

# Mt. Olympus SENIOR CENTER

April  
2025

## HIGHLIGHTED PROGRAMS

*\*Registration is Required\**

**Vaccine Clinic | Friday, 4/4 | 11:00 am ~ 2:00 pm**

Bring your insurance card. *Not appointment needed.*

**Mt. Olympus Book Club | 1st Tuesday | 2:00 pm**

Get with your friends and discuss the book of the month.

**AAUW Book Group | 2nd Thursday | 1:00 pm**

Socialize getting together with your friends and discuss the book of the month.

**The Senior Connection | Back every Thursday | 10:30 am.**

Taking care of your physical, mental and cognitive health is important for healthy aging.

**Wyld Dance & Meditation Class | Tuesdays | 9:30 am** Wyld is a wellness practice that uses dance and meditation to connect with self and build meaningful community.

**Dealing With Dementia | Tuesday, 4/8 & Thursday, 4/10 | 9:30 am**

A 4-hour workshop that provides tips and strategies for caregivers on best practices for caring for people. Topics: \* Gain a better understanding of dementia. \* Utilize strategies to effectively manage dementia behaviors. \* Develop habit of stress management and self-care.

**Living Wax Museum | Friday, 4/11 | 10:30 am**

Join the third graders from Intermountain Christian School as they portray famous Americans who have impacted our country with their God given talents. Each student will recite a one minute speech sharing facts about their characters.

**Funeral Presentation | Henry Ford | Thursday, 4/17 | 12:15 pm**

Learn interesting facts about the funeral of Henry Ford.

**Fall Prevention Presentation | 4/17 | 10:30 ~ 11:30 am**

**Mind Over Mather: Healthy Bowels, Healthy Bladder | Thurs., 4/17 | 1:00 pm**

3 Session workshop designed to give women the tools they need to take control of their bladder and bowel leakage. Teach you simple exercises to do at home, fiber & fluid intake and how to talk to healthcare providers to get the needed help.

**Note: This month we will not have Pancake Breakfast.**

## JOIN US FOR LUNCH!

*First come, first served.*

*\*Suggested Donation of \$4.00\**

**Birthday Tuesday: April 2nd | 11:30 am**

***Come to Celebrate and listen to our***

***Piano Birthday Music with Maureen Andrus.***



## Center Information

### HOURS

**Monday - Friday**

**7:00 AM - 4:00 PM**

### CONTACT

**(385)468-3130**

**Manager:** Lisa Tovey

**Programs:** Isabel Domínguez

**Office:** Cheryl Hale

### ADDRESS

**1635 E Murray Holladay Rd,  
Holladay, UT 84117**

### WEBSITE

[slco.org/mt-olympus-senior-center/](http://slco.org/mt-olympus-senior-center/)

***Promoting  
independence through  
advocacy,  
engagement, and  
access to resources.***



**SALT LAKE  
COUNTY**

**AGING & ADULT  
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Birthday Tuesday</b>	<b>2</b>	<b>3</b>	<b>4 Vaccine Clinic</b>
	<b>8:00...AARP Driving</b> 8:30...Tai Chi 9:30...Wyld Dance & Meditation 10:00...Line Dancing <b>11:00..Get U Moving</b> <b>11:30...Lunch - Piano Music with Maureen Andrus.</b> 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis 2:00...Book Group   1st Tue	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:05...Broadway Dance 10:00...AFEP 10:30...Vital Aging 10:45...Intermediate Spanish <b>11:30..Lunch</b> 12:00...Table Games 12:15...Bingo 1:45...Table Tennis	8:30...Tai Chi 9:00...Pinochle 10:00...Line Dancing 10:30...Senior Connection <b>11:00..Get U Moving</b> <b>11:30..Lunch</b> 12:00...Table Games ** 12:30...Chair Tai Chi 1:00...Mah Jong 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:05...Broadway Dance 10:00...AFEP 10:00...Intro to Social Dance 10:45...Intermediate Spanish <b>11:00. Vaccine Clinic</b> <b>11:30..Lunch</b> 12:00...Table Games <b>12:00...Duplicate Bridge</b> 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge
<b>7</b>	<b>8 No Pancakes Breakfast</b>	<b>9 Ice Cream Social</b>	<b>10</b>	<b>11 Living Wax Museum</b>
7:30...Enhance Fitness 8:45...Enhance Fitness 9:00...Chair Yoga 10:00...AFEP 10:30...Knitting 11:00...Balance & Fall Prev. 11:30...Cornhole Game <b>11:30..Lunch</b> 12:15...Bingo 12:00...Duplicate Bridge 1:00...Card Games   1st Mon	8:30...Tai Chi <b>8:30..Pancake Breakfast</b> 9:00...Wyld Dance & Meditation <b>9:30..Dealing with Dementia</b> 10:00...Line Dancing <b>11:00..Get U Moving</b> <b>11:30..Lunch</b> 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:05...Broadway Dance 10:00...AFEP 10:45...Intermediate Spanish <b>11:30..Lunch</b> <b>12:00...Ice Cream Social</b> 12:00...Table Games 12:15...Bingo 1:45...Table Tennis 	8:30...Tai Chi 9:00...Pinochle <b>9:30..Dealing with Dementia</b> 10:00...Line Dancing 10:30...Senior Connection <b>11:00..Get U Moving</b> <b>11:30..Lunch</b> 12:00...Table Games 12:30...Chair Tai Chi 1:00...Mah Jong 1:00...AAUW Book Group <b>1:30 Chinese Calligraphy &amp; Painting Class</b> 1:45...Table Tennis	7:30...Enhance Fitness 8:00...Strength Training 8:30...Advanced Spanish 8:45...Enhance Fitness 9:00...Ballet 10:05...Broadway Dance 10:00...AFEP 10:00...Intro to Social Dance <b>10:30.Living Wax Museum</b> 10:45...Intermediate Spanish <b>11:30..Lunch</b> 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dancing 12:30...Party Bridge
<b>14</b>	<b>15</b>	<b>16</b>	<b>17 Henry Ford Presentation</b>	<b>18</b>
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