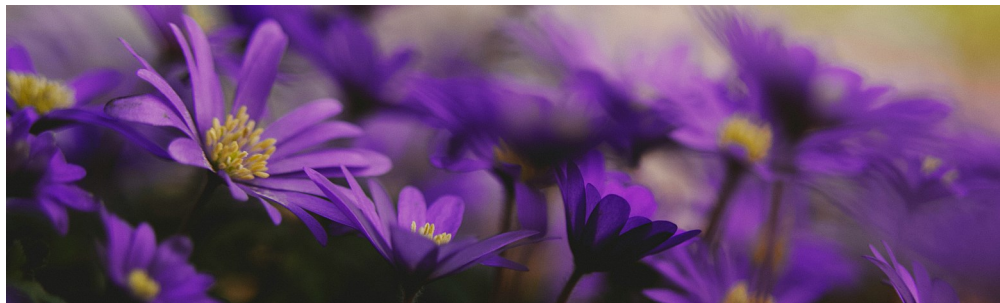


# Tenth East Senior Center

May, 2025



## HIGHLIGHTED PROGRAMS

### **Live Music: Old Time Fiddlers**

**Friday, May 9, 11:30 AM-12:30 PM**

Join us for the Mother's Day holiday meal and live music by the Old Time Fiddlers, a folk group that is, "dedicated to the promotion, perpetuation, and enjoyment of old-time music."

### **Property Watch: Salt Lake County Recorder**

**Monday, May 19, 11:00 AM-1:00 PM**

Get a free copy of your property records and get your property questions answered. This service helps property owners monitor their property records, protect themselves against title fraud, and stay informed about changes to their property. No appointment needed, please stop by during the allotted time.

### **Stepping Up Your Nutrition**

**Friday, May 30, 10:00 AM-12:00 PM**

Discover the importance of balanced nutrition for fall prevention and identify key factors that contribute to malnutrition. Registration is required. Please register at the front desk.

## ANNOUNCEMENTS

**Closed for Holiday:** Monday, May 26 - Memorial Day

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

**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/>



SALT LAKE  
COUNTY  
AGING & ADULT  
SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi  Tech. Help by Appt	9:00 Stretch Yoga <b>10:00 AARP Smart Driver Course</b>  10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
5	6	7	8	9
9:00 Knit & Chat 9:30 Open Dance 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:30 Chair Yoga 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Stretch Yoga 10:30 EnhanceFitness 12:30 Hand & Foot Card Game 1:00 EnhanceFitness 2:15 Pickleball	9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi  Tech. Help by Appt	9:00 Stretch Yoga 10:30 EnhanceFitness  <b>11:30 Live Music Old Time Fiddlers</b> <i>Mother's Day Celebration</i>  1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
12	13	14	15	16
9:00 Knit & Chat 9:30 Open Dance 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:30 Chair Yoga 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Stretch Yoga 10:30 EnhanceFitness 12:30 Hand & Foot Card Game 1:00 EnhanceFitness 2:15 Pickleball	9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi  Tech. Help by Appt	9:00 Stretch Yoga 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
19	20	21	22	23
9:00 Knit & Chat 9:30 Open Dance 10:30 EnhanceFitness  <b>11:00 - 1:00 Property Watch SLC Co Recorder</b>  1:00 EnhanceFitness 2:15 Pickleball	10:00 Ballet 10:30 Chair Yoga 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Stretch Yoga 10:30 EnhanceFitness 12:30 Hand & Foot Card Game  <b>12:30 Writing Group</b>  1:00 EnhanceFitness 2:15 Pickleball	9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi  Tech. Help by Appt	9:00 Stretch Yoga 10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise
26	27	28	29	30
<b>Center Closed</b>	10:00 Ballet 10:30 Chair Yoga 12:00 Bridge 2:30 Arthritis Exercise  Tech. Help by Appt.	9:30 Open Dance 9:45 Stretch Yoga 10:30 EnhanceFitness 12:30 Hand & Foot Card Game 1:00 EnhanceFitness 2:15 Pickleball	9:45 Strength Yoga 10:00 Ballet 1:30 Amer. Mahjong 1:30 Tai Chi  Tech. Help by Appt	9:00 Stretch Yoga  <b>10:00 - 12:00 Stepping Up Your Nutrition</b> <i>Educational Presentation</i>  10:30 EnhanceFitness 1:00 EnhanceFitness 2:15 Pickleball 2:30 Arthritis Exercise