



# Murray Senior Recreation Center

2026

Recreation for 55+

February

## February Read-a-Thon!



This February, we're cozying up with a good book and inviting everyone to join our Senior Center Read-A-Thon! Whether you love novels, mysteries, biographies, large print, audiobooks, or magazines—it all counts!

### How It Works:

- Read anything you enjoy (except social media)
- Track the pages you read February 1st-28th
- Turn in your page totals at the front desk (as often as you like!)
- We'll keep a running total of pages read by our group and record on our read-a-barometer
- Each participant will be recognized with a small award as a thank-you for being part of our February Read-A-Thon.

This is not a competition—it's a celebration! Read a little or read a lot. Every page turned is a win, and every reader matters.

So, grab a book, turn the page, and let's see how many stories we can read together this February. Because at any age, a good book can still take you anywhere!

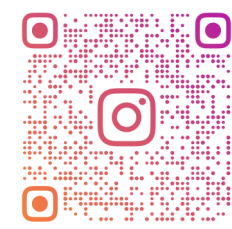
## Book Club

***The Hundred-Year-Old Man Who Climbed out the Window and Disappeared* by Jonas Jonasson**

**Tuesday, March 3 at 1:00 PM – 2:00 PM**

Register now for 2026 Book Club – it is **free!!**

Bring your favorite beverage and settle in for good conversation, tasty treats, and all the cozy book-club vibes.



MURRAYSENIORRECCENTER



MurraySeniorRec

## Valentine's Candy Counting Contest



Think you've got a sweet sense for numbers? Take a guess at how many candies are in the jar!

Submit your guess anytime during the month of February.

**Rules:** Closest guess without going over wins! One guess per person, per jar.

**Prize Alert:** The lucky winner will be announced—and awarded the candy—at our March Birthday Lunch on Wednesday, March 4.

Stop by, make your guess, and let the counting fun begin!

## Beat the Winter Blues: Puzzle Tournament

**Tuesday, February 24 at 12:30 PM to 4:00 PM**

Cost is \$5 per team. Register now. Limit 5 teams.

February feeling a little long? Cold? Gray? Let's fix that—one puzzle piece at a time!



Grab 3–5 of your smartest, fastest, or most opinionated friends and join us for a competition designed to wake up your brain and chase away those winter blahs.

Teams will race to complete the same puzzle; the fastest team wins a prize. Come for the competition. Stay for the laughs. Leave feeling victorious—or at least slightly warmer and much happier.

### THE CENTER IS CLOSED

Monday, Feb 16  
Presidents' Day



Registration for March  
Massages and Haircuts  
opens on Friday,  
February 20

March Newsletter available on  
Monday, February 23

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

**Monday – Friday**  
8:00 AM – 4:30 PM

**Thursday**  
8:00 AM – 9:30 PM

**Saturday – Sunday**  
Closed

## CLASSES

### Science: Food Chemistry

**Thursday, February 5 at 10:30 AM – 11:30 AM**

This is a **free** class.

Retired analytical chemist Suzanne Bowe explores the science of what we eat. From food in the news and plants that absorb metal ions to the truth about food-derived opioids, she'll break down the chemistry on our plates.

### Grief Support

**Friday, February 6 and 27 at 10:30 AM – 11:30 AM**

This is a **free** class.

Join chaplain Suzie Nelsen from Rocky Mountain Care for a supportive discussion on navigating loss. Whether your grief is recent or past, this session offers hope and guidance for processing your journey at your own pace.

### History: Black Protest Music in America

**Tuesday, February 10 at 10:00 AM – 11:00 AM**

This is a **free** class.

Jim Duignan explores the history of Black protest music as a tool against social injustice. Spanning Jazz, Blues, R&B, and Spirituals, the presentation highlights how artists like Nina Simone, Odetta, Marvin Gaye, and Kendrick Lamar have shaped the civil rights movement through song.

### Theater: Shakespeare and Colleagues

**Tuesday, February 17 at 1:00 PM – 2:00 PM**

This is a **free** class. Taught by Professor Larry West.

Continue exploring Shakespeare and his contemporaries, taught by Professor West. A fascinating look at the Golden Age of theatre. No prior attendance required—just bring your curiosity!

### Ask a Nurse: “Dem Bones”

**Friday, February 20 at 10:30 AM – 11:30 AM**

This is a **free** class.

Show your skeleton some love! Join Lee Ann Johnson, NP, for “Dem Bones,” an informative session on maintaining a strong frame. Learn about essential vitamins and lifestyle shifts to prevent fractures and aging-related ailments.

**Senior & Student Pen Pals** will meet together on **Monday, February 2 at 1:15** to make Valentine cards. Seniors, please bring your pen pal letter with you to the party to give to your student. Let Moe know if you are unable to attend.

### AI Made Simple for Seniors

**Tuesday, February 24 at 10:00 AM – 11:00 AM**

This is a **free** class.

Join the Murray City Recorder for a beginner-friendly session about artificial intelligence (AI). You will learn what AI is, how it works, and why it is showing up in everyday life. We will also cover common risks for seniors and simple steps you can take to stay safe. *No tech background needed.*

### Vital Aging: Distress Tolerance Skills

**Friday, February 27 at 1:00 PM – 2:00 PM**

This is a **free** class.

Master the art of emotional resilience with Maria Rodriguez from Valley Mental Health. You will discover practical techniques to navigate life's challenges without becoming overwhelmed by anxiety or depression. Join us to learn and practice specific tools that build the strength you need to bounce back from tough times.

### Nutrition Class: Building Healthy Meals

**Tuesday, March 3 at 10:30 AM – 11:30 AM**

This is a **free** class.

Master balanced eating with Harmons dietitian Marisa Gutierrez. Learn to decode nutrition labels and create simple, well-rounded meals without the long kitchen hours. Discover how to shop smarter and fuel your body efficiently with quick, delicious ideas.

### Science: Analytical Chemistry

**Thursday, March 5 at 10:30 AM – 11:30 AM**

This is a **free** class.

Join retired chemist Suzanne Bowe to explore how Analytical Chemistry evolved from ancient alchemy into today's high-tech research. Discover how identifying the structure of matter serves as the essential backbone for nearly every modern scientific field.

## AARP Smart Driving

**Tuesday, March 24 at 9:30 AM – 2:30 PM**

Fee is payable day of class.

The course fee is \$20 for AARP members and \$25 for non-members, payable directly to the instructor via cash or check (made out to AARP). Please note that credit cards are not accepted; ensure you bring your valid driver's license and AARP membership card to the session.

Pay online with a credit card at [aarpdriversafety.org](http://aarpdriversafety.org)

## WORKSHOPS

### Storytelling Workshop

Continues through **Thursday, March 12**

**10:00 AM - 11:30 AM**

This is a **free** workshop. Register now. *Space limited to 12.*

Professional storyteller and presenter Jan Smith will lead this workshop, guiding you through the art and craft of planning, mapping, and producing compelling narratives. This engaging session offers a creative way to reconnect with your past while teaching you how to write and share impactful family stories that will captivate and inspire your loved ones.

### Mind Over Matter Workshop (Women Only)

Continues on **Friday, February 13**

**1:00 PM - 3:00 PM**

This is a **free** workshop. Class is full.

Staff from Salt Lake County Aging Services will teach the tools needed to take control of bladder and bowel symptoms.

### Gardening Workshop

**Wednesday, February 11 through Wednesday, March 18**

**10:30 AM - 11:30 AM**

This is a **free** workshop. Register now. *Space limited to 12.*

Ready to master your garden? Join expert Steve Sprouse for a deep dive into high-desert horticulture. Whether you are planting vegetables or flowers, you will learn how to work with our unique soil geology rather than against it. This flexible spring workshop offers practical, region-specific techniques to help you cultivate a healthy, vibrant garden.

## COMPUTER LAB

Computers are available anytime a group class is not being held and are **free** to use. **Printing costs 10¢ per page.**

### Individual Tech Help

An individual may only register for one tech help class during the month to allow space for others.

**Tuesday, February 3 and 17**

**1:00 PM - 2:00 PM, 2:00 PM - 3:00 PM**

Cost is **\$5**. Advanced appointments required.

Instructor: **Bob Beaudoin** can assist with computers or mobile devices (except any Apple products).

**Friday, February 6, 13, 20, and 27**

**9:00 AM - 10:00 AM, 10:00 AM - 11:00 AM**

Cost is **\$5**. Advanced appointments required.

Instructor: **Ashton Snelgrove** can assist with computers or devices including all Apple products.

### Family History Workshop

Continues thru **Wednesday, February 25**; new session begins on **Wednesday, March 4** through **April 22**.

**12:30 PM - 3:00 PM** (EIGHT WEEKS)

This is a **free** workshop. Register now. *Space limited to 6.*

Instructor: Ray Moore and a training team from the Riverton FamilySearch Library

### Murray Library Digital Services

**Monday, February 9 at 10:00 AM - 12:00 PM**

This is a **free** service. Advanced appointments required.

Unlock the Murray Library digital collection with Brittney Casad! Learn to instantly stream or download e-books, audiobooks, music, and movies for free on any device. Get expert tips on accessing these digital treasures anytime, anywhere.

### Basic iPhone Help with Wendy

**Tuesday, February 10 at 1:00 PM - 2:00 PM**

This is a **free** class. Register now. *Space limited to 15.*

Got iPhone questions? Bring your fully charged device to this relaxed, hands-on session. Whether you need help with photos, texting, calendars, or security, we'll tackle your list together so you can leave feeling confident and tech-savvy!

## FITNESS CLASSES

Pay monthly class fee or individual class fee of **\$4** payable day of class. Individual class fee is subject to class space availability.

### Chakra Meditation (Barbara)

**Mondays 11:15 AM – 1:00 PM \$20 FOR 8-WEEKS**

Use meditation, sound, and chakra exercises to raise your vibration, support healing, and promote positivity.

1 hour 45 minutes – ***Class is January 5 through March 9***

### Easy Flow Yoga (Wendy)

**Thursdays 9:00 AM – 9:45 AM \$8 MONTH**

Gentle, slower-paced mat yoga linking simple poses with mindful breathing. Builds flexibility, balance, and strength. *Must be able to transition from floor to feet gradually.*

45 minutes

### Face Yoga / Lymphatic Drainage (Wendy)

**Mondays 11:20 AM – 11:40 AM \$5 MONTH**

This class uses light, easy movements to help your lymphatic system do what it does best—keep you de-puffed, de-stressed, and moving smoothly. 20 minutes

### Line Dance, Beginning (Bonnie H.)

**Tuesdays 1:15 PM – 1:45 PM \$5 MONTH**

Learn basic steps and AB dances with clear, repetitive instruction so you can follow along with confidence.

30 minutes

### Line Dance (Bonnie H.)

**Tuesdays 2:00 PM – 3:00 PM \$10 MONTH**

Dance in rows to choreographed step sequences. For those familiar with step names, it includes 4-wall dances and 24–48 count choreography. 1 hour

### Martial Arts (Cory)

**Wednesdays 12:00 PM – 1:00 PM \$10 MONTH**

Train in Bihonte Martial Arts, blending hand and foot techniques, street kickboxing, and self-defense skills.

1 hour

### Neuromuscular Integrative Action (Sadie)

**Mondays 9:00 AM – 10:00 AM \$15 MONTH**

NIA is an expressive movement program that blends dance, martial arts, and mindfulness to improve balance and body awareness. 1 hour

### Pop Core (Wendy)

**Tuesdays 9:30 AM – 10:15 AM \$8 MONTH**

Combines mat-based moves, flowing sequences, and upbeat tunes for a low-impact class. 45 minutes

### Qigong and Tapping (Delan)

**Wednesdays 10:00 AM – 10:45 AM \$8 MONTH**

Combination of the ancient Chinese practice of Qigong (gentle and mindful movement), meditation, and tapping techniques to help balance life force energy.

45 minutes

### Strength Conditioning (Becky)

**Mondays 1:30 PM – 2:30 PM \$10 MONTH**

**Thursdays 1:30 PM – 2:30 PM \$10 MONTH**

Build strength, balance, and flexibility through guided resistance training. 1 hour

### Stretch & Mobility (Floor Class) (Becky)

**Thursdays 9:45 AM – 10:15 AM FREE FOR MONTH**

Designed to build strength, mobility, and confidence with floor stretches—participants must be able to transition up and down independently. 30 minutes

### Tai Chi (Bonnie K.)

**Tuesdays 10:30 AM – 11:30 AM \$10 MONTH**

**Tuesdays 11:45 AM – 12:45 PM \$10 MONTH**

**Thursdays 10:30 AM – 11:30 AM \$10 MONTH**

**Thursdays 11:45 AM – 12:45 PM \$10 MONTH**

Gentle “moving meditation” to improve balance, flexibility, coordination, and overall wellness. 1 hour

### Triple G – Glutes, Guts, Guns (Becky/Wendy)

**Mondays 8:45 AM – 9:40 AM \$10 MONTH**

**Fridays 8:45 AM – 9:40 AM \$10 MONTH**

Tone arms, abs, and glutes with a mix of dumbbells and bodyweight training. 55 minutes

### TRX (Vanice / Becky)

**Tuesdays 8:45 AM – 9:15 AM \$5 MONTH**

**Thursdays 8:45 AM – 9:40 AM \$10 MONTH**

TRX (Total Body Resistance

Exercise) – Full-body

workout using TRX

straps for strength,

cardio, and posture.

30 or 55 minutes



Staff taught monthly fitness class fee will be based on class length:

- 30 minutes – \$5 per month •
- 45 minutes – \$8 per month •
- 55+ minutes – \$10 per month •

Fitness Passes and non-staff taught class fees to remain the same.

## Yoga (Mitch)

<b>Mondays</b>	<b>10:00 AM – 11:00 AM</b>	<b>\$15 MONTH</b>
<b>Wednesdays</b>	<b>8:30 AM – 9:30 AM</b>	<b>\$15 MONTH</b>
<b>Wednesdays</b>	<b>9:30 AM – 10:30 AM</b>	<b>\$15 MONTH</b>
<b>Thursdays</b>	<b>7:00 PM – 8:00 PM</b>	<b>\$15 MONTH</b>

Ancient practice of movement and breath to strengthen the body and calm the mind. 1 hour

## Zumba Gold / Dance Fitness (Jennifer)

<b>Fridays</b>	<b>9:00 AM – 10:00 AM</b>	<b>\$10 MONTH</b>
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A fun, low-impact version of Zumba designed for seniors with easy-to-follow dance moves. 1 hour

## Fitness Room

The fitness room is open daily for a fee of **\$1** per day or **\$5** per month. Free for members that have SilverSneakers, Silver & Fit, or Renew Active benefits.

## Fitness Room Orientation

<b>Wednesdays</b>	<b>10:00 AM – 10:30 AM</b>	<b>Free</b>
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We offer personalized instruction on how to safely and effectively use the weight and cardio equipment in our fitness room. To ensure quality guidance, these sessions are limited to four participants. [Register now.](#)

## Pickleball Courts (Outdoor)

Outdoor courts are available throughout the week during regular Center hours, weather permitting. Access is open to registered members age 55+; please ensure you scan in at the Front Desk before each play session. This program is donation-based.

## Walk(ing Club) to Sunny Florida Challenge

It's not too late to join our walk to Florida! We're heading south (virtually!) and every step counts!

Jump in anytime during February and start logging your steps or miles. You'll be part of our group goal to travel 2,360 miles from Murray to the Florida coast — together!

- Just **\$12** for January–March
- Get a cozy Walking Club beanie
- Optional group walk at Fashion Place Mall on Wednesdays at 8:30 AM
- Fun prizes awarded in April!

No meetings, no pressure — just turn in your miles each month. A little sunshine motivation during winter.

[Register now.](#)

## University of Utah Kinesiology Students

### Overall Fitness Class

<b>Tuesdays</b>	<b>1:00 PM – 2:00 PM</b>	<b>Free</b>
<b>Fridays</b>	<b>1:00 PM – 2:00 PM</b>	<b>Free</b>

Group fitness to build endurance, balance, and flexibility. 1 hour (Free for semester; January 5 through April 21)

[Register now.](#)

### Circuit and Personal Training

Work with kinesiology students for one-on-one or small group training. Sessions are one hour and cost **\$20** per semester. Please see Moe for availability.

## FITNESS PASSES

★ based on equipment and room space availability ★

### \$10 – Chair Yoga Pass (Wendy)

<b>Chair Yoga</b>	<b>Mondays</b>	<b>10:30 AM – 11:15 AM</b>
<b>Chair Yoga</b>	<b>Tuesdays</b>	<b>10:30 AM – 11:15 AM</b>
<b>Chair Yoga</b>	<b>Thursdays</b>	<b>10:30 AM – 11:15 AM</b>

Gentle yoga with core-strengthening, lymphatic, and face yoga — all from a chair. Improves mobility, balance, flexibility, strength, and relaxation. 45 minutes

### \$5 – Seated Fitness Pass (Hal/Moe/Delan)

<b>Chair X-ercise</b>	<b>Mondays</b>	<b>11:15 AM – 11:45 AM</b>
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Seated strength and cardio using bands, weights, and balls. Great for beginners, balance challenges, or wheelchair users. 30 minutes (Hal)

<b>Chair Fit</b>	<b>Wednesdays</b>	<b>11:15 AM – 11:45 AM</b>
<b>Chair Fit</b>	<b>Fridays</b>	<b>11:15 AM – 11:45 AM</b>

Gentle seated exercise for beginners, those with balance challenges, low energy, or wheelchair users. 30 min (Moe)

<b>MMM</b>	<b>Fridays</b>	<b>10:15 AM – 10:45 AM</b>
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MMM (Music, Memory, Movement) is a fun mix of rhythm, music, drumming, and dance for endurance. Seated and standing options available. 30 minutes (Delan)

### \$10 – Spinning Pass (Lynette)

<b>Spinning</b>	<b>Mondays</b>	<b>9:00 AM – 9:45 AM</b>
<b>Spinning</b>	<b>Wednesdays</b>	<b>9:00 AM – 9:45 AM</b>
<b>Spinning</b>	<b>Fridays</b>	<b>9:00 AM – 9:45 AM</b>

A fun, low-impact indoor cycling class perfect for beginners—go at your own pace while improving fitness, strength, and endurance to upbeat music! 45 minutes



# DAILY FITNESS SCHEDULE

# FEBRUARY



## Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

Email: [seniorrec@murray.utah.gov](mailto:seniorrec@murray.utah.gov)

Website: [murray.utah.gov](http://murray.utah.gov)

Registration: [mcgreg.com](http://mcgreg.com)

Director: Cory Plant



**Monday – Friday**

**8:00 AM – 4:30 PM**

**Thursday**

**8:00 AM – 9:30 PM**

**Saturday – Sunday**

**Closed**

FAQ and General Information Sheet  
available upon request  
at the Front Desk or on our Website.

8:45 Triple G **TIME CHANGE**  
9:00 NIA (Dining)  
9:00 Spinning (East)  
10:00 Yoga  
10:30 Chair Yoga (West)  
11:15 Chair X-ercise (East)  
11:15 Chakra Meditation  
11:20 Face Yoga (West)  
1:30 Strength Conditioning

8:45 TRX  
9:30 Pop Core  
10:30 Tai Chi  
10:30 Chair Yoga (West)  
11:45 Tai Chi  
1:00 Overall Fitness  
1:15 Beginning Line Dance (Dining)  
2:00 Line Dance (Dining)

## MONDAY

9:00 Advanced Watercolors  
12:00 Piano Lessons **2**  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 Art Appreciation/Watercolors  
1:15 **Pen Pal**  
**Valentine Party**   
2:00 **Movie: Groundhog Day**

## TUESDAY

8:30 Ceramics  
**11:30 LUNCH: Pork Pot Roast** **3**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters  
1:00 **Tech Help (Bob)**

9:00 Advanced Watercolors  
10:00 **Library Digital Services** **9**  
12:00 Piano Lessons  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 Art Appreciation/Watercolors  
2:00 **Movie: The Philadelphia Story**  
6:30 **TRIP: Importance of Being Earnest (Play)**  
7:00 **Family Concert: Mixed Nuts**

8:30 Ceramics  
10:00 **History: Black Protest Music** **10**  
**11:30 LUNCH: Crispy Beef Taco**  
12:00 Massage  
12:00 **Legal Consultation**  
12:30 Canasta  
12:45 Crafters  
1:00 **Basic iPhone Help (Wendy)**



**CENTER IS CLOSED**

**16**

8:30 Ceramics  
**11:30 LUNCH: Sweet & Sour Chicken** **17**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters  
1:00 **Theater: Shakespeare II**  
1:00 **Tech Help (Bob)** 

9:00 Advanced Watercolors  
**10:30 BRUNCH: Waffles & Bacon** **23**  
12:00 Piano Lessons  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 Art Appreciation/Watercolors  
2:00 **Movie: Thelma**

8:30 Ceramics  
10:00 **AI Made Simple for Seniors** **24**  
**11:30 LUNCH: Vegetarian Tostada**  
12:00 Massage  
12:30 **Puzzle Tournament**  
12:30 Canasta  
12:45 Crafters

# DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Spinning (East) 9:30 Yoga 10:00 Qigong and Tapping (East) 10:00 Fitness Room Orientations 11:15 Chair Fit 12:00 Martial Arts (East)	8:45 TRX 9:00 Easy Flow Yoga (East) 9:45 <b>Stretch and Mobility</b>  10:30 Tai Chi 10:30 Chair Yoga (Dining Room) 11:45 Tai Chi 1:30 Strength Conditioning 7:00 Yoga (East)	8:45 Triple G <b>TIME CHANGE</b> 9:00 Zumba Gold (Dining) 9:00 Spinning (East) 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:15 <b>Birthday Wednesday</b>  <b>11:30 LUNCH: Turkey Casserole</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge 1:00 Drawing and Cartooning	8:30 Ceramics 10:00 Director's Round Table 10:00 <b>Storytelling Workshop</b> 10:30 <b>Science: Food Chemistry</b> 11:00 <b>AARP Tax Assistance</b> <b>11:30 LUNCH: Sloppy Joe</b> 12:30 Mexican Train 12:30 Chess 1:15 <b>TRIP: Salt Cave Breathwork</b> 4:00 Murray Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10:30 <b>Grief Support</b> <b>11:30 LUNCH: Pasta and Meat Sauce</b> 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 <b>Blood Pressure Clinic</b> 10:30 <b>Gardening Workshop</b> 11:30 <b>Valentine Piano Music</b> <b>11:30 LUNCH: Biscuit and Gravy</b> 12:30 Family History Workshop 12:45 <b>Special Valentines Bingo</b>  1:00 Drawing and Cartooning 1:00 Bridge	8:30 Ceramics 10:00 Director's Round Table 10:00 <b>Storytelling Workshop</b> 11:00 <b>AARP Tax Assistance</b> <b>11:30 LUNCH: Chili Cheese Potato</b> 12:30 Mexican Train 12:30 Chess 12:30 <b>Thursday Quilters</b> 1:00 <b>TRIP: Treats and Treasures</b> 4:00 Murray Senior Choir 5:45 <b>Single Mix &amp; Mingle</b>  7:00 Evening Social Dance (Valentines)	9:00 Tech Help (Ashton) <b>11:30 LUNCH: Domino's Pizza</b> 12:00 Massage 12:45 <b>NO Bingo</b> 1:00 Bridge 1:00 <b>Mind Over Matter Workshop</b>
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 <b>Gardening Workshop</b>  <b>11:30 LUNCH: Jambalaya</b> 12:30 Family History Workshop 12:45 <b>Special Mardi Gras Bingo</b> 1:00 Bridge	8:30 Ceramics 10:00 Director's Round Table 10:00 <b>Storytelling Workshop</b> 11:00 <b>AARP Tax Assistance</b> <b>11:30 LUNCH: Broiled Lemon Chicken</b> 12:30 Mexican Train 12:30 Chess 4:00 Murray Senior Choir 6:45 <b>TRIP: Marvelous Wonderettes</b> 7:00 Evening Social Dance (Musical)	9:00 Tech Help (Ashton) 9:15 <b>TRIP: Utah Symphony</b> 10:30 <b>Ask A Nurse: "Dem Bones"</b> <b>11:30 LUNCH: Baked Tilapia</b> 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 <b>Toenail Clipping</b>
8:30 <b>Advisory Board Meeting</b> 9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 <b>Gardening Workshop</b> <b>11:30 LUNCH: Chicken Fried Steak</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 10:00 Director's Round Table 10:00 <b>Storytelling Workshop</b> 10:30 <b>TRIP: Tour of Murray</b> 11:00 <b>AARP Tax Assistance</b> <b>11:30 LUNCH: Salisbury Steak</b> 12:30 Mexican Train 12:30 Chess 12:30 <b>Thursday Quilters: Sit'n Sew</b> 4:00 Murray Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10:30 <b>Grief Support</b> <b>11:30 LUNCH: Shrimp Alfredo Pasta</b> 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 <b>Vital Aging: Distress Tolerance</b>

Dining Room  
is Closed  
Thursdays  
10:15 – 11:15



The hardwood floor in the Dining Room is being refinished today! Access lunch through the East door (left).

2/14 – Happy Valentines Day!

## ARTS AND CRAFTS

### Advanced Watercolors

Continues through **Monday, May 18**

**9:00 AM - 12:00 PM** (EIGHTEEN WEEKS)

Cost is **\$117**. *Class is full. Space limited to 20.*

Instructor: John Fackrell

Concepts and techniques are taught at a level of an experienced watercolor painter.

### Art Appreciation/Intermediate Watercolors

Continues through **Monday, February 23** *Class is full.*

A new session begins on **Monday, March 2** through

**Monday, April 6**

**1:00 PM - 3:30 PM** (SIX WEEKS)

Cost is **\$39**. *Register now. Space limited to 20.*

Instructors: John and Joan Fackrell

This class integrates intermediate watercolor techniques with an exploration of diverse artists and mediums. Weekly assignments designed to be completed outside of scheduled class time.

### Ceramics

**Tuesdays and Thursdays**

**8:30 AM - 12:00 PM**

Cost is **\$2** each class plus cost of supplies. *Ceramic supplies available for purchase during class.*

Instructor: Cindy Mangone.

### Crafters

**Tuesdays**

**12:45 PM - 4:00 PM**

This is a **free** group.

Join our friendly crafting circle to share skills and socialize. Newcomers are welcome—just bring your current project and ideas to work on in a collaborative setting.

### Painting Class

Continues through **Wednesday, March 4**

**9:00 AM - 12:00 PM** (EIGHT WEEKS)

Cost is **\$40**. *Class is full. Space limited to 18.*

Instructor: Jeanette Morris

Jeanette, an experienced artist proficient in watercolors, oils, pastels, and acrylics, welcomes students of all experience levels to her classes.

### Drawing and Cartooning

Continues thru **Wednesday, February 11**; A new session begins on **Wednesday, March 4** through **Wed, April 8**

**1:00 PM - 2:30 PM** (SIX WEEKS)

Cost is **\$30**. *Register now. Space limited to 15.*

Instructor: Clark Chamberlain

Build essential drawing foundations with a playful focus on cartooning techniques in this relaxed, supportive class. All skill levels welcome.

### Thursday Quilters

**Thursday, February 12 (Class); February 26 (Sit'n Sew)**

**12:30 PM - 2:30 PM** This is a **free** group.

Volunteer Leads: Barbara Reynolds and Diane Leary

Let's use up all those scraps that we have been saving. Learn ways to sort and organize. Bring a bag of scraps to get started. Block of the Month will also continue.

## MUSIC

### Family Concert: Mixed Nuts

**Monday, February 9 at 7:00 PM - 8:00 PM. Doors open at 6:00 PM.** This is a **free** concert. Open to all ages.

The Mixed Nuts are a Utah-based group performing live, upbeat music from the 1950s and 1960s—the kind of songs you know by heart and love to sing along with.

### Valentine Music

**Wednesday, February 11 at 11:30 AM - 12:15 PM**

Maureen Andrus will serenade us during lunch with valentine themed piano music.

### Piano Lessons

**Monday, February 2, 9, and 23 at 12:00 PM - 4:00 PM**

Cost is **\$3 for 30 minutes**.

*Advanced appointments required.* Instructor: Ken Uy

There is no set curriculum for these sessions, bring any specific piece of music you would like to learn. Appointments are limited to one per person, per day.

### Murray Senior Choir

**Thursday, February 5, 12, 19, and 26 at 4:00 PM - 6:00 PM**

Instructor: Ken Uy

The choir will re-open for new auditions in April.



## FUN AND GAMES

*Donation based programs.* The volunteer lead can answer questions about the game and will have the final say on rule conflicts.

### Bingo

**Wednesdays 12:45 PM – 2:45 PM**

**Fridays 12:45 PM – 2:45 PM**

Suggested Donation: **\$1** for 1-3 cards or **\$2** for 4-6 cards. Winners receive a \$5 gift certificate. **THANK YOU** to *Village Inn* for donating pies each week. *No bingo on 2/13.*

### Valentine's Special Bingo – Wed, February 11

Love, laughs, and lucky numbers—  
because bingo is better with heart!

### Mardi Gras Special Bingo – Wed, February 18

Let the good times roll with festive Mardi Gras fun!

### Bridge

**Wednesdays 1:00 PM – 4:00 PM**

Volunteer Lead: Sharon Baxter

**Fridays 1:00 PM – 4:00 PM**

Volunteer Lead: Bob and Ruth Cleckler

### Bridge Lessons

**Mondays 1:00 PM – 3:00 PM**

Volunteer Lead: Mark Burton

### Canasta

**Tuesdays 12:30 PM – 4:00 PM**

Volunteer Lead: Madeline Coleman

No players accepted after chips drawn at 12:30 PM.

### Chess

**Thursdays 12:30 PM – 3:30 PM**

Volunteer Lead: Ken Uy

### Hand and Foot Card Game

**Mondays 12:30 PM – 3:30 PM**

Volunteer Lead: Donna Gaydon, Gayle Phillips

### Mexican Train Dominos Game

**Thursdays 12:30 PM – 3:00 PM**

Volunteer Lead: Margaret Jacobs

### Pinochle

**Wednesdays 9:15 AM – 12:00 PM**

Volunteer Lead: Ray Burton

Check-in by 9:00 AM.

## Monday Movies and Munchies

**Mondays at 2:00 PM – 4:00 PM.**

The movies are **free**.

Grab a friend and join us every week as we enjoy a classic favorite on the big screen.

**Feb 2 – Groundhog Day** (1993) – A grumpy weatherman wakes up to the same day again...and again...and again – until he finally learns how to get it right. (1:41)

**Feb 9 – The Philadelphia Story** (1940) – High society, sharp tongues, and romantic mix-ups collide on the eve of a very fancy wedding. (1:52)

**Feb 23 – Thelma** (2024) – Don't mess with grandma — a 93-year-old takes justice (and a scooter!) into her own hands after a scam goes wrong. (1:39)

## Director's Round Table

**Thursdays at 10:00 AM – 11:00 AM**

This is a **free** discussion.

Participate in a weekly open forum where Cory selects the topic for a fluid, unstructured discussion. All perspectives are welcome, provided everyone maintains an environment of mutual respect.

## Single Mix & Mingle Social

MIX & MINGLE

**Thursday, February 12 at 5:45 PM – 6:45 PM**

Cost is **\$7** (includes admission to dance). Register now.

Single? So is everyone else in the room—instant icebreaker. Join us for **Single Mingle**, a fun, no-criinge, low-pressure evening to meet other unattached humans, enjoy light appetizers, and see what happens. Talking encouraged. Awkward silences optional.

Bring your single friends (or that friend who swears they're "done dating"). Worst case scenario: snacks and a good laugh. Best case? Well... it is Valentine's themed.

## Evening Social Dance

**Thursdays at 7:00 PM – 9:30 PM**

Cost is **\$5**. Open for those age 45+.

Enjoy an evening of dancing to the music of Tony Summerhays every Thursday night. During the intermission, guests can enjoy light refreshments and a chance to win a door prize.



## SERVICES AND HEALTH

### Massage

**Tuesday, February 3, 10, 17, and 24**

**Friday, February 6, 13, 20, and 27**

**12:00 PM – 1:00 PM; 1:30 PM – 2:30 PM;**

**3:00 PM – 4:00 PM**

Cost is **\$40** for **1 hour**. Advanced appointments required.

Massage Therapist: Christine Ouellette

Cancellations must be made at least two working days prior to your appointment to be eligible for a refund. To ensure availability for all clients, individuals may register for only one session per calendar month. Note that 60-minute appointments consist of 50 minutes of treatment and 10 minutes for transitioning.

### Haircuts

**Wednesday, February 4, 11, 18, and 25**

**10:00 AM – 12:30 PM**

Cost is **\$12** per haircut. Advanced appointments required.

Hairdresser: Jocelyn Anderson

Cancellations need to be made two working days in advance for a refund. **NO same day walk-ins.**

### Blood Pressure Clinic

**Wednesday, February 11**

**10:30 AM – 11:30 AM**

This is a **free** service. No appointment necessary.

Provided by: Ability Home Health and Hospice

### Legal Consultation

**Tuesday, February 10 or Tuesday, March 3**

**12:00 PM – 3:00 PM** (30 minutes each)

This is a **free** service. Advanced appointments required.

Attorney: Donna Drown

The goal of our volunteer lawyers is to provide advice and referrals to help you navigate your legal issue. They are here solely to assist you and will not solicit your business.

Other Resources:

Legal Service's Senior Citizen Law Center (60+)  
801-328-8891 [www.utahlegalservices.org](http://www.utahlegalservices.org)

Virtual Legal Clinic – 801-297-7037 or  
[www.utahlegalhelp.org/vlc](http://www.utahlegalhelp.org/vlc)

### AARP Tax Assistance

**Thursdays, February 5 through Thursday, April 9**

**11:00 AM – 2:30 PM**

This is a **free** service. Advanced appointments required.

AARP volunteers offer free, confidential tax help for low-to-middle income taxpayers, prioritizing those 60+. This popular service requires an appointment; please be sure to cancel in advance if you cannot attend to free up spots for others.

**There is a possibility of a 1-2 hour wait; bring something to read or do. Simple returns only; no business or rental properties. Bring all 2025 documents (1099, W2, etc.), check book, and copy of last year's tax return.**

➔ **Tax packets need to be picked up at the Front Desk and completed prior to your tax appointment.** ←

### Toenail Clipping

**Friday, February 20**

**1:00 PM – 3:00 PM**

Cost is **\$22**. Advanced appointments required.

Podiatrist: Dr. Zak Oddone

A special welcome to Zak Oddone, DPM, who has joined the Center to perform toenail clippings. Dr. Oddone is a board-qualified foot and ankle surgeon. Born and raised in Salt Lake City, Dr. Oddone is proud to serve his home community. Thank you to Dr. Shelton for his many years at the Center!

### PEARLS

PEARLS (Program to Encourage Active, Rewarding Lives) is a free program from Valley Behavioral Health designed to help adults 55+ reduce depression and improve their quality of life. This evidence-based initiative offers eight private, one-hour sessions at our Center over four to five months—no formal diagnosis required. Ready to start? Email [PEARLS@valleycares.com](mailto:PEARLS@valleycares.com) to schedule your first session, or learn more via Valley Behavioral Health.

### Spartan Closet / Murray Children's Pantry

Help support homeless students at Murray High School by dropping off donations in our lobby collection barrel. Donations of all kinds are always appreciated.  
[www.murraychildrenspantry.org](http://www.murraychildrenspantry.org)

**Donation Focus: Grab and Go Snacks**

*(they do not take expired food)*

**NEW PRICE**

## TRIPS – TOURS – OUTINGS

### Synchronicities Salt Cave with Breathwork and Visit Memo's Bakery

**Thursday, February 5**

**Trip Departure is 1:15 PM – Return is about 4:00 PM**

Cost is **\$30 per person**; *food costs on your own.*

[This trip is full.](#)

Unwind with guided breathwork in the tranquil Synchronicities Salt Cave, followed by a sweet treat at Memo's Bakery. Come breathe, reset, and enjoy a peaceful afternoon with us!

### The Importance of Being Earnest (PLAY)

**Monday, February 9**

**Trip Departure is 6:30 PM – Return is about 10:00 PM**

Cost is **\$18 per person.** [Register now.](#)

Experience the Sandy Arts Guild's production of *The Importance of Being Earnest*. Oscar Wilde's classic comedy delivers a whirlwind of wit and mistaken identities, proving that being "earnest" has never been so hilarious. Don't miss this sharp, laugh-out-loud satire on society and romance!

### Treats and Treasures

**Thursday, February 12**

**Trip Departure is 1:00 PM – Return is about 3:30 PM**

Cost is **\$8 per person**; *food costs on your own.*

[Register now.](#)

Enjoy a day of sweets and scouting! Tour the Sir Walter Candy Company (includes a \$5 credit) and hunt for treasures at a local antique mall. Perfect for fans of sugar and nostalgia! **Note:** Please bring funds for extra treats or antique finds.

### The Marvelous Wonderettes (MUSICAL)

**Thursday, February 19**

**Trip Departure is 6:45 PM – Return is about 10:00 PM**

Cost is **\$22 per person.** [Register now.](#)

Step back into the 1950s with *The Marvelous Wonderettes* at The Murray Theater. Enjoy a high-energy celebration of friendship featuring classic hits, tight harmonies, and vintage charm. Don't miss this hilarious musical trip down memory lane!

## The Utah Symphony: Madeline Adkins

**Friday, February 20**

**Trip Departure is 9:15 AM – Return is about 12:30 PM**

Cost is **\$15 per person.** [Register now.](#)

Experience a concert coming together! *Finishing Touches* offers a behind-the-scenes look at an open rehearsal as the conductor – Madeline Adkins – prepares the upcoming program.

### REPEAT: Tour of Murray and Museum and Lunch at Tea Rose

**Thursday, February 26**

**Trip Departure is 10:30 AM – Return is about 1:30 PM**

Cost is **\$5 per person**; *food costs on your own.*

[Register now.](#)

Join Director Cory Plant for a popular behind-the-scenes tour of Murray's hidden history! After exploring the city's secrets and visiting the Murray Museum, we'll enjoy authentic Thai cuisine at the famous Tea Rose Café. Come discover the best stories and flavors in town!

### REPEAT: Game Show Battle Rooms

**Thursday, March 5**

**Trip Departure is 12:30 PM – Return is about 3:00 PM**

Cost is **\$17 per person.** [Register now.](#)

Waiver must be signed prior to participation.

It was so much fun, we're doing it again! Walk a half-block with us to Game Show Battle to play three brand-new, nostalgia-packed games. Expect plenty of laughs and friendly competition, followed by treats at the Center!

## MEALS – SPECIAL EVENTS

### Birthday Wednesday – February 4

Celebrate your birthday on the first Wednesday of the month! From **11:15 AM to 12:15 PM**, everyone can enjoy free cupcake and ice cream. If it's your birthday month, you could also win a free lunch—must be present to win.

### Monday Brunch – February 23

On **Monday, February 23**, there will be brunch from **10:30 AM until 11:30 AM**. The cost is **\$6** for 55+ or **\$8** for those under 55.

# FEBRUARY LUNCH MENU BY CHEF OMAR LIMON


Main Entrée cost is \$6 for 55+ or \$8 for those under 55

Lunch is served Tuesday-Friday at 11:30 AM to 12:30 PM

Pay the cashier with cash and then go through the lunch line.

Ask at the Front Desk about other payment options.

Daily Menu is subject to change at chef's discretion.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO LUNCH</b> <sup>2</sup> 	<b>PORK POT ROAST</b> <sup>3</sup> <b>WITH VEGGIES</b> Mashed Potatoes Roll	<b>CREAMY TURKEY</b> <sup>4</sup> <b>PASTA CASSEROLE</b> Side Salad Roll	<b>SLOPPY JOE ON</b> <sup>5</sup> <b>HAMBURGER BUN</b> Green Beans Bag of Chips <div>Dining Room is Closed 10:15 – 11:15</div>	<b>PENNE PASTA AND</b> <sup>6</sup> <b>MEAT SAUCE</b> Side Salad Roll
<b>NO LUNCH</b> <sup>9</sup> 	<b>CRISPY BEEF TACO</b> <sup>10</sup> Beans and Rice Chips and Salsa	<b>BISCUIT AND</b> <sup>11</sup> <b>GRAVY</b> Sausage Scrambled Egg Fresh Fruit	<b>BAKED POTATO</b> <sup>12</sup> Chili and Cheese Side Salad <div>Dining Room is Closed 10:15 – 11:15</div>	<b>DOMINO'S</b> <sup>13</sup> <b>PEPPERONI PIZZA</b> Caesar Salad
 <b>CLOSED</b> <sup>16</sup>	<b>SWEET AND SOUR</b> <sup>17</sup> <b>CHICKEN</b> Fried Rice Veggie Soup Fortune Cookie	<b>JAMBALAYA</b> <sup>18</sup> rice, shrimp, chicken, and andouille sausage Side Salad	<b>BROILED CHICKEN</b> <sup>19</sup> Tzatziki Sauce Pilaf, Greek Salad Baklava <div>Dining Room is Closed 10:15 – 11:15</div>	<b>BAKED TILAPIA AND</b> <sup>20</sup> <b>MARINARA SAUCE</b> Veggie Pasta Salad Roll
<b>WAFFLE WITH</b> <sup>23</sup> <b>STRAWBERRIES</b> Bacon Scrambled Egg Milk and Juice Brunch is 10:30 – 11:30	<b>VEGETARIAN BEAN</b> <sup>24</sup> <b>AND CHEESE</b> <b>TOSTADA WITH</b> <b>GUACAMOLE</b> Beans and Rice Fresh Fruit	<b>CHICKEN FRIED</b> <sup>25</sup> <b>STEAK</b> Mashed Potatoes and Gravy Steamed veggies Roll	<b>SALISBURY STEAK</b> <sup>26</sup> <b>AND GRAVY</b> Mashed Potatoes Steamed Veggies <div>Dining Room is Closed 10:15 – 11:15</div>	<b>CREAMY SHRIMP</b> <sup>27</sup> <b>ALFREDO AND</b> <b>PENNE PASTA</b> French Bread Side Salad

## Chinese New Year Celebration and Lunch

Tuesday, February 17 at 11:30 AM – 12:30 PM



Celebrate the Lunar New Year with us! Enjoy a festival lunch with a special surprise presentation to follow. Join us for great food, wonderful company, and a joyful start to the year.

## Mardi Gras Special Lunch and Bingo!

Wednesday, February 18 at 11:30 AM – 12:30 PM



Let the good times roll! Join us for a festive Mardi Gras-themed lunch followed by special Bingo fun. Expect great food, lively vibes, and plenty of chances to shout Bingo!