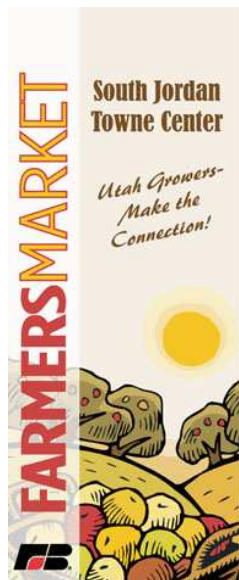


South Jordan City September Events



**South Jordan
Farmer's Market**
Every Saturday
8:00 a.m.—2:00 p.m.

**Constitution Day
Celebration**
September 16
Luncheon at 11:30 a.m.
Evening Program at 6:30 p.m.

Heat on the Street
Chili Cook-off on
Towne Center Drive
September 25



South Jordan Seniors Beauty Shop

Open Monday—Friday
Salon Services for those aged 60 and better

Haircuts	\$9.00
Shampoo Sets	\$9.00
Permanent Wave	\$22.00
Color	\$22.00
Pedicures	\$9.00
Manicures	\$9.00
Long Hair	Add \$1.00



Soothing Massage \$1.00
per minute
Waxing also available
Call for prices
801-302-1222



Save the date in October!

October 14—9:30 a.m.
Cascade Springs · Seating Limited

October 22—Senior Expo
South Towne Exposition Center

October 28—Red Hat
Please see the front office for details
or to sign up.



Watch for additional tours of the beautiful
colors in the canyons—the Fall Leaf tours
will be scheduled at a later date.

AARP Driver's Education Course

October 21 · 9:40 a.m.

Why take a Driver Safety Class? Cars have changed, so
have traffic rules, driving conditions, and the roads we
drive on every day. Brush up on your driving skills to
stay safe!

\$12.00 for AARP members · \$14.00 for non-members
Please pre-register by October 14 by calling the
Community Center 801-302-1222.



Flu Vaccinations

The South Jordan Fire Department will
be at the center September 16, 22 & 28
at 10:00 to administer flu vaccinations. Cost is
\$20.00 or bring your Medicare Card. No
appointment necessary.

Pain Management Using Hypnosis

September 14 · 12:30 p.m.

Free of charge · Please pre-register

Learn how to manage both physical and emotional
pain by using the natural healing power of hypnosis.
Wendy MacDonald will lead you through a safe, in-
teractive method of hypnosis. You will learn to use
the power of your own mind to ease pain and slow the
pain cycle. Workshop is free, but please pre-register.



South Jordan Senior Happenings

September 2010
Volume 3, Issue 9

There are no strangers, only friends that haven't met.

Senior Computer Classes • September

Introduction to Computers

September 21 & 28
9:00—11:30 a.m.
Cost is \$5.00
Instructor: Jim Sanderson
Class size is limited
Pre-registration is required
Introduction to the basics of
the computer.

Internet Level One

September 16, 23 & 30
9:00—11:00 a.m.
Cost is \$5.00
Instructor: Jim Sanderson
Class size is limited.
Pre-registration is required.
This class will teach the ins
and outs of the internet.

One on One Computer Assistance

We are looking for a
volunteer to help with general
computer questions a few
hours per week. If you are
interested in volunteering in
this role, please see the front
office.



Change in "take-out" service • Effective September 1, 2010

If you would like to take your lunch home (the whole meal, or uneaten items
left on your plate) you will need to bring your own container.
We will no longer supply take out containers. Kitchen staff will be happy to
put the meal in the container for you as soon as they are able. If you are taking the meal
home, please bring the container to the kitchen by 11:30 a.m. We are not responsible
for the safety of the food once it is put in your container and handed to you. If you have
questions about this change, please see Wendy in the front office.



Alternate Meal for September • Available on September 23 & 30

Cobb Salad • Please reserve one week in advance



This fantastic salad includes sliced, boneless chicken breast on
a bed of lettuce with hard boiled egg, tomato, cucumber,
radish, carrots, bell pepper, celery, olives, bacon, and avocado.
The alternate lunch must be ordered one week in advance.
Suggested donation is \$2.50 for those aged 60 and better.

Please see the front office for details or assistance in ordering.

Lunch

Monday through Friday 12:00 p.m. · \$2.50 Donation for 60+ is requested
Make Lunch reservation the morning prior to the day you want to eat

Breakfast

Begins at 8:30 a.m. · \$1.50 Donation is appreciated.
No reservation is required.

Senior Advisory Council

Sharon Weeks
Billie Lawrence
Dixon Greer
Shirley Bell
Marlyn Bailey

City Council Liaison
Aleta Taylor

Day Directors

Dixon Greer
Mary Alice Weber
Roland Arnold
Billie Lawrence
Lee Adams

South Jordan Community Center Staff

Facility Manager
Wendy Thomas
Program Assistant
Belinda Pinion
Transportation
Rex Firth
Kitchen Staff
Breakfast
Melva Burbidge
Lunch
Joy Nichol
Building Attendant
Linda Rasmussen

South Jordan Community Center
10778 S Redwood Road
South Jordan, Utah 84095
801-302-1222

September 2010 • South Jordan Community Center

Programs designed for the active older adult



Sun	Mon	Tue	Wed	Thu	Fri	Sat
E V E R Y	8:30—10:00 Breakfast 9:30 Moving Together Arthritis Foundation Exercise Program 10:00 Crochet and Chat with Jean 10:30 NIA exercise with Sadie 12:00 Lunch 12:30 Ceramics with Aleen and Marlene 2:00 Intermediate Yoga with Monica	8:30—10:00 Breakfast 10:00 Tai Chi with Thelma 10:30 Beginning Yoga with Monica 12:00 Lunch 12:30 Oil Painting with Marlene 1:00 Zumba Gold	8:30—10:00 Healthy Breakfast Wednesday Egg White Omelets, Oatmeal & Fruit 9:30 Beginning Line Dancing with Judy 9:30 Moving Together Arthritis Foundation Exercise Program 10:15 Intermediate Line Dancing with Judy 10:00 Health Clinic with Eclipse 11:00 Mel's 30 Min. Easy Exercise 12:00 Lunch 12:30 Ceramics with Aleen and Marlene 12:30 Bingo	8:30—10:00 Breakfast 9:00 Woodcarving with Glen 9:30 Guitar Jam with Loyd 10:30 Mandolin Lessons with Loyd 10:30 Beginning Yoga with Monica 12:00 Lunch 12:30 Spanish Club <i>Alternative Meal-Cobb Salad Order one week in advance</i>	8:30—10:00 Breakfast 10:00 Tai Chi with Thelma 11:00 Mel's 30 Min. Easy Exercise 12:00 Lunch	
			1 10:30 Sit and Be Fit with Cozy Healthcare 12:30 Bingo with Eclipse Home Health 12:30 Card making with Stephanie	2 <i>NO Breakfast</i>	3 9:30 Beginning Watercolor with Sandi \$3 8:30 Soldier Hollow Classic Pre-registration and payment required	4
5			6 <i>Center Closed for Labor Day</i>	7	8 11:15 H.O.P.E. Support Group with Comfort Hospice Care 12:30 Ice Cream Social sponsored by Beehive Home of West Jordan 12:30 Bingo with Peterson Medical	9 Luau 11:30—12:30 Hula Lessons 1:00—Fun and Prizes with Harmony Home Health
12	13 11:00 Diabetic Support Group With Harmony Home Health <i>Birthday Monday!</i>	14 12:15 Musical Entertainment by Tessie Chicano' 12:30 Pain Management using Self-Hypnosis with Wendy MacDonald Please pre-register with the office	15 10:30 Sit and Be Fit with Cozy Healthcare 12:00 Dancing Grannies Entertain 12:30 Bingo with Cozy Healthcare 12:30 Card making with Stephanie	16 9:00 Internet Level One Registration required 10:00—11:30 Flu Shots 11:30 Constitution Day Luncheon	17 11:00 Legal Consultations by appointment	18
19	20	21 9:00 Introduction to Computers Registration required	22 12:30 Bingo with Harmony Home 10:00—2:00 Fall Prevention Awareness Health & Safety Fair	23 9:00 Internet Level One Registration required 11:30 Red Hat Lifeline Screenings · By Appointment	24 9:30 Intermediate Watercolor with Sandi \$3	25
26	27	28 9:00 Introduction to Computers Registration required 10:00—11:30 Flu Shots	29 12:30 Musical Bingo with Olympus Ranch 12:30 Card making with Stephanie	30 9:00 Internet Level One Registration Required 11:15 Masonic Temple Tour	Transportation to and from the Community Center available for South Jordan Residents · Call 801-302-1222	