

SOUTH SALT LAKE SENIOR CENTER

May, 2025



LIVE ENTERTAINMENT

- ♪ Time Steppers ♪ - Friday, May 9th at 10:30 am
♪ Larry Turner ♪ - Friday, May 23rd at 10:30 am

DRUMS ALIVE: MONDAYS AT 9:30 AM

Drums Alive began when its founder, Carrie Ekins, was recovering from a hip injury. She started drumming on boxes, which lead her to feel the positive effects of drumming, both physically and mentally. She developed a fitness program that unites movement with the rhythms of a drum. Research has been done to show how drumming has beneficial effects on us, including affecting the activity in sensory and motor areas of our brains and transmitting impulses along nerve pathways in the brain. It has also been demonstrated to have a positive influence on the immune system. It is also fun! That is why I was drawn to it, when I was introduced to it at another senior center. How can you go wrong with music (everything from Elvis to Celia Cruz), drumsticks and a drum set (stability ball and a laundry basket)? I took the basic teacher training, and participate in ongoing trainings. I am a nurse and a music lover who loves fitness.

Drums Alive is available to anyone who can pick up a drumstick. I look forward to you joining our Drums Alive community! **The classes are currently being held on Mondays at 9:30 AM. Come drum with us anytime.**

PICNIC IN THE PARK:

Wednesday, June 11th from 9:00 am — 12:30 pm

Fitts Park, 3050 S 500 E, South Salt Lake, UT 84106

**Registration required for lunch! Please sign-up at the front desk in advanced.*

LIVING WELL WITH DIABETES:

Thursdays, June 12th - July 17th from 12:30 - 3:00 pm

A free 6 week self-management workshop

A workshop for people 60 years and older who have pre-diabetes, diabetes, or caregivers. Trained facilitators will help you manage your condition so you can enjoy life.

You will learn about: Basic information about diabetes; How to manage blood sugar; Making healthy menus and reading food labels; Managing symptoms; Physical activity and effect on sugar levels; Healthy eating and menu planning; Medication management.

CENTER INFORMATION

2531 South 400 East
South Salt Lake City, UT 84115

MAIN: (385)468-3340

Meals are suggested donation of \$4.00 for 60+ and under 60 cost is \$7.
Pay at the front desk

HOURS

Monday - Friday
8:30 AM - 4:00 PM

Lunch
11:30 AM—12:15 PM

CENTER STAFF

**Manager: Matt Waite
& Olivia Snyder**

Coordinator: Ashika Neopany
OS: Annie Terrell
Driver: Lisa (SSLC)

TRANSPORTATION

Wednesday—Friday
South Salt Lake Only
(Call for availability)

WEBSITE

<https://www.saltlakecounty.gov/aging-adult-services/community/senior-centers/south-salt-lake/>

**SL SALT LAKE
COUNTY**

AGING & ADULT SERVICES

Thank you to SSL Rec. team for providing transportation and bingo prizes.

Monday	Tuesday	Wednesday	Thursday	Friday
		Mon-Fri: 8:30-3:30 *Computer *Puzzles game *Exercise Vibrating Machine *Board Games *Coffee & Toast (*till 11:00 am) * Wii Bowling	1 9:00 Shopping Day-WinCo 9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 Picture Bingo 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS	2 9:30 EnhanceFitness 10:30 Trip to Granite Library 10:30 Line Dance 10:30 Walk With Ease 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga
		5	6	7
9:00 The Morning Beverage Club 9:30 Drums Alive 9:30 EnhanceFitness 10:30 Walk With Ease 11:30 Lunch 11:30-3:00 Pickleball	9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Walk With Ease 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-Walmart 9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 Craft with Vickie 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS	9:00 Pancake Breakfast 9:30-10:10 EnhanceFitness 10:30 Line Dance 10:30 Entertainment ♪ Time Steppers ♪ 10:30 Walk With Ease 11:30 Lunch 12:00-2:30 Pickleball 1:15 Chair Yoga
12	13	14	15	16
9:00 The Morning Beverage Club 9:30 Drums Alive 9:30 EnhanceFitness 10:30 Cool Chicks 10:30 Walk With Ease 11:30 Lunch 11:30-3:00 Pickleball	9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS	9:15 Blood Pressure Checks 9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Walk With Ease 10:30 Presentation by SSL Police Department 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-WinCo 9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 Presentation by Jill "Yellowstone" 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Line Dance 10:30 Picture Bingo 10:30 Walk With Ease (last class) 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga
19	20	21	22	23 Memorial Day Special!
9:00 The Morning Beverage Club 9:30 Drums Alive 9:30 EnhanceFitness 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball	9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Vital Aging 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-Walmart 9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Line Dance 10:30 Entertainment ♪ Larry Turner ♪ 11:30 Lunch 12:00-2:30 Pickleball 1:15 Chair Yoga
26 Center Closed	27	28	29	30
 <p>MEMORIAL DAY REMEMBERING & HONORING ALL WHO SERVED</p>	9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball 1:00 CHESS	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-WinCo 9:00 The Morning Beverage Club 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 BINGO 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:00 Trip to the Three Creeks Confluence Park 10:30 Line Dance 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga