



Riverton Senior Center

September 2022

CENTER INFORMATION

12914 South Redwood Rd.
Riverton, Utah 84065
Phone: 385-468-3040
Open: 7:00^{am} - 4:00^{pm}
Monday thru Friday

MORNING COFFEE

Available mornings from
8:00^{am} to 9:00^{am}
Suggested donation .50¢

FREE TRANSPORTATION

Serving Riverton, Herriman
& Bluffdale

DINING ROOM LUNCH

Monday thru Friday from
11:30^{am} - 12:15^{pm}

SUGGESTED DONATION

\$4.00 for 60+
Under age 60 cost is \$8.00

CENTER STAFF

Manager - Shawn Ashby
Programs - Sherry Cowdell
Office - Debbie Otteson
Kitchen - Marie Riker

WWW.SLCO.ORG/RIVERTON
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AGING & ADULT SERVICES



Arthritis Foundation Exercise Program

Mondays & Wednesdays 11:00^{am}
Begins Wednesday, September 7th
For those with arthritis who want to stay active,
reduce pain and move more easily.

Aging Mastery Program

Sept. 15th to Nov. 17th 12:30^{pm} - 2:00^{pm}
Learn how to navigate living longer by making small
impactful lifestyle changes. Guest experts teach about
sleep, exercise, healthy eating, relationships, finances,
falls & prevention, medication management &
community engagement.

NEW! Hawaiian Dance Class & Belly Dancing Class

Classes alternate each Thursday at 11:00^{am}
Begins Sept. 8th

Call 385-468-3040 to Register

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Sept. 12th Rated PG  M O N D A Y	Sept. 19th Rated PG  M O V I E S	Sept. 26th Rated PG 	9:30 Harmonica 9:30 Mindfulness 10:00 Computer Help 10:00 Zumba Gold 10:30 Guitar w/Chris 1:00 Book Club 1:00 Wood Carving 1:00 Strengthen U	8:00 Clogging 9:00 Lapidary 10:00 Bingo* 12:00 Pottery* 12:30 Bonco*
5	6	7	8	9
Closed in Observance of Labor Day	9:30 Ceramics 9:30 Knit/Crochet 10:00 Anxiety Class 10:00 Senior Ballet 12:30 Canasta 1:00 Strengthen U	9:00 Lapidary 10:00 Wreath Craft 10:00 ESL 10:00 Riverton Glee 11:00 AFEP 12:00 Quilting* 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing	9:30 Harmonica 9:30 Mindfulness 10:00 Computer Help 10:00 Zumba Gold 10:30 Guitar w/Chris 11:00 Hawaiian Dance 12:00 Ukulele Class 1:00 Wood Carving 1:00 Strengthen U	8:00 Clogging 9:00 Lapidary 10:00 Bingo* 12:00 Pottery* 12:30 Storytelling with Mike Rose "Running With The Bulls" 12:30 Bonco*
12	13	14	15	16
9:00 Yoga 9:00 Lapidary Cert 9:30 Movie 10:00 Diamond Dot 10:00 ESL 10:30 All About Coins 11:00 AFEP 12:30 Movie 1:00 Line Dancing	9:30 Ceramics 9:30 Knit/Crochet 10:00 Anxiety Class 10:00 Senior Ballet 10:30 Cooking Class 12:30 Canasta 1:00 Strengthen U	9:00 Lapidary 10:00 ESL 10:00 Riverton Glee 11:00 AFEP 12:00 Quilting* 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing	9:30 Harmonica 9:30 Mindfulness 10:00 Computer Help 10:00 Zumba Gold 10:30 Guitar w/Chris 11:00 Belly Dance 12:00 Ukulele Class 12:30 Aging Mastery 1:00 Wood Carving	8:00 Clogging 9:00 Lapidary 10:00 Bingo* 10:00 Mindfulness Mini Retreat 12:00 Pottery* 12:30 Bonco* Thursday ←1:00 Strengthen U
19	20	21	22	23
9:00 Yoga 9:00 Lapidary Cert 9:30 Movie 10:00 ESL 11:00 AFEP 12:30 Movie 1:00 Line Dancing	9:30 Ceramics 9:30 Knit/Crochet 10:00 Anxiety Class 10:00 Senior Ballet 12:30 Canasta 1:00 Strengthen U	9:00 Lapidary 10:00 ESL 10:00 Riverton Glee 10:00 Lead 101 11:00 AFEP 12:00 Quilting* 12:00 Pottery* 12:30 Texas Hold'em 1:00 Line Dancing	9:30 Harmonica 9:30 Mindfulness 10:00 Computer Help 10:00 Zumba Gold 10:30 Guitar w/Chris 11:00 Hawaiian Dance 12:00 Ukulele Class 12:30 Aging Mastery 1:00 Wood Carving	8:00 Clogging 9:00 Lapidary 10:00 Bingo* 12:00 Pottery* 12:30 Bonco* Thursday ←1:00 Strengthen U
26	27	28	29	30
9:00 Yoga 9:00 Lapidary Cert 9:30 Movie 10:00 ESL 10:30 Stamp Collecting Grp 11:00 AFEP 12:30 Movie 1:00 Line Dancing	9:30 Ceramics 9:30 Knit/Crochet 10:00 Anxiety Class 10:00 Senior Ballet 12:30 Canasta 1:00 Strengthen U	9:00 Lapidary 10:00 ESL 10:00 Riverton Glee 10:00 Wellness 11:00 AFEP 12:00 Quilting* 12:00 Pottery* 1:00 Line Dancing 2:00 Bonus Bingo*	9:30 Harmonica 9:30 Mindfulness 10:00 Computer Help 10:00 Zumba Gold 10:30 Guitar w/Chris 11:00 Belly Dance 12:00 Ukulele Class 12:30 Aging Mastery 1:00 Wood Carving	8:00 Clogging 9:00 Lapidary 10:00 Bingo* 12:00 Pottery* 12:30 Bonco* 1:00 Pickleball Thursday ←1:00 Strengthen U

Arts/Crafts

All About Coins

Monday, Sept. 12th at 10:30^{am}
With Gene

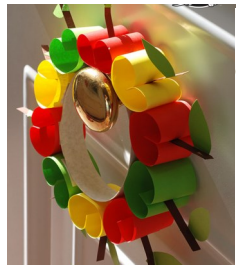
Bring your old and rare coins and discover their value!



September Crafts

Wednesday, Sept. 7th 10:00^{am}
Paper Apple Wreath

Monday, Sept. 12th 10:00^{am}
Diamond Dot Sun Catcher



Crescent Creations

Cooking Class

Tuesday, Sept. 13th 10:30^{am}
Sample the food being cooked and go home with the recipes!



Education/Presentations

Anxiety

Tuesdays in September at 10:00^{am}
With Valley Behavioral Health
Learn more about how anxious thoughts are formed and ways we can override our brain to break the cycle.



Lead 101 Presentation

Wednesday, Sept. 21st 10:00^{am}
With Salt Lake County Health Department
Learn where lead is found and why it is dangerous.



Storytelling with Mike Rose

"Running with The Bulls in Pamplona, Spain"
Friday, September 9th at 12:30^{pm}



New Classes

NEW!

Ukulele Class

Every Thursday at 12:00^{pm}
Beginning Sept. 8th



NEW!

Hawaiian Dance Class

Begins Sept. 8th at 11:00^{am}

And Belly Dancing Class

Begins Sept. 15th at 11:00^{am}



NEW!

Stamp Collecting Group

Monday, Sept. 26th at 10:30^{am}
Whether you are an active stamp collector or just have a few, this fun group is for you!



Registration Information

To register for classes and activities visit the front desk or call 385-468-3040.