

# SUNDAY ANDERSON

## SENIOR CENTER

May 2025

### Exercise Classes | Mother's Day Comedy

Lace up your sneakers and join our **Walking Group** as we take a refreshing stroll around the park! Walking is one of the best ways to **boost your health, shed a few pounds, improve circulation, and lift your mood**—all while enjoying the great outdoors. It's also a perfect chance to **make new friends, share some laughs, and stay active together**. We'll meet at the Senior Center and walk at a comfortable pace, so everyone can enjoy the benefits. In case of inclement weather, class will be canceled, but on sunny days, get ready to breathe in the fresh air and feel amazing. Let's get moving—one step at a time! **Every Friday at 10:00 AM**. See you there!

Get ready to stay active and energized with our **new University Student-Led Exercise Video Classes** starting **April 21st!** These engaging and easy-to-follow workouts are designed specifically for older adults, helping you improve strength, flexibility, and overall well-being from the comfort of the Senior Center. Exercise is one of the best ways to boost energy, support mobility, and enhance mood—so don't miss out! Join us and keep your body moving while having fun with guided routines created by enthusiastic university students. Let's stay strong together!

We're thrilled to offer **even more ways to stay active and healthy** with new **video-led exercise classes** starting in May! While we can't bring in more teachers, we've got the next best thing—**certified instructors leading engaging, high-quality workout sessions on video**. These classes are designed specifically for older adults and offer something for everyone:

- \* **Meditation & Breathing with Mary** – Tuesdays at 12:15 PM: Relax, reduce stress, and improve focus with calming guided breathing techniques. A perfect way to reset and refresh! You can do this sitting or if you'd like, bring your own mat.
- \* **Cardio with Paige** – Thursdays at 12:15 PM: Get your heart pumping with an energizing workout that helps **boost endurance, improve circulation, and increase strength**. Move at your own pace and feel the benefits!
- \* **Chair Yoga – Fridays at 12:15 PM** (Bring Your Own Mat): Improve flexibility, balance, and mobility with **gentle, seated yoga poses** that will leave you feeling stronger and more limber.

No matter your fitness level, these classes are a fantastic way to stay **active, healthy, and connected**—all in a fun and supportive environment. Mark your calendars and come move with us!

### CENTER INFORMATION

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

(385)468-3155

868 West 900 South  
Salt Lake City, UT 84104

<https://www.saltlakecounty.gov/sunday-anderson-westside>

Manager: Olivia Snyder  
Programs: Amy Hackett  
Office Specialist: Vacant  
Driver: Bill Christensen  
385-377-7318  
Kitchen Lead: May Aung  
Custodian: Chance Tolman

### BIRTHDAY TUES

Tuesday, May 6th  
Entertainment 11:00 AM  
by Larry Turner

### BLOOD PRESSURE/GLUCOSE CHECKS

Wednesday, May 7th & 21st  
10:30 AM

### VITAL AGING

Wednesday, May 14th & 28th  
10:30 AM

### COMPUTER HELP

Thursdays  
See Signup Sheet for Available times

### DIAMOND ART

Friday, May 16th  
10:00 AM  
See Signup Sheet to for Availability

### MOTHER'S DAY

Friday, May 9th  
11:00 AM

### COMEDY starring Alice Morris

Join us on **Friday, May 9th, at 11:00 AM** for a **hilarious comedy show starring the one and only Alice Morris!** Get ready for a morning full of **laughter, wit, and feel-good fun** as Alice brings her comedic talents to the stage. Laughter is the best medicine, so don't miss this chance to share some smiles and good times with friends. Come for the comedy, stay for the fun—it's a show you won't want to miss!

**SL**  
**SALT LAKE**  
**COUNTY**  
**AGING & ADULT**  
**SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Daily Activities 7:00AM-3:45PM: Billiards Brain Teaser Hidden Pics Coloring Pages Computer Lab Exercise Equipment Horseshoes Shuffleboard Ping Pong	<b>June Activities</b> * June 3rd Birthday Tuesday 11:00 Heart & Soul * June 10th AARP Driver Safety Class * June 13th Father's Day * Vital Aging Wednesday, June 11th & 25th * Friday June 20th CLOSED * Friday, June 23rd Diamond Art	<b>NEED A RIDE TO THE CENTER?</b> If you live in our boundaries you're in luck! To Find out if you live in our boundaries, see the front desk. To Schedule a ride, call Bill at 385-377-7318	<b>9:00-10:00 Computer Help</b> by Appointment 9:30...Wii Bowling 9:30... Ceramics Open Studio 11:00 ...Movie Thursdays 11:30 ..Lunch <b>12:15...Cardio VIDEO</b> w/Paige	9:30...Ceramics Open Studio <b>10:00...Walking Group</b> <b>10:30...Watercolor Card Class</b> 11:00 ...Movie Fridays 11:30 ...Lunch <b>12:15...Chair Yoga VIDEO</b> w/
5	6	7	8	9
9:00....AFEP 9:30.... Wii Bowling 9:30.... Ceramics 11:30 ...Lunch <b>12:15...U of U Exercise VIDEO</b>	9:30.... Ceramics Open Studio <b>11:00...Entertainment</b> 11:30... Lunch <b>12:00...Bingo</b> <b>12:15...Meditation &amp; Breathing Yoga VIDEO</b> w/Mary	9:00... AFEP 9:30 ... Ceramics <b>10:30...Blood Pressure Blood Glucose Checks</b> 11:30 ...Lunch <b>12:15...U of U Exercise VIDEO</b>	<b>9:00-10:00 Computer Help</b> by Appointment 9:30...Wii Bowling 11:00 ...Movie Thursdays 11:30 ..Lunch <b>12:15...Cardio VIDEO</b> w/Paige	9:30...Ceramics Open Studio <b>10:00...Walking Group</b> <b>11:00 ...Comedy</b> starring <b>Alice Morris</b> 11:30...Lunch <b>12:15...Chair Yoga VIDEO</b> w/ SLC Instructors
12	13	14	15	16
9:00....AFEP 9:30.... Wii Bowling 9:30.... Ceramics 10:00...Bonsai & Origami 11:30...Lunch <b>12:15...U of U Exercise VIDEO</b>	9:30 ... Ceramics Open Studio 9:00 ... Bingo <b>11:30 ..Lunch</b> <b>12:15...Meditation &amp; Breathing Yoga VIDEO</b> w/Mary <b>12:30...Dealing w/ Dementia</b>	9:00 ... AFEP 9:30 ... Ceramics <b>10:30...Vital Aging</b> 11:30 ...Lunch <b>12:15...U of U Exercise VIDEO</b>	<b>9:00-10:00 Computer Help</b> by Appointment 9:30...Wii Bowling 9:30 ... Ceramics Open Studio 11:00 ...Movie Thursdays 11:30 ..Lunch <b>12:15...Cardio VIDEO</b> w/Paige <b>12:30...Dealing w/ Dementia</b>	9:30...Ceramics Open Studio <b>10:00...Walking Group</b> <b>10:00...Diamond Art</b> 11:00 ...Movie Fridays 11:30...Lunch <b>12:15...Chair Yoga VIDEO</b> w/ SLC Instructors
19	20	21	22	23
9:00....AFEP 9:30.... Wii Bowling 9:30.... Ceramics 11:30 ...Lunch <b>12:15...U of U Exercise VIDEO</b>	9:30 ... Ceramics Open Studio 9:00 ... Bingo <b>11:30 ..Lunch</b> <b>12:15...Meditation &amp; Breathing Yoga VIDEO</b> w/Mary	9:00... AFEP 9:30 ... Ceramics <b>10:30...Blood Pressure Blood Glucose Checks</b> 11:30 ...Lunch <b>12:15...U of U Exercise VIDEO</b>	<b>9:00-10:00 Computer Help</b> by Appointment 9:30...Wii Bowling 10:00-1:30 Open Art Studio 11:00 ...Movie Thursdays 11:30 ..Lunch <b>12:15...Cardio VIDEO</b> w/Paige	9:30....Ceramics Open Studio <b>10:00...Walking Group</b> 11:00 ...Movie Fridays 11:30 ...Lunch <b>12:15...Chair Yoga VIDEO</b> w/ SLC Instructors
26	27	28	29	30
<b>CENTER CLOSED</b>  <b>MEMORIAL DAY</b>	9:30 ... Ceramics Open Studio 9:00 ... Bingo <b>11:30 ..Lunch</b> <b>12:15...Meditation &amp; Breathing Yoga VIDEO</b> w/Mary	9:00....AFEP 9:30 ...Ceramics <b>10:30...Vital Aging</b> 11:30... Lunch <b>12:15...U of U Exercise VIDEO</b>	<b>9:00-10:00 Computer Help</b> by Appointment 9:30...Wii Bowling 10:00-1:30 Open Art Studio 11:00 ...Movie Thursdays 11:30 ..Lunch <b>12:15...Cardio VIDEO</b> w/Paige	9:30....Ceramics Open Studio <b>10:00...Walking Group</b> 11:00 ...Movie Fridays 11:30 ...Lunch <b>12:15...Chair Yoga VIDEO</b> w/ SLC Instructors