

Taylorsville Senior Center

May 2025



HIGHLIGHTED PROGRAMS:

Birthday Tuesday - Tuesday, May 6th. Celebrate the May Birthdays. Entertainment starts at 11:00^{am} with Dieter the Singing Cowboy.

Vital Aging - Tuesdays at 10:30^{am} 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 12th from 10:30^{am} to 12:30^{pm} 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 21st at 10:00^{am} and the same webinar again on Friday, May 23rd at 2:00^{pm}

Musical Performance by Arcadia Elementary School - Friday, May 23rd at 11:30^{am} 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^{am} - 12:15^{pm} 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

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(4743 S. 1650W.)
Taylorsville, Utah 84123

WEBSITE

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



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