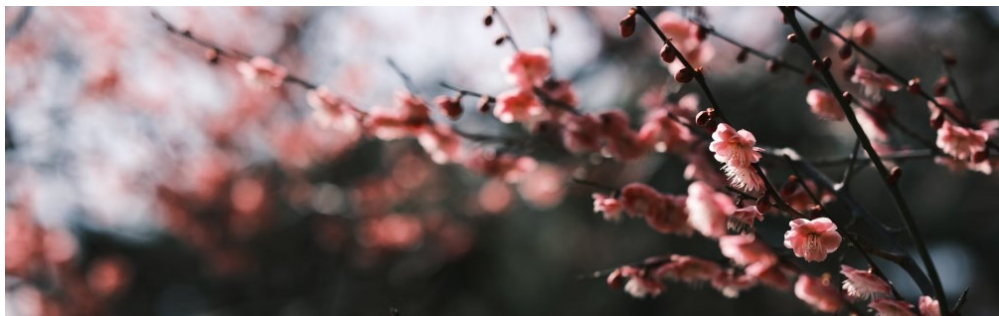


Tenth East

Senior Center

February, 2025



HIGHLIGHTED PROGRAMS

Valentine's Day Entertainment:

Friday, February 14, 11:30 AM

Enjoy live music provided by the joyful duo, Alobar & Kudra. Their sweet harmonies reach out to include audience members in historically popular songs. Entertainment is supported by our partnership with the Heart & Soul organization.

Handyman & Home Repair Information Table:

Monday, February 10, 11:00 AM—12:30 PM

Learn about Salt Lake City's Handyman and Home Repair programs for eligible residents. The Handyman program offers grant assistance for small household repairs and preventative maintenance. The Home Repair program offers a low-interest or no-interest loan for large necessary repairs.

ANNOUNCEMENTS

Closed for Holidays: Monday, February 17— Presidents' Day

Center News Email Blast: Receive updates and information by giving your email address to a staff person at the front desk.

Remodel Postponed: The temporary closure of Tenth East Senior Center has been postponed due to meeting building design requirements.

Program Registration: All classes require registration. Please check in at the front desk. Thank you.

Scan Your Card: Scanning your card at the front desk is vital for the functioning of this center. Thank you for your participation.

CENTER INFORMATION

HOURS

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

LUNCH

11:30 AM - 12:15 PM

CONTACT

(385) 468-3140

Management: Matt Waite

Programs: Lara Kandolin

Office: Donnie Tidwell

Maintenance: Jason Hill

Kitchen: Jill Roberts

ADDRESS

237 South 1000 East
Salt Lake City, UT
84102

WEBSITE

<https://slco.org/tenth-east-senior-center/>



Monday**Tuesday****Wednesday****Thursday****Friday**

February

3

9:00 Knit & Chat
 9:30 Open Dance
 10:30 EnhanceFitness
 1:00 EnhanceFitness
 2:15 Pickleball

4

10:00 Ballet
 10:30 Chair Yoga
 12:00 Bridge
 2:30 Arthritis Exercise

Tech. Help by Appt.

5

9:30 Open Dance
 9:45 Stretch Yoga
 10:30 EnhanceFitness
 12:30 Hand & Foot
 Card Game
 1:00 EnhanceFitness
 2:15 Pickleball

6

9:45 Strength Yoga
 10:00 Ballet
 1:30 Amer. Mahjong
 1:30 Tai Chi

Tech. Help by Appt.

7

9:00 Stretch Yoga
**10:00 AARP Smart
 Driver Course**
 10:30 EnhanceFitness
 1:00 EnhanceFitness
 2:15 Pickleball
 2:30 Arthritis Exercise

10

9:00 Knit & Chat
 9:30 Open Dance
 10:30 EnhanceFitness
**11:00 Handyman and
 Home Repair
 INFO Table**
 1:00 EnhanceFitness
 2:15 Pickleball

11

10:00 Ballet
 10:30 Chair Yoga
 12:00 Bridge
 2:30 Arthritis Exercise

Tech. Help by Appt.

12

9:30 Open Dance
 9:45 Stretch Yoga
 10:30 EnhanceFitness
 12:30 Hand & Foot
 Card Game
 1:00 EnhanceFitness
 2:15 Pickleball

13

9:45 Strength Yoga
 10:00 Ballet
 1:30 Amer. Mahjong
 1:30 Tai Chi

Tech. Help by Appt.

14

9:00 Stretch Yoga
 10:30 EnhanceFitness
**11:30 Valentine's Day
 Entertainment**
 1:00 EnhanceFitness
 2:15 Pickleball
 2:30 Arthritis Exercise

17**Center
Closed****18**

10:00 Ballet
 10:30 Chair Yoga
 12:00 Bridge
 2:30 Arthritis Exercise

Tech. Help by Appt.

19

9:30 Open Dance
 9:45 Stretch Yoga
 10:30 EnhanceFitness
 12:30 Hand & Foot
 Card Game

12:30 Writing Group

1:00 EnhanceFitness
 2:15 Pickleball

20

9:45 Strength Yoga
 10:00 Ballet
 1:30 Amer. Mahjong
 1:30 Tai Chi

Tech. Help by Appt.

21

9:00 Stretch Yoga
 10:30 EnhanceFitness
 1:00 EnhanceFitness
 2:15 Pickleball
 2:30 Arthritis Exercise

24

9:00 Knit & Chat
 9:30 Open Dance
 10:30 EnhanceFitness
 1:00 EnhanceFitness
 2:15 Pickleball

25

10:00 Ballet
 10:30 Chair Yoga
 12:00 Bridge
 2:30 Arthritis Exercise

Tech. Help by Appt.

26

9:30 Open Dance
 9:45 Stretch Yoga
 10:30 EnhanceFitness
 12:30 Hand & Foot
 Card Game
 1:00 EnhanceFitness
 2:15 Pickleball

27

9:45 Strength Yoga
 10:00 Ballet
 1:30 Amer. Mahjong
 1:30 Tai Chi

Tech. Help by Appt.

28

9:00 Stretch Yoga
 10:30 EnhanceFitness
 1:00 EnhanceFitness
 2:15 Pickleball
 2:30 Arthritis Exercise