

# Taylorsville Senior Center

May 2025



## **HIGHLIGHTED PROGRAMS:**

**Birthday Tuesday** - Tuesday, May 6<sup>th</sup>. Celebrate the May Birthdays. Entertainment starts at 11:00<sup>am</sup> with Dieter the Singing Cowboy.

**Vital Aging** - Tuesdays at 10:30<sup>am</sup> in Classroom B. Topic for this month is **Stress Management**. Join Jesse to learn how to spot stressors of life and how to manage them. Come learn the tried-and-true tools that can help you cope and manage stress in a healthier way.

**Property Watch** - Monday, May 12<sup>th</sup> from 10:30<sup>am</sup> to 12:30<sup>pm</sup> in the dining room. This is a program run by Salt Lake County. Stop by their table to learn how to protect yourself from various scams.

**How to Manager Arthritis Webinar** - Come and watch this Webinar recorded by SLCO Health Educator Paige Corley on Wednesday, May 21<sup>st</sup> at 10:00<sup>am</sup> and the same webinar again on Friday, May 23<sup>rd</sup> at 2:00<sup>pm</sup>

**Musical Performance by Arcadia Elementary School** - Friday, May 23<sup>rd</sup> at 11:30<sup>am</sup> in the Dining Room. Come see them perform an opera where they wrote all of the music and the lyrics!

## **ANNOUNCEMENTS:**

- \* **BINGO** - Three times a week! Check calendar for dates and times.
- \* In-person dining and hot meal take out: 11:30<sup>am</sup> - 12:15<sup>pm</sup> Mon.-Fri.
- \* **PICKLEBALL** paddles and balls available for sign out. Must leave Drivers License.
- \* All activities are subject to change

## Center Information

### HOURS

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

### CONTACT

**(385)468-3370**

Manager: Mike Potter

Programs: Vacant

Office: Daisy Figueroa

Kitchen: Peter Rackl

Transportation: Dana Bishop  
Michael Belew

## ADDRESS

4743 S. Plymouth View Dr.  
(4743 S. 1650W.)  
Taylorsville, Utah 84123

## WEBSITE

[www.slco.org/  
taylorsville-senior-center](http://www.slco.org/taylorsville-senior-center)



**SALT LAKE  
COUNTY**  
AGING & ADULT  
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>May</h1>			<b>1</b>	<b>2</b>
			<p>9:00 <b>Wendover</b>            9:30 Crochet Group            9:30 Refugee Sewing            10:00 Wii Bowling            12:00 Table Tennis</p>	<p>9:00 Chair Aerobics            10:00 Walmart Bus            10:00 Bingo            10:30 EnhanceFitness</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p>9:00 Chair Aerobics            9:30 Refugee Joy Club            10:00 Dollar Tree Bus            10:30 EnhanceFitness            1:00 Bingo</p>	<p>9:30 Crochet Group  <b>10:30 Vital Aging</b>  <b>11:00 Entertainment</b>            1:00 Hatha Yoga            2:30 Table Tennis</p>	<p>9:00 Chair Aerobics  <b>9:30 Advisory Mtng.</b>            10:30 EnhanceFitness            1:00 Bingo  <b>2:00 Drums Alive</b></p>	<p>9:30 Crochet Group            9:30 Refugee Sewing            10:00 Wii Bowling            12:00 Table Tennis  <b>1:00 Good Grief</b></p>	<p>9:00 Chair Aerobics            10:00 Walmart Bus            10:00 Bingo            10:30 EnhanceFitness</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>9:00 Chair Aerobics            9:30 Refugee ESL            10:30 EnhanceFitness  <b>11:00 Book Club</b>            1:00 Bingo</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>Property Watch</u>            10:30<sup>am</sup> to 12:30<sup>pm</sup></p> </div>	<p><b>9:00 Biscuits &amp; Gravy</b>            9:30 Crochet Group  <b>10:00 In Person Craft</b>            10:00 Wii Bowling  <b>10:30 Vital Aging</b>            1:00 Hatha Yoga            2:30 Table Tennis</p>	<p>9:00 Chair Aerobics            10:30 EnhanceFitness  <b>12:00 Ice Cream</b>            1:00 Bingo  <b>2:00 Drums Alive</b>  <b>2:00 Story Taylors</b></p>	<p>9:30 Crochet Group            9:30 Refugee Sewing            12:00 Table Tennis  <b>5:00 Evening at the Center</b></p>	<p>9:00 Chair Aerobics            10:00 Walmart Bus            10:00 Bingo            10:30 EnhanceFitness</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>9:00 Chair Aerobics            9:30 Refugee Joy Club            10:30 EnhanceFitness            1:00 Bingo</p>	<p>9:30 Crochet Group  <b>10:30 Vital Aging</b>            1:00 Hatha Yoga            2:30 Table Tennis</p>	<p>9:00 Chair Aerobics  <b>10:00 How to Manage Arthritis - Webinar</b>            10:30 EnhanceFitness            1:00 Bingo  <b>2:00 Drums Alive</b></p>	<p>9:30 Crochet Group            9:30 Refugee Sewing            10:00 Wii Bowling            12:00 Table Tennis  <b>1:00 Good Grief</b></p>	<p>9:00 Chair Aerobics            10:00 Walmart Bus            10:00 Bingo            10:30 EnhanceFitness  <b>2:00 How to Manage Arthritis - Webinar</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>Musical Performance</u>  <u>Arcadia School</u>            11:15<sup>am</sup> - Cafeteria</p> </div>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p style="text-align: center;">CENTER CLOSED FOR MEMORIAL DAY</p>	<p>9:30 Crochet Group  <b>10:30 Vital Aging</b>            1:00 Hatha Yoga            2:30 Table Tennis</p>	<p>9:00 Chair Aerobics            10:30 EnhanceFitness            1:00 Bingo  <b>2:00 Drums Alive</b>  <b>2:00 Story Taylors</b></p>	<p>9:30 Crochet Group            9:30 Refugee Sewing            10:00 Wii Bowling            12:00 Table Tennis</p>	<p>9:00 Chair Aerobics            10:00 Walmart Bus            10:00 Bingo            10:30 EnhanceFitness</p>