Scrambled Eggs with fruit and choice of tater tots or piece of toast.

Coffee, tea or cocoa included with breakfast.

***Registration Required Call 385-468-3350 to register**

CENTER INFORMATION

Monday - Friday • 7:00 AM - 4:00 PM

(385)468-3350

7550 South Main Street (700 West)

LWarner@saltlakecounty.gov

sco.org/midvale-senior-center/

Manager: Lori Warner

Programs: Kim Rasmussen

Office: Dale Olson

Custodian: Lima Finai

Trey—Bus Driver: 385-237-8993

Entertainment

James Romero

Monday, May 5

Cinco de Mayo

11:30 AM

(The Advisory Committee with be selling chips and salsa)

Senile Citizens

All String Band

Tuesday, May 6

12:00 PM

Jerry Simpson

Wednesday, May 14

11:30 AM

Classes & Events

Silent Auction

April 28—May 5

Bids close at 2:00 PM on

Monday, May 5

Sponsored by the Midvale Senior Center Advisory Committee.

Ghost Towns and More

Monday, May 12

1:00 PM

FamilySearch Fieldtrip*

Wednesday, May 7

9:00 AM—12:00 PM

Due to popular demand, we will be attending the FamilySearch Library again. Learn more how to use the Family Tree on FamilySearch.org.

Sign up at the front desk.

Midvale Senior Center will be closed on Memorial Day, May 26.

For more information or to register, visit the front desk or call us at 385-468-3350

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

ART/CULTURE/MUSIC

Bonsai¹

Mondays • May 5 & May 19
10:00 AM

Origami

Mondays • May 5 & May 19
10:00 AM

Scrapbooking¹

Mondays • 9:30 AM

Beginning Pottery: Wheel Throwing*

Tuesdays • 10:00 AM—1:00 PM

Intermediate Pottery: Wheel Throwing*

Wednesdays • 9:00 AM—12:30 PM

Quilting Club¹

Wednesdays • 1:00 PM

Pottery Open Studio

Thursdays • 9:00 AM—1:00 PM
Fridays • 9:30 AM—12:30 PM

Jam Sessions

Tuesdays
10:30 AM—12:00 PM

Painting Open Studio¹

Fridays • 1:00 PM

Book Club

Tuesday, May 6 • 1:00 PM

What You Are Looking For Is In The Library by Michiko Aoyama

Tuesday, June 3 • 1:00 PM

The Mostly True Story of Tanner & Louise by Colleen Oakley

Reserve and check out a book through
The County Library—Tyler.

Boosting Memory & Cognition

Thursday, May 15 • 1:00 PM

by Valley Behavioral Health

Have you noticed your memory changing? Do you have trouble recalling old information or learning new things? Join us as we discuss common memory changes and how to optimize your brain health.

Movie Friday

May 2 • 1:30 PM

The Ghost and the Darkness

Rated R

Michael Douglas & Val Kilmer star in this adventure movie set in 1896 East Africa. Two lions on a man-eating rampage shut down the construction of a railway. The beasts hunt together, showing no fear of man or fire.



EDUCATION

The Great Chicago Fire

Tuesday, May 13 • 1:00 PM

by Family Funeral Care

On October 8, 1871, a fire broke out in a barn on the southwest side of Chicago. The fire burned through the heart of Chicago for more than 24 hours and killed 300 people leaving one-third of the city homeless.

Grief Support Group

2nd and 4th Wednesdays

May 14 & 28

12:00 PM

by Rocky Mountain Hospice

You do not have to go through loss alone. Suzy Nelsen, chaplain, will discuss ways to process grief and help you find healing for the hurt of loss. Grief has no timeline.

The Men Who Built America

A New Rival Emerges (Documentary)

Monday, May 19

1:00 PM

While Carnegie and Rockefeller continue to battle, JP Morgan establishes a bank in NYC that has one goal: to further the technical advancements of America.

FITNESS PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Music in Motion	8:30 Yoga	9:00 Yoga	9:00 Get U Moving	9:30 Chair Yoga
9:30 Chair Yoga	9:00 Get U Moving	9:30 EnhanceFitness	10:30 Cardio, Strength	9:30 EnhanceFitness ¹
9:30 EnhanceFitness ¹	10:30 Cardio, Strength	11:00 Cardio, Strength	& Stretch Video	10:45 Chair Yoga
10:45 Chair Yoga	& Stretch Video	& Stretch Video	10:30 Laughter &	11:00 Cardio, Strength
11:30 Line Dancing	1:00 Pickleball	1:00 Pickleball	Happiness Circle	& Stretch Video
12:30 Line Dancing -			11:45 Drums Alive	1:00 Pickleball
Intermediate			1:00 Line Dancing	
1:00 Pickleball				

SOCIAL & RECREATIONAL

Bingo

Tuesday, May 6 & 20
10:30 AM

Chess Club

Tuesdays • 1:00 PM

Mexican Train Dominoes

Wednesdays • 12:30 PM

Ping Pong

Corn Hole

Monday—Friday • 7 AM—4 PM

Poker Tournament

Friday, May 16
10:00 AM

Pinochle

Fridays • 12:30 PM

* Registration required. Call 385-468-3350 to register. ¹Bring your own projects and supplies.

Midvale Senior Center May Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
April 28 Silent Auction	April 29 Silent Auction	April 30 Silent Auction	May 1 Silent Auction	May 2 Silent Auction
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 <i>The Men Who Built America: Blood is Spilled</i> 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 9:00 Caregiver Support 10:00 Pottery: Beg Wheel* 10:30 Bingo 10:30 Writer's Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 1:00 <i>Aging Mastery*</i> 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 <i>Cardio, Strength & Stretch (Video)</i> 11:00 Pottery: Adv Wheel* 12:30 Mexican Train 1:00 <i>Quilting Club</i> 1:00 <i>Music Appreciation*</i> 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:00 <i>Chinese Support Group</i> 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Song Circle 11:45 Drums Alive 1:00 Line Dancing	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Pottery Open Studio 10:45 Chair Yoga 10:45 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball 1:30 <i>Friday Movie: The Ghost and the Darkness (R)</i>
5 Silent Auction	6	7	8	9
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:45 Chair Yoga 11:30 Line Dancing 11:30 <i>Entertainment: James Romero</i> 12:30 Intermediate Line Dancing 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along 2:00 <i>Silent Auction Closes</i>	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Writer's Group 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Bingo 12:00 <i>Entertainment: All String Band</i> 1:00 <i>Aging Mastery*</i> 1:00 Book Club 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:00 <i>FamilySearch Fieldtrip</i> 9:30 EnhanceFitness 11:00 <i>Cardio, Strength & Stretch (Video)</i> 11:00 Pottery: Adv Wheel* 11:00 Grief Support Class ¹ 12:30 Mexican Train 1:00 <i>Quilting Club</i> 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Song Circle 11:45 Drums Alive 11:00 French Club 1:00 Line Dancing	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
12	13	14	15	16
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 11:00 Advisory Committee 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 <i>Ghost Towns & More</i> 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 <i>Great Chicago Fire</i> 1:00 <i>Aging Mastery*</i> 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 <i>Cardio, Strength & Stretch (Video)</i> 11:00 Pottery: Adv Wheel* 11:30 <i>Entertainment: Jerry Simpson</i> 12:00 <i>Grief Support Group</i> 12:30 Mexican Train 1:00 <i>Quilting Club</i> 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Song Circle 11:45 Drums Alive 1:00 <i>Boosting Memory and Cognition</i> 1:00 Line Dancing	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 <i>Poker Tournament</i> 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball 2:30 <i>Afternoon Tea</i>
19	20	21	22	23
9:00 Music in Motion 9:30 Scrapbooking 9:30 Chair Yoga 9:30 EnhanceFitness 10:00 Bonsai 10:00 Origami 10:45 Chair Yoga 11:30 Line Dancing 12:30 Intermediate Line Dancing 1:00 <i>The Men Who Built America</i> 1:00 Pickleball 1:00 Ukulele: Beginning 1:30 Ukulele: Play Along	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 <i>Aging Mastery*</i> 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 <i>Cardio, Strength & Stretch (Video)</i> 11:00 Pottery: Adv Wheel* 11:00 Grief Support Class ¹ 12:30 Mexican Train 1:00 <i>Quilting Club</i> 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Song Circle 11:00 French Club 11:45 Drums Alive 1:00 Line Dancing	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball
26	27	28	29	30
Closed for Memorial Day	8:30 Yoga 9:00 Get U Moving 10:00 Pottery: Beg Wheel* 10:30 Cardio, Strength & Stretch (Video) 10:30 Jam Sessions 10:30 Writer's Group 1:00 <i>Aging Mastery*</i> 1:00 Chess Club 1:00 Pickleball	9:00 Pottery: Int Wheel* 9:00 Yoga 9:30 EnhanceFitness 11:00 <i>Cardio, Strength & Stretch (Video)</i> 11:00 Pottery: Adv Wheel* 11:00 <i>Grief Support Group</i> ¹ 12:00 <i>Grief Support Group</i> 12:30 Mexican Train 1:00 <i>Quilting Club</i> 1:00 Pickleball	9:00 Pottery: Open Studio 9:00 Get U Moving 10:30 Cardio, Strength & Stretch (Video) 10:30 Laughter & Song Circle 11:45 Drums Alive 1:00 Line Dancing	9:00 Pottery—Hand Building Class 9:30 Chair Yoga 9:30 EnhanceFitness 10:30 Pottery Open Studio 10:45 Chair Yoga 11:00 Cardio, Strength & Stretch (Video) 12:30 Pinochle 1:00 Painting Open Studio 1:00 Pickleball

***Must register for class. Call 385-468-3350 to register. ¹ Closed Class**