

Murray Senior Recreation Center

Information

We are trying to get **INFORMATION** out about our Center via Facebook posts, listing on our webpage, or sending out email blasts. Please be sure to check these at least once a week for more information. If you have questions, please call our main number **801-264-2635** Monday-Friday from 8 a.m.-4:30 p.m.

murray.utah.gov/140/Murray-Senior-Recreation-Center

Lunch

We are serving box lunches for those 55+ Monday through Friday. Please call us at 801-264-2635 between 8 a.m.-4 p.m. the day prior to order your box lunch. Payment can be made over the phone with your credit/debit card. We need prior notification so the kitchen can adequately prepare your order. The box lunch will be delivered to your car in front of our building (north entrance) between 11:30 a.m.-12:30 p.m.

Option #1: \$4 sandwich (choice of white or wheat bread and a choice of ham or turkey), bag of chips, pickle, fruit cup, and cookie. If you want a hot sandwich, ask for panini style.

Option #2: \$2 for a cup of soup or \$4 for a bowl of soup (includes saltines, roll, and cookie)

Option #3: \$4 hot main entrée (includes fruit cup, roll, cookie) – choice of chicken pot pie, lasagna, or meatloaf and mashed potatoes

Virtual Senior Center

We have been hard at work planning virtual classes. Please call us during usual business hours to register for a class. You may also register for our virtual classes at mcreg.com. Virtual classes are marked with (ZOOM).

Please provide us with a current email address when registering for a class. We will email out the Zoom meeting links a few days prior to the class. Only those registered will be able to access the class.

To participate, you must have access to the internet, a personal computer, tablet, or mobile device which includes video and audio.

Some classes may be available for later viewing via YouTube.

In addition, Salt Lake County Aging Services has created a “Virtual Senior Center.” These classes are available to all Salt Lake County residents over age 60. Please visit their website:

slco.org/aging-adult-services/virtual-senior-center

Zoom 101 (ZOOM)

The Center is beginning to offer our classes via Zoom. If you haven't already received an email inviting you to a Zoom meeting, you will soon. In this age of social distancing, many groups are choosing to meet virtually, and Zoom is one of the most popular ways to do this. Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, tablet, or computer (if you have a camera, speakers, and a microphone). After you have joined a Zoom meeting, you can see and hear other participants. Each participant is represented by a square that displays their face (if they choose to

join with video) or just their name. Call the Center if you need help setting up Zoom and we will walk you through the process, and if you want to practice with someone at the Center before an up-coming class please give us a call.

History Class (ZOOM)

On Tuesday, January 12, at 10:30 a.m., Jimmy Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss some interesting history tales. Topic to be announced later.

Call the Center for more information: 801-264-2635.

Watercolor Class (ZOOM)

John Fackrell's six-week WATERCOLOR class begins Monday, January 11 through Monday, March 1, from 9 a.m.-noon. Cost is \$33.

Nutrition Class/ Eating for Immunity (ZOOM)

On January 26, at 10:30 a.m., dietitian Ashley Quadros from Harmon's will be presenting on Zoom: Eating for Immunity. Cold, flu, and coronavirus are knocking at our doors. This presentation will teach you how to take steps to reduce your risk of catching these viruses. Join Ashley via Zoom and learn about the immune system, how diet affects it, and some simple steps you can take to reduce your risk of getting sick this winter. Call the Center to register for this Zoom class.

Grief Support Class (ZOOM)

On Friday, January 8 & 22 at 10:30 a.m., Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process in this Grief Support Class. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. Call the Center to register for this Zoom class.

Personal Training (ZOOM)

During the week of January 20-22, the University of Utah Kinesiology & Recreation Department will be virtually sending new students to support our participants in a Personal Training Program.

This personal training program will run through late January-May of 2021. Participants will be required to virtually meet with their students twice a week for two hours sessions. Meeting times will be arranged by the students and the participants. The Center participants and the two University of Utah students are required to be present at each session. Students will give you encouragement, strength, and knowledge to improve over-all health and wellbeing.

The University will provide equipment for participants if they need ankle weights, bands, etc. They will also provide a camera to put on your laptop, if needed. Register now.

AARP Tax Preparation (ZOOM)

On Wednesday, January 20 at 10:30 a.m., Tony Rogers, an AARP tax preparer will discuss the upcoming tax season and plans for AARP tax preparation assistance at the Center.

Legal Consultation [\(ZOOM\)](#)

An attorney is available for 30-minute LEGAL CONSULTATION for no charge on the second Tuesday, starting January 12, from 1-3 p.m. This will be a virtual appointment. Call the Center in December to schedule a time. Kyle Barrick is a local attorney and he has been working with the Center for many years.