

# SOUTH SALT LAKE SENIOR CENTER

## April, 2025



### LIVE ENTERTAINMENT

♪ Heart & Soul ♪ - Wednesday, April 9th at 10:30 am  
♪ Dec' Belles ♪ - Friday, April 25th at 10:30 am

### MONTHLY BLOOD PRESSURE CHECKS

BY SOUTH SALT LAKE FIRE DEPARTMENT: **Wednesday, April 9th at 9:15 am**

**VACCINE CLINIC: Thursday, April 10th from 9 am to 12 pm**

Vaccines available: Flu, Covid-19, RSV, & Shingles (No appointment required)  
*Please bring any insurance cards, including original and replacement Medicare cards.*

**VITAL AGING: Wednesday, April 16th at 10:30 am**

**SLCO RECORDER: GET A FREE COPY OF YOUR PROPERTY RECORD**

**Wednesday, April 23rd from 10 am to 12 pm**

**FALL PREVENTION AWARENESS: Thursday, April 24th at 10:30 am**

*Please register at the front desk or call at 385-468-3340.*

### **LINE DANCE: Every Friday at 10:30 am**

I'm Tammy Harris from Montana. I grew up country dancing and swing dancing.

I came to SLC in Jan 1993 and enjoyed dancing at The Bay and at the Murray Dance Center and then began teaching line dancing and have Loved it ever since.

I've competed in line dancing Nationally and Internationally and I took 1st place at many competition events (solo) and enjoyed meeting and dancing with line dancers from all over the world.

I have thoroughly Enjoyed teaching All kinds of Line Dances to All kinds of different music!!

**Come join me on Fridays at 10:30am!!!**



**TAKE CARE OF YOUR HEALTH, CHECK YOUR BLOOD PRESSURE REGULARLY. YOU CAN ACCESS AN AUTOMATIC BLOOD PRESSURE MACHINE AT SOUTH SALT LAKE SENIOR CENTER.**

*Please visit the front desk or call at 385-468-3340 if you have any questions.*



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

### **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/](https://www.saltlakecounty.gov/aging-adult-services/community/senior-centers/south-salt-lake/)

**SL SALT LAKE  
COUNTY**

**AGING & ADULT SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 31</b>	<b>April 1</b>	<b>April 2</b>	<b>April 3</b>	<b>April 4</b>
9:30 <b>Drums Alive</b> 9:30 EnhanceFitness 10:30 <b>BINGO</b> 11:30 Lunch 11:30-3:00 Pickleball	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Birthday Lunch 11:30-3:00 Pickleball 	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Presentation by Reece Stein - "Cuba" 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-WinCo 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Picture Bingo 10:30 Line Dance 11:30 Lunch 12:00-2:30 Pickleball 1:15 Chair Yoga
<b>April 7</b>	<b>April 8</b>	<b>April 9</b>	<b>April 10</b>	<b>April 11</b>
<del>9:30 Drums Alive</del> 9:30 EnhanceFitness 10:30 Walk With Ease 10:30 <b>BINGO</b> 11:30 Lunch 11:30-3:00 Pickleball	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Walk With Ease 10:30 Entertainment ♫ Heart & Soul ♫ 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-Walmart 9-12 Vaccine Clinic 9:30 Arthritis Exercise 10:30 U of U Exercise 10:30 Craft with Vickie 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Line Dance 10:30 Walk With Ease 10:30 <b>BINGO</b> 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga
<b>April 14</b>	<b>April 15</b>	<b>April 16</b>	<b>April 17</b>	<b>April 18</b>
9:30 <b>Drums Alive</b> 9:30 EnhanceFitness 10:30 Walk With Ease 10:30 <b>Cool Chicks</b> 11:30 Lunch 11:30-3:00 Pickleball	9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:15 ESL Class 10:30 Art Class: Co-Op 10:30 Vital Aging 10:30 Walk With Ease 11:30 Lunch 11:30-3:00 Pickleball 2:30 Mat Yoga-Stretching	9:00 Shopping Day-WinCo 9:30 Arthritis Exercise 10:30 U of U Exercise 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Line Dance 10:30 Walk With Ease 10:30 Picture Bingo 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga 1:45 Field Trip to Ririe-Woodbury Dance Company
<b>April 21</b>	<b>April 22</b>	<b>April 23</b>	<b>April 24</b>	<b>April 25</b>
9:30 <b>Drums Alive</b> 9:30 EnhanceFitness 10:30 <b>BINGO</b> 10:30 Walk With Ease 11:30 Lunch 11:30-3:00 Pickleball	9:30 Arthritis Exercise 10:30 U of U Exercise (last class) 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10-12 SLCO Recorder Property Watch 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 9:30 Arthritis Exercise 10:30 Fall Prevention 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Line Dance 10:30 Walk With Ease 10:30 Entertainment ♫ Deci' Belles ♫ 11:30 Lunch 12:00 -2:30 Pickleball 1:15 Chair Yoga
<b>April 28</b>	<b>April 29</b>	<b>April 30</b>	<b>May 1</b>	<b>May 2</b>
9:30 <b>Drums Alive</b> 9:30 EnhanceFitness 10:30 Walk With Ease 11:30 Lunch 11:30-3:00 Pickleball	9:30 Arthritis Exercise 10:30 <b>BINGO</b> 11:30 Lunch 11:30-3:00 Pickleball	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-WinCo 9:30 Arthritis Exercise 10:30 Mini Book Club Reader's Digest 11:30 Lunch 11:30-3:00 Pickleball	9:30 EnhanceFitness 10:30 Line Dance 10:30 Walk With Ease 10:30 Picture Bingo 11:30 Lunch 11:30-2:30 Pickleball 1:15 Chair Yoga

Mon-Fri: 8:30-3:30 - Computer, Puzzles game, Ping Pong, Wii Bowling, & Exercise Vibrating Machine

South Salt Lake Senior Center 385-468-3340 2531 S 400 E, SLC UT 84115