

River's Bend SENIOR CENTER *April, 2025*



HIGHLIGHTED COURSES

Vaccine Clinic

These clinics are back. River's Bend's clinic will be Wednesday, April 16th from 9 am - 12 pm. No appointment required and while supplies last. Bring all insurance cards. Some vaccines may not be covered by your insurance. Check the flier on the bulletin board for more information.

Chair Volleyball

Chair Volleyball is a game for everyone! Come have some fun and play volleyball with your friends. This game is played on the 4th Friday of the month, with looking to add another day. This game is played using a beach ball, pickleball net, and a chair. Come give it a try!

Announcements

April Fools Day History

"Did you know that April Fools Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar. The news was slow to get out, so when people were celebrating the new year on April 1st, those people were called "April Fools." - History channel

Movie and Donuts

This new program is sponsored by the advisory committee. It will be played in the dining room on Friday, April 4th at 9:00 am. The movie will be The Terminal.

Upcoming in May

May 5th • Pinata

May 6th • Birthday Tuesday
w/ BD Howes Band
10:45 am

May 26th • Center Closed
for Memorial Day

CENTER INFORMATION

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

(385)468-3015

1300 W 300 N SLC, UT 84116

<https://slco.org/rivers-bend-northwest/>

Lunch 11:30 - 12:15 pm

60+ suggested \$4 donation

Under 60 is \$7

Manager: Chase Amos

Programs: Allie Lorang

Programs Assistant: Agustin Celi

Office: Kathy Platt

Kitchen: Stella Gallegos

Custodian: Jinette Christensen

Driver: Vacant



Monday	Tuesday	Wednesday	Thursday	Friday
	I Birthday Tuesday 9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> <u>10:45 Entertainment:</u> <u>Larry Turner</u> 12:30 Quilting 12:30 AC Meeting AARP Tax Aid	2 9:00 Chronic Pain 9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 10:30 ESL 12:15 Water Painting 12:30 Bingo	3 9:30 Get U Fit 10:30 Tai Chi • Ray J 12:30 Quilting	4 9:00 Movie & Donut <u>The Terminal</u> 9:00 Computers 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish I 12:00 Image Bingo
7	8	9	10	11
9:00 Computers 9:30 Enhance Fitness 10:30 Spanish 2 12:30 Bingo	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting AARP Tax Aid	9:00 Chronic Pain 9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 10:30 ESL 12:15 Water Painting 12:30 Bingo	9:30 Get U Fit 10:30 Tai Chi • Ray J 12:30 Quilting	9:00 Computers 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish I 12:00 Image Bingo
14	15	16 Vaccine Clinic	17	18 Entertainment
9:00 Computers 9:30 Enhance Fitness 10:30 Spanish 2 12:30 Bingo	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 	9:00 Vaccine Clinic 9:00 Chronic Pain 9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 10:30 ESL 12:15 Water Painting 12:30 Bingo	9:30 Get U Fit 10:30 Tai Chi • Ray J 12:30 Quilting	9:00 Computers 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish I <u>10:45 Entertainment:</u> <u>Reminiscing w/Lynda</u> <u>12:30 Bonus Bingo</u>
21	22	23	24	25
9:00 Computers 9:30 Enhance Fitness 10:30 Spanish 2 11:30 Easter Bonnet Contest 12:30 Bingo Come decorate an easter bonnet for a chance to win a prize!	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting 	9:00 Chronic Pain 9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 10:30 ESL 12:15 Water Painting 12:30 Bingo	9:00 Field Trip: Hill Air Force Base 9:30 Get U Fit 10:30 Tai Chi • Ray J 12:30 Quilting 	9:00 Computers 9:30 Enhance Fitness 9:30 ESL 10:30 Spanish I 12:15 Chair Volleyball
28	29	30		
9:00 Computers 9:30 Enhance Fitness 10:30 Spanish 2 12:30 Bingo	9:30 Get U Fit 10:30 Writing Class: <i>Telling Your Story</i> 12:30 Quilting	9:00 Chronic Pain END 9:00 Computers 9:30 Enhance Fitness 10:30 Spanish Lab 10:30 ESL 12:15 Water Painting 12:30 Bingo		