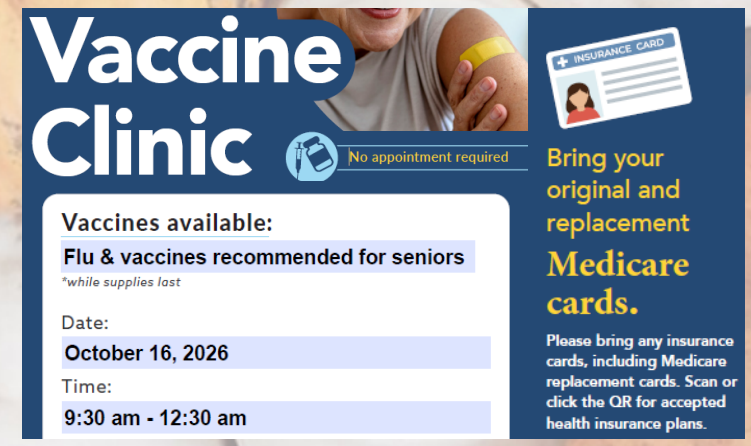
West Jordan
Senior Center
October 2026

The Aging Mastery Program
- FINAL YEAR-
Must Register!
See insert for more information



Meet the Candidates Day
Monday, Oct. 19th
10:00AM

Birthday Tuesday Entertainment
Tuesday, Oct. 13th
11:00AM
Jenny Floor

HALLOWEEN PARTY
****Thursday, October 29th****
Wear your best costume!
10:00AM Spooky Cake Walk
12:00PM Costume Contest
(multiple categories)

Our Mission
Promoting Independence through Advocacy, Engagement, and Access to Resources.

Center Information
Manager: Amber Christensen
Programs: Sharon Gibson
Office: Nicole Burgess
Kitchen: Vacant
Driver: Dale Perkins
Custodian: Cameron Smith

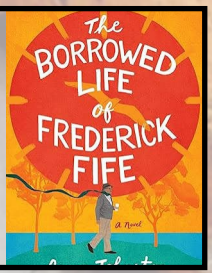
Monday - Friday
7:00 AM - 4:00 PM

Address
8025 S 2200 W
West Jordan, UT 84088
(385) 468-3401

Website
saltlakecounty.gov/west-jordan-senior-center/

SALT LAKE COUNTY
AGING & ADULT SERVICES

Book Club
Thursday, October 8th
1:00 PM
The Borrowed Life of Frederick Fife



MONDAY	TUESDAY	WEDNESDAY	1 THURSDAY	2 FRIDAY
Upcoming in November **Thanksgiving Holiday Meal*** Tuesday, Nov. 17th *Sign up at the front desk			**9:00** Basic English 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Swedish Weaving 10:00 Wii Bowling 10:45 Drums Alive #2 10:45 U of U Strength 12:30 Bingo 12:30 Abstract Art 1:30 Bunco 1:30 Beg. Pickleball @ GF	9:00 Tatting 9:30 Low Impact Fitness 10:00 Plastic Canvas 10:00 Vital Aging Series 11:30 EnhanceFitness® 12:00 Lapidary 1:00 WJ Band Practice
5 ~~9:00 Learn to be an Artist~~ 9:30 Low Impact Fitness 10:00 Beg. Spanish 11:00 Spanish 2 11:30 EnhanceFitness® 12:00 Lapidary 1:00 Kumihimo 1:00 Band Practice 1:30 Mexican Train	**6** 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Ceramics 10:00 Wii Bowling 10:45 Drums Alive #2 10:45 U of U Strength 12:30 Bingo ~~12:30 Beg. Guitar~~ **1:00 Threads & Friends** ~~1:30 Inter. Guitar~~ 1:30 Beg. Pickleball @ GF ~~**2:30 Finger-Style Guitar**~~	**7** 8:30 Low Impact Fitness 9:30 Painting 9:30 Knit/Crochet 9:45 Zumba 10:30 Ax Throwing 11:30 EnhanceFitness® 12:00 Lapidary 12:30 Wood Carving 12:30 Bridge **1:00 Threads & Friends**	**8** 9:00 Basic English 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Swedish Weaving 10:00 Wii Bowling 10:45 Drums Alive #2 10:45 U of U Strength 12:30 Bingo 12:30 Abstract Art **1:00 Aging Mastery** **1:00** Book Club 1:30 Bunco 1:30 Beg. Pickleball @ GF	**9** 9:00 Tatting 9:30 Low Impact Fitness 10:00 Plastic Canvas 10:00 Vital Aging Series 11:30 EnhanceFitness® 12:00 Lapidary 1:00 WJ Band Practice
12 ~~9:00 Learn to be an Artist~~ 9:30 Low Impact Fitness **10:00 Vital Aging (Spanish)** 10:00 Beg. Spanish 11:00 Spanish 2 11:30 EnhanceFitness® 12:00 Lapidary 1:00 Kumihimo 1:00 Band Practice ~~1:00 Mind Over Matter~~ 1:30 Mexican Train	**13 BIRTHDAY TUESDAY** 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Ceramics 10:00 Wii Bowling 10:45 Drums Alive #2 ~~10:45 U of U Strength~~ **11:00 Nails with Nellie** **11:00 Entertainment** 12:30 Bingo ~~12:30 Beg. Guitar~~ **1:00 Threads & Friends** ~~1:30 Inter. Guitar~~ 1:30 Beg. Pickleball @ GF ~~**2:30 Finger-Style Guitar**~~	**14** 8:30 Low Impact Fitness 9:30 Painting 9:30 Knit/Crochet 9:45 Zumba 10:30 Ax Throwing **10:00 AARP** 11:30 EnhanceFitness® 12:00 Lapidary 12:30 Wood Carving 12:30 Bridge **1:00 Threads & Friends**	**15** 9:00 Basic English 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Swedish Weaving 10:00 Wii Bowling ~~**10:00** Coins w/Gene~~ 10:45 Drums Alive #2 ~~10:45 U of U Strength~~ 12:30 Bingo 12:30 Abstract Art **1:00 Aging Mastery** 1:30 Bunco 1:30 Beg. Pickleball @ GF	**16** 9:00 Tatting 9:30 Low Impact Fitness **9:30 - 12:30** **VACCINE CLINIC** **(See Front Page for Details)** 10:00 Plastic Canvas 10:00 Vital Aging Series 11:30 EnhanceFitness® 12:00 Lapidary 1:00 WJ Band Practice
19 ~~9:00 Learn to be an Artist~~ 9:30 Low Impact Fitness 10:00 Beg. Spanish **10:00 Candidate Day** 11:00 Spanish 2 11:30 EnhanceFitness® 12:00 Lapidary 1:00 Kumihimo 1:00 Band Practice 1:30 Mexican Train	**20** 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Ceramics 10:00 Wii Bowling 10:45 Drums Alive #2 10:45 U of U Strength 12:30 Bingo 12:30 Beg. Guitar **1:00 Threads & Friends** 1:30 Inter. Guitar 1:30 Beg. Pickleball @ GF **2:30 Finger-Style Guitar**	**21** 8:30 Low Impact Fitness 9:30 Painting 9:30 Knit/Crochet 9:45 Zumba 10:30 Ax Throwing 11:30 EnhanceFitness® 12:00 Lapidary 12:30 Wood Carving 12:30 Bridge **1:00 Threads & Friends**	**22** 9:00 Basic English 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Swedish Weaving 10:00 Wii Bowling 10:45 Drums Alive #2 10:45 U of U Strength 12:30 Bingo 12:30 Abstract Art **1:00 Aging Mastery** 1:30 Bunco 1:30 Beg. Pickleball @ GF	**23** 9:00 Tatting 9:30 Low Impact Fitness 10:00 Plastic Canvas 10:00 Vital Aging Series 11:30 EnhanceFitness® 12:00 Lapidary 1:00 WJ Band Practice
26 9:00 Learn to be an Artist 9:30 Low Impact Fitness 10:00 Beg. Spanish 11:00 Spanish 2 11:30 EnhanceFitness® 12:00 Lapidary 1:00 Kumihimo 1:00 Band Practice 1:30 Mexican Train	**27** 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Ceramics 10:00 Wii Bowling 10:45 Drums Alive #2 10:45 U of U Strength **11:00 Nails with Nellie** 12:30 Beg. Guitar 12:30 Bingo **1:00 Threads & Friends** 1:30 Inter. Guitar 1:30 Beg. Pickleball @ GF **2:30 Finger-Style Guitar**	**28** 8:30 Low Impact Fitness 9:30 Painting 9:30 Knit/Crochet 9:45 Zumba 10:30 Ax Throwing 11:30 EnhanceFitness® 12:00 Lapidary 12:30 Wood Carving 12:30 Bridge **1:00 Threads & Friends**	**29 HALLOWEEN** 9:00 Basic English 9:30 Arthritis Exercise 9:30 Drums Alive #1 10:00 Swedish Weaving 10:00 Wii Bowling **10:00 Cake Walk** 10:45 Drums Alive #2 10:45 U of U Strength **12:00 Costume Contest** 12:30 Bingo 12:30 Abstract Art **1:00 Aging Mastery** 1:30 Bunco 1:30 Beg. Pickleball @ GF	**30** 9:00 Tatting 9:30 Low Impact Fitness 10:00 Plastic Canvas 10:00 Vital Aging Series 11:30 EnhanceFitness® 12:00 Lapidary 1:00 WJ Band Practice