

Sandy Senior Center January 2025



CENTER INFORMATION

9310 S 1300 E Sandy,
Utah 84094

Phone

(385) 468-3410

Hours

Monday-Friday
7:00am - 4:00pm
* * *

Lunch

Served Mon. - Fri.
11:30am-12:15pm
Suggested 60+
Donation is \$4.00

Transportation
(801) 230-5673

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Center Staff

Charles Otis
Center Manager
* * *

Cindy DeLao
Program Coordinator
* * *

Maggie Steele
Office Specialist
* * *

Rebekah Bowen
Office Spec. Asst.
* * *

Cassy Christensen
Kitchen Lead
* * *

Mariela Huitron
Custodian
* * *

Scott Hess
Driver

Website

slco.org/sandy-senior-center/

A Message from the Manager ~

Welcome to 2025!

Some quick facts:

1. There are more than 11,000 senior centers in the United States.
2. More than 1 million older adults attend a senior center every week day.

According to the National Council on Aging, senior centers provide the three key benefits vital to healthy aging:

- Social interaction
- Physical exercise
- Educational opportunities

Research shows older adults who participate in senior center programs experience measurable improvements in their physical, social, emotional, and mental well-being. Beneficial activities that promote well-being are found in droves at Sandy Senior Center. Take a minute to peruse the monthly program on the back of this insert. You just might find something new, interesting and beneficial to do in 2025.

Staff and I wish you and yours a very Happy New Year!

~ Charles

Now that it's the new year, do you find yourself wanting to try something new, but find following through is more difficult? Why is it so hard to stick with something? Join Jesse Hardman w/Valley Behavioral Health for a discussion on some of the pitfalls to New Years resolutions & how we can set more effective goals for ourselves ~

Friday, Jan. 10th at 09:30.

Aging Adult Services' mission is to promote independence through advocacy, engagement and access to resources.



	1 - HOLIDAY	2	3
<p>AARP Tax Prep Appts. will begin the first Friday in February. Details will be provided at the front desk - as they are made available.</p>	<p>THANK YOU FOR YOUR PATIENCE & UNDERSTANDING</p>		<p>8:00... Enhance Fitness 8:00... AM Pottery 10:00... Current Events 10:30.. Arthritis Exercise 12:00... Table Tennis 12:30... PM Pottery 1:30... Belly Dancing</p>
<p>6</p> <p>8:00... Enhance Fitness 9:30... Computer Lab 10:00... Spanish 10:30... Arthritis Exrcse 1:00... Learn Guitar 1:00.. Watercolor 1:00... Book Club 1:30... Drums Alive</p>	<p>7 - Birthday Meal</p> <p>8:00... Yoga 9:00 ... Ceramics 9:00... Open Painting 9:30.. Dancing w/ Bart 10:00... Shutterbugs 1:00 ... Tuesday Pottery 1:00.. Stronger Memory 2:00 ... Tai Chi</p>	<p>8</p> <p>8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00... FTD Support Grp 10:00... Hooks & Needles 10:30... Arthritis Exercise 12:30... Learn Line Dance 12:30.. Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab 2:30... Sandy Library BC</p>	<p>9</p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30.. American Mahjong 9:30... iPhone & iPad 10:00... Spanish 12:30 .. Stained Glass 1:30... Ukulele 2:00 ... Tai Chi 2:30... Hula Dancing</p>
<p>13- 1st day of F&T</p> <p>8:00... Enhance Fitness 9:00... Wood Carving 9:15... Fit & Trim 9:30... Computer Lab 10:00... Spanish 10:30.. Arthritis Exrcse 12:30... Monday Movie PAY IT FORWARD 1:00... Learn Guitar 1:00.. Watercolor 1:30... Drums Alive</p>	<p>14</p> <p>8:00... Yoga 9:00 ... Ceramics 9:00... Open Painting 9:30.. Dancing w/ Bart 10:00... Bingo 10:00... Shutterbugs 1:00... Tuesday Pottery 1:00.. Stronger Memory 2:00 ... Tai Chi</p>	<p>15</p> <p>8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00... Hooks & Needles 10:30... Arthritis Exercise 12:30... Learn Line Dance 12:30.. Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab</p>	<p>16</p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30.. American Mahjong 9:30... iPhone & iPad 10:00 .. Spanish 12:30 .. Stained Glass 1:00... Astronomy 1:30... Ukulele 2:00 ... Tai Chi 2:30... Hula Dancing</p>
<p>20 - HOLIDAY</p> <p>Closed in Observance of Dr. Martin Luther King Jr. Day</p> 	<p>21</p> <p>8:00... Yoga 9:00 ... Ceramics 9:00... Open Painting 9:30... Dancing w/ Bart 10:00... Shutterbugs 1:00... Tuesday Pottery 1:00.. Stronger Memory 2:00 ... Tai Chi</p>	<p>22</p> <p>8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00... Hooks & Needles 10:30... Arthritis Exercise 12:30... Learn Line Dance 12:30.. Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab</p>	<p>17</p> <p>8:00... Enhance Fitness 8:00... AM Pottery 9:15... Fit & Trim 9:30... Family Genealogy Research Library 10:00... Current Events 10:30 .. Arthritis Exercise 12:00... Table Tennis 12:30... PM Pottery 1:30... Belly Dancing</p>
<p>27</p> <p>8:00... Enhance Fitness 9:00... Wood Carving 9:15.. Fit & Trim 9:30... Computer Lab 10:00... Spanish 10:30... Arthritis Exrcse 1:00... Learn Guitar 1:00.. Watercolor 1:30... Drums Alive</p>	<p>28</p> <p>8:00... Yoga 9:00 ... Ceramics 9:00... Open Painting 9:30... Dancing w/ Bart 10:00... Bingo 10:00... Shutterbugs 1:00... Tuesday Pottery 1:00.. Stronger Memory 2:00 ... Tai Chi</p>	<p>29</p> <p>8:00... Enhance Fitness 8:30... Porcelain Dolls 10:00... Hooks & Needles 10:00... Free Thinkers 10:30... Arthritis Exercise 12:30... Learn Line Dance 12:30.. Wednesday Pottery 1:00... Square Dancing 1:00.. Shakespeare Readrs 1:30... Computer Lab</p>	<p>23</p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30.. American Mahjong 9:30... iPhone & iPad 10:00 .. Spanish 12:30 .. Stained Glass 1:30... Ukulele 2:00 ... Tai Chi 2:30... Hula Dancing</p>
<p>31</p> <p>8:00... Enhance Fitness 9:15.. U of U Fit & Trim 10:00... AARP Driver Safety Course 10:30 .. Arthritis Exrcse 12:00... Table Tennis 12:30... PM Pottery 2:30... Belly Dancing</p> <p>Tax Appts begin next Friday.</p>	<p>30</p> <p>8:00... Self Guided Yoga 9:30... Table Tennis 9:30.. American Mahjong 9:30... iPhone & iPad 10:00 .. Spanish 12:30 .. Stained Glass 1:30... Ukulele 2:00 ... Tai Chi 2:30... Hula Dancing</p>	<p>31</p> <p>8:00... Enhance Fitness 8:00... AM Pottery 9:15.. U of U Fit & Trim 9:30... Family Genealogy Research Library 10:30 .. Arthritis Exrcse 12:00... Table Tennis 12:30... PM Pottery 2:30... Belly Dancing</p>	