



## Murray Senior Recreation Center



2025

Recreation for 55+

March

### Director's Corner: Kindness



In an age where life feels busier and more digital than ever, kindness has become both a rare and an essential quality. From hurried commutes to heated online debates to changes in political culture, opportunities to show compassion often slip by unnoticed. Yet, kindness – whether through a small gesture or a grand act – has the power to transform our interactions, uplift others, and bring a sense of fulfillment to our own lives. Kindness isn't just about being nice; it's about intentionally choosing to make someone's day a little better, to offer understanding, or to extend support without expecting anything in return. In a world that sometimes values competition and individualism over community, practicing kindness is a revolutionary act. As our society faces new challenges, I hope we can instill in people the desire to be a little bit more understanding and kind to others. Small gestures of kindness can go a long way. Kindness does matter. Random acts of kindness towards others can change a person's perspective on life. Kindness is a type of behavior marked by acts of

generosity, consideration, rendering assistance, or concern for others, without expecting praise or reward in return. Be merciful to people around you. We all make mistakes. Kindness can be as small as holding a door open for someone or as significant as volunteering your time for a cause.

Some of the **PROS** of kindness include:

- enhances our personal happiness and emotional health
- strengthens relationships and builds trust
- creates a positive ripple effect
- inspires others to be kind as well
- fosters a sense of purpose and fulfillment

Kindness takes effort. Taking time to listen to someone's problems might be seen as a distraction or an inconvenience, but kindness has intangible benefits like emotional connection and personal fulfillment that far outweighs the effort. So next time you have an opportunity to be kind to someone, please do it. It ***will*** make a difference. We all need kindness in our lives. Think how it will make your life better if someone is kind to you. – Cory Plant

### Director's Round Table (Cory's Corner)

Thursday, March 6, 13, 20, and 27

9:00 AM - 10:00 AM

This is a **free** discussion.



Starting in March, Cory would like to invite Center participants to join him for a discussion of a variety of topics. This is an open forum and all voices can be heard. It has no set format and the only requirements are shared respect and understanding. No politics or religious topics will be discussed. Potential topics introduced by the Director could be health issues, sports, music, events from around our community or state, stories from our past, or any topics that affect us all. Bring your beverage of choice. This group is designed to be inclusive and will help us to get to know each other a little better. No one should feel intimidated.

#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

## Science Class: Genetics and Genomics

Thursday, March 6

10:30 AM - 11:30 AM

This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will discuss Genetics and Genomics. She will explain what they are and some of the ways they are used today – such as DNA analysis in genealogy and solving crimes, genetic modification of crops, personalized medicine, and how those MRA vaccines work.

## Grief Support Class

Friday, March 7 and 21

10:30 AM - 11:30 AM

This is a **free** class.



Grief is an individual journey with a path as unique as each one of us. To offer support and hope, Suzie Nelsen, a chaplain from Rocky Mountain Hospice, will discuss ways to process grief for those who are mourning a recent or past loss. Grief has no timeline.

## History Class: Childhood Adventures in Dublin

Tuesday, March 11

10:00 AM - 11:00 AM

This is a **free** class.



Join us this month as Jim Duignan shares stories about the escapades he and his friends got into. His daughter Clare will discuss Irish Dance, her dance costumes, and all the fun she had Irish Dancing.

## Wills and Trusts

Monday, March 24

1:00 PM - 2:30 PM

This is a **free** class. [Register now.](#)



Donna Drown a local attorney will be at the Center to discuss wills and trusts. A will is a legal document that specifies how to distribute assets upon a person's death. A trust is a legal contract that allows people to transfer assets both while still alive and after death. She will talk about wills, revocable trusts, and irrevocable trusts and their different purposes.

## AARP Smart Driving Class

Tuesday, March 25

9:30 AM - 3:00 PM

Fee is payable day of class.



The cost is **\$20** for AARP members and **\$25** for non-AARP members. **The instructor will collect the fee. Make checks payable to AARP or bring cash. They do not take credit cards.** Bring your AARP membership card and valid driver's license.

## Vital Aging: Strong Self Confidence

Friday, March 28

1:00 PM - 2:00 PM

This is a **free** class.

Join Maria Rodriguez from Valley Mental Health to learn more about how self-esteem shapes our decision making, our actions, and personality. Come learn how to improve your relationship with yourself and take on life in a more confident way.



## Science Class: Recycling and Reuse in Manufacturing

Thursday, April 3

10:30 AM - 11:30 AM

This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will discuss how companies recycle resources within their processes and find uses for their waste products, saving themselves money and benefiting the world by using fewer resources and creating less waste and pollution. An example is Kennecott, which has many points where used materials go back into the process, and has significantly cleaned up its emissions since the time when smelter exhaust gases killed the surrounding vegetation.



## Nutrition: Boost Your Mood with Food

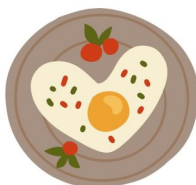
**Tuesday, April 8**

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

This is a **free** class.

Join Marisa Gutierrez, a dietitian from Harmon's to discuss how you can Boost Your Mood with Food. "You are what you eat" isn't just about physical health – it's about mental well-being, too. Discover how the foods you choose can impact your mood. Maria will review all the delicious ways that ensure your diet is boosting your mood and supporting mental wellness.

Good  
food  
Good  
Mood



## Spring Gardening Chats Workshop

**Thursday, April 3, 10, 17, and 24**

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

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

Thursday, April 3 – Gardening Basics

- Fertilizer - what's in the bag,
- How soil PH affects your garden
- Soil critters vs. rototillers

Thursday, April 10 – Color in the Garden

- Annuals and perennials, sun and shade

Thursday, April 17 – Container Gardening

- Pots and grow bags
- What soil to use
- What about drip lines?

Thursday, April 24 – General Gardening

- Simple pruning
- Landscape fabric
- Tools



## Storytelling Workshop

**Continues thru Wednesday, March 19**

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

Cassie Ashton will be facilitating this **free** 10-week workshop that is sponsored by the Murray City Cultural Arts Department.



## Computer Lab



Our computer lab has six computers running Windows 11. Computers are available anytime a group class is not being held and are **free** to use. *We ask that users sign the clipboard and list the computer number they used.* Any **printing costs 10¢ per page** (collection box is in the lab).

## Individual Computer Help



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

**Tuesday, March 4 and 18**

**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, March 7, 14, and 21**

**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 mobile devices including all Apple products.

## Family History Workshop

The current session ends **Wednesday, March 26**.

A new session will begin on **Wednesday, April 2** thru **Wednesday, May 7**.

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

Register now. Space limited to six (6).

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





## Fitness Classes for the Month of March

**PAY MONTHLY CLASS FEE OR INDIVIDUAL CLASS FEE OF \$4 PAYABLE DAY OF CLASS**

(Individual class fee is subject to class space availability)

### BACK 2 CORE

**Tuesdays 9:00 AM - 9:45 AM \$5 MONTH**

Learn to use balls, bars, and bodyweight while building strength, balance, and stability. You must be able to get up and down from the floor. Bring a mat, dress to move!

### CIRCUIT X

**TIME CHANGE**

**Mondays 10:15 AM - 10:45 AM \$5 MONTH**

Combine RIP/TRX, Body Blade, and Spinning in 5-minute intervals to maximize training time. Get cardio, strength, and core training in one workout.

### CORE AND MORE – returning in April

### LINE DANCE – BEGINNING

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

Learn dance steps and AB dances. One-on-one (individual) repetitive instruction helps to learn the steps and their names so you are able to dance when the steps are called out. The instructor will evaluate participants to determine if they are ready to advance to the hour class.

### LINE DANCE

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

Learn to dance along with a group of people in a repeating sequence of steps, while arranged in one or more lines or rows. Participants should be familiar in the names of the dance steps so you can follow when the steps are called. Involves 4-wall dances and 24-48 count choreography.

### MARTIAL ARTS

**Wednesdays 12:30 PM - 1:30 PM \$10 MONTH**

The program will feature Bihonte Martial Arts which includes an empty hand system of combat emphasizing many powerful hand and foot techniques and adaptations of street kickboxing. Learn powerful hand sets and techniques of defense.

### NIA – NEUROMUSCULAR INTEGRATIVE ACTION

**Mondays 9:00 AM - 10:00 AM \$10 MONTH**

NIA is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### SPINNING INDOOR CYCLING

<b>Mondays</b>	<b>8:30 AM - 9:00 AM</b>	} <b>\$10 MONTH</b> <b>UNLIMITED</b> Based on bike availability
<b>Wednesdays</b>	<b>9:00 AM - 9:30 AM</b>	
<b>Wednesdays</b>	<b>9:45 AM - 10:15 AM</b>	
<b>Fridays</b>	<b>8:30 AM - 9:00 AM</b>	

Join our stationary cycling rides and learn how to maximize cardiovascular fitness, learn about heart rate intensity, while lowering stress and body fat.

### STRENGTH CONDITIONING

<b>Mondays</b>	<b>1:30 PM - 2:30 PM</b>	<b>\$10 MONTH</b>
<b>Thursdays</b>	<b>1:30 PM - 2:30 PM</b>	<b>\$10 MONTH</b>

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

<b>Tuesdays</b>	<b>10:30 AM - 11:30 AM</b>	<b>\$10 MONTH</b>
<b>Tuesdays</b>	<b>11:45 AM - 12:45 PM</b>	<b>\$10 MONTH</b>
<b>Thursdays</b>	<b>10:30 AM - 11:30 AM</b>	<b>\$10 MONTH</b>
<b>Thursdays</b>	<b>11:45 AM - 12:45 PM</b>	<b>\$10 MONTH</b>

Often called “moving meditation” – Tai Chi is a beautiful set of flowing exercises that improve flexibility, coordination, balance and cardiovascular fitness.

### TRIPLE G – GLUTES, GUTS, AND GUNS

<b>Mondays</b>	<b>9:00 AM - 9:45 AM</b>	<b>\$10 MONTH</b>
<b>Fridays</b>	<b>9:00 AM - 9:45 AM</b>	<b>\$10 MONTH</b>

This weight training based class uses a combination of dumbbells and bodyweight exercises. Training with weights will help to tighten, firm, and tone arms, abs, and glutes.

### TRX – TOTAL BODY RESISTANCE EXERCISE

<b>Tuesdays</b>	<b>8:30 AM - 9:00 AM</b>	} <b>\$10 MONTH</b> <b>UNLIMITED</b> Based on strap availability
<b>Tuesdays</b>	<b>9:45 AM - 10:15 AM</b>	
<b>Wednesdays</b>	<b>10:30 AM - 11:00 AM</b>	
<b>Fridays</b>	<b>9:45 AM - 10:15 AM</b>	

This exercise uses a TRX strap while utilizing all muscles in a safe and effective range of motion. Experience some cardiovascular benefits, as well as postural muscle development.



## Fitness Classes , cont.

### YOGA WITH 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>

An ancient system of movements and breathing techniques designed to help relax and rejuvenate your mind and spirit.

### YOGA WITH MANDIE

<b>Thursdays</b>	<b>9:30 AM - 10:30 AM</b>	<b>\$10 MONTH</b>
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A fun and energizing yoga class designed to improve flexibility, balance, and strength while boosting overall well-being. Set in a supportive and uplifting environment, this session combines gentle movements, deep breathing, and simple poses to keep you feeling strong, vibrant, and ready to take on the day!

### ZUMBA GOLD / DANCE FITNESS

<b>Fridays</b>	<b>9:00 AM - 10:00 AM</b>	<b>\$10 MONTH</b>
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Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological, and psychological needs of seniors.

### Chakra Meditation

Continues through **Monday, March 31**  
**11:15 AM - 1:00 PM** (EIGHT WEEKS)  
 Cost is **\$20**. [Register now](#).

Barbara Battison will present in-depth information about how Chakras and meditation work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.



### Self-Defense with Cory

**Monday, March 24**  
**12:00 PM - 1:00 PM**

Cost is **\$5**. [Register now](#). Space limited to 16.

This class will focus on mindset, situational awareness, and how to avoid being a victim. *Please wear comfortable shoes and clothing suitable for practice.* Don't miss out this month for a special presentation.



## March Seated Fitness Pass – \$5

The following are included in the **Seated Fitness Pass**:

### CHAIR FIT

<b>Wednesdays</b>	<b>11:15 AM - 11:45 AM</b>
<b>Fridays</b>	<b>11:15 AM - 11:45 AM</b>

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

### CHAIR X-ERCISE FOR BRAIN AND BODY

<b>Mondays</b>	<b>11:15 AM - 11:45 AM</b>
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Learn range-of-motion, muscles, balance and coordination during this total body workout (*sit or stand*). Plan to use various resistance tools along with some fun while developing strength, coordination, and balance.

### MMM – MUSIC, MEMORY, AND MOVEMENT

<b>Fridays</b>	<b>10:15 AM - 10:45 AM</b>
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A mix of rhythm, movement, music, and drumming combined with choreography focused on aerobic endurance. Both seated and standing options available.

### PLAY BALL

<b>Wednesdays</b>	<b>9:00 AM - 9:30 AM</b>
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Get functionally fit while playing! We use balloons, bands, balls, and cups in a playful set of exercises that offer new ways of working the body.

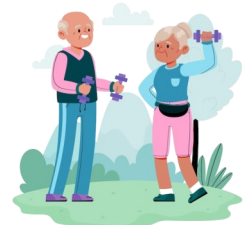
### SEATED YOGA WITH JULIE

<b>Tuesdays</b>	<b>10:30 AM - 11:15 AM</b>
<b>Thursdays</b>	<b>10:30 AM - 11:15 AM</b>

A gentle class using a chair for support. We'll focus on easy movements, stretches, and breathing exercises to improve flexibility, balance, and relaxation.

### Fitness Room for March

The fitness room is open for daily use. The cost is **\$5** per month or **free** if you have Silver Sneakers, Silver and Fit, or Renew Active. If you have any questions about using the equipment in the Fitness Room or need an orientation, ask Marci for instruction or assistance.



## Step Cardio



**Mondays**

**9:45 AM - 10:15 AM**

**Free for March. Register now.**

## Step Cardio and Stretch



**Thursdays**

**8:30 AM - 9:15 AM**

30 minutes of step

15 minutes of stretch

**Free for March. Register now.**



Step aerobics is a fun cardio workout that involves stepping up and down on a raised platform. The class includes basic moves and some routines and patterns to stimulate brain activity. Step can improve overall fitness by strengthening muscles, reducing fat, and boosting your cardiovascular health. It's perfect for all levels and adds training variety to a workout routine.

**EVERY DAY IS  
ANOTHER CHANCE  
TO GET STRONGER  
TO EAT BETTER  
TO LIVE HEALTHIER  
AND TO BE THE BEST  
VERSION OF YOU**

## Outdoor Pickleball Courts



**Available all week during Center's open hours – weather permitting.**



**Reminder:** The courts are open for those 55+ that are registered members in our computer system and scan each time they come and play.

## University of Utah Kinesiology Students

### OVERALL FITNESS CLASS

**Tuesdays 1:00 PM - 2:00 PM** Sophie, Eric, Jared  
**Fridays 1:00 PM - 2:00 PM** Sophie, Eric, Jared

This is a **free** class which helps improve fitness levels and increase endurance, balance, and stretching abilities.  
**Spring Semester continues through Tuesday, April 22.**

### PERSONAL TRAINING

**CLASS FULL**

**Tuesday 8:30 AM - 9:30 AM** Damian  
**Tuesday 9:30 AM - 10:30 AM** Damian  
**Wednesday 10:30 AM - 11:30 AM** Grace  
**Wednesday 11:30 AM - 12:30 PM** Grace  
**Thursday 1:45 PM - 2:45 PM** Katelyn  
**Thursday 2:45 PM - 3:45 PM** Katelyn



Cost is **\$15** for the semester. Inquire for availability.

### CIRCUIT TRAINING

**CLASS FULL**

**Tuesday 1:00 PM - 2:00 PM** Riley, Adam, Micah  
**Tuesday 2:00 PM - 3:00 PM** Riley, Adam, Micah

Cost is **\$15** for the semester. Inquire for availability.



**No UofU students at the Center during March 9 – 16 for Spring Break**

## "ING" 2025 F.I.T.OPOLY

**Thursday, March 27**

**12:30 PM - 1:30 PM**

**F.I.T.OPOLY** cost is **\$15** for March through May.



If you need a bit of accountability, some fun social interaction, and new ways to get healthy and fit ... join the "ING" Club!

Game play time on **Thursday, March 27 at 12:30 PM.**

Pick your game piece, roll the dice, and advance around the game board. You will receive your stickers for extra game perks, get to pass go, earn money by others progressing around the board and potentially hit the jackpot or land in jail.

## Sound Healing

Thursday, March 6

Trip Departure is 3:30 PM

Return is about 6:00 PM

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

A sound bath is a deeply-immersive, full-body listening experience that intentionally uses sound to nurture your mind and body. The experience is filled with different sounds and frequencies being introduced in succession and may include instruments, tuning forks, gongs, shruti box, Himalayan and crystal singing bowls, chimes, and voice. **Bring a pillow and blanket/yoga mat so you are comfortable. You must be able to walk down stairs, plus get up and down from the floor.**



## Park City Museum and Main Street

Thursday, March 13

Trip Departure is 11:00 AM

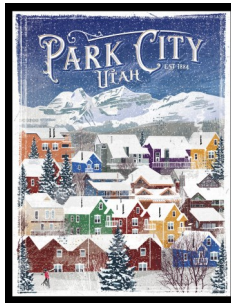
Return is about 3:00 PM

Cost is \$30 (includes sack lunch).

[Register now.](#)

Enjoy the exhibitions as you explore Park City's colorful mining and ski history. In the heart of Park City's Historic Old Town district you'll have time for a guided tour as well as your own time to explore, grab a snack or shop. The Graveyard of Buoyant Hopes, the award-winning display is also available. Bring a sweater or coat as the galleries are cold – especially the Jail – to help preserve the antiques and artifacts.

*Cost includes sack lunch to eat on the bus.*



We offer the option to register online for classes, services, and trips. Printed instructions are available at the Front Desk to help you set-up your online account.



[www.facebook.com/MurraySeniorRec/](http://www.facebook.com/MurraySeniorRec/)  
[www.facebook.com/MurrayCityUtah/](http://www.facebook.com/MurrayCityUtah/)

## UVU's Roots of Knowledge

Thursday, March 20

Trip Departure is 12:00 PM

Return is about 3:00 PM

Cost is \$12 (includes sack lunch). [Register now.](#)

A fusion of art, education, and public space, Roots of Knowledge starts with the dawn of humanity and ends with the present day.

Time will be permitted to view on your own as well as ask questions. *Cost includes sack lunch to eat on the bus before our tour at 1:00 PM.*



## China Town

Thursday, March 27

Trip Departure is 11:00 AM

Return is about 2:00 PM

Cost is \$8. [Register now.](#)



Salt Lake City Chinatown is a 5.7-acre Asian and Chinese themed shopping and business community, created with the sole purpose of bringing Utah's amazing and rapidly-expanding Asian Community together, and to bring greater awareness of the richness of Asian cultures to Utah. *All purchases will be at your own expense.*

## Wendover

Thursday, May 1

Trip Departure is 8:15 AM

Return is about 7:00 PM

Cost is \$30. [Register now.](#)

**Cancellation deadline is Thursday, April 17.**



Travel to Wendover and enjoy a day at the Rainbow or Peppermill Casino. The trip cost includes transportation, free bingo on the bus, and a bonus package that includes \$5 Lucky Bucks, one free cocktail, 15% off in the gift shop, and \$20 free play coupon.

# DAILY FITNESS SCHEDULE

# MARCH

# Monthly Calendar



## 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: [mcreg.com](http://mcreg.com)

Director: Cory Plant



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

**Thursday**  
8:00 AM – 9:30 PM

**Saturday – Sunday**  
Closed

8:30 Spinning (East) 9:00 NIA (Dining) 9:00 Triple G 9:45 Step Cardio (East) 10:00 Yoga 10:15 Circuit X (East) 11:15 Chair X-ercise (East) 11:15 Chakra Meditation 1:30 Strength Conditioning	8:30 TRX 9:00 Back 2 Core 9:45 TRX 10:30 Tai Chi 10:30 Seated Yoga with Julie (East) 11:45 Tai Chi 1:00 Overall Fitness 1:15 Beginning Line Dance (Dining) 2:00 Line Dance (Dining)
MONDAY	TUESDAY
9:00 Advanced Watercolors <b>3</b> 12:00 <b>Piano Lessons</b> 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 1:00 <b>Toenail Clipping</b>	8:30 Ceramics <b>4</b> <b>11:30 Lunch: Muffaletta Sandwich</b> 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 <b>Computer Help (Bob)</b>
9:00 Advanced Watercolors <b>10</b> 12:00 <b>Piano Lessons</b> 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 1:00 <b>Photography</b> 7:00 <b>Family Concert:</b> <b>Rocky Mountain Rangers</b>	8:30 Ceramics <b>11</b> 10:00 <b>History Class</b> <b>11:30 Lunch: Sloppy Joe</b> 12:00 Massage 12:00 <b>Legal Consultation</b> 12:30 Canasta 12:45 Crafters
9:00 Advanced Watercolors <b>17</b> 12:00 <b>Piano Lessons</b> 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors	8:30 Ceramics <b>18</b> <b>11:30 Lunch: Chef Salad</b> 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 <b>Computer Help (Bob)</b>
9:00 Advanced Watercolors <b>24</b> 12:00 <b>Self-Defense with Cory</b> 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 1:00 <b>Wills and Trusts</b>	8:30 Ceramics <b>25</b> 9:30 AARP Smart Driving <b>11:30 Lunch: Chicken Sandwich</b> 12:00 Massage 12:30 Canasta 12:45 Crafters
9:00 Advanced Watercolors <b>31</b> 10:30 <b>Brunch: Waffles</b> 12:00 <b>Piano Lessons</b> 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors	



## DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Play Ball (Dining) 9:00 Spinning (East) 9:30 Yoga 9:45 Spinning (East) 10:30 TRX 11:15 Chair Fit 12:30 Martial Arts	8:30 Step Cardio and Stretch  9:30 Yoga with Mandie 10:30 Tai Chi 10:30 Seated Yoga with Julie (East) 11:45 Tai Chi 1:30 Strength Conditioning 7:00 Yoga	8:30 Spinning (East) 9:00 Zumba Gold (Dining) 9:00 Triple G 9:45 TRX 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:15 <b>Birthday Wednesday</b> <b>11:30 Lunch: Bratwurst Sauerkraut</b> 12:30 Family History 12:45 Bingo 1:00 Bridge 1:00 <b>Storytelling</b>  <div>5</div>	8:30 Ceramics 9:00 <b>Director's Round Table</b> 10:30 <b>Science Class</b> 10:30 AARP Tax Help <b>11:30 Lunch: Pulled Pork</b> 12:30 Mexican Train 3:30 <b>TRIP: Sound Healing</b> 7:00 Evening Social Dance <div>6</div>	9:00 <b>Computer Help (Ashton)</b> 10:30 <b>Grief Support</b> <b>11:30 Lunch: Chile Verde Burrito</b> 12:00 Massage 12:45 Bingo 1:00 Bridge <div>7</div>
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 <b>Blood Pressure</b> <b>11:30 Lunch: Pasta and Meat Sauce</b> 12:30 Family History 12:45 Bingo 1:00 Bridge 1:00 <b>Storytelling</b> <div>12</div>	8:30 Ceramics 9:00 <b>Director's Round Table</b> 10:30 AARP Tax Help 11:00 <b>TRIP: Park City Museum</b> <b>11:30 Lunch: Baked Potato</b> 12:30 <b>Thursday Quilters</b> 12:30 Mexican Train 7:00 Evening Social Dance <div>13</div>	9:00 <b>Computer Help (Ashton)</b> <b>11:00 St. Patrick's Special Event</b> <small>Registration only / SOLD OUT</small> 12:00 Massage 12:45 <b>Special Bingo</b> <small>Open to all</small> 1:00 Bridge  <div>14</div>
9:00 Painting 9:15 Pinochle 10:00 Haircuts <b>11:30 Lunch: Baked Ham</b> 12:30 Family History 12:45 Bingo 1:00 Bridge 1:00 <b>Storytelling</b> <div>19</div>	8:30 Ceramics 9:00 <b>Director's Round Table</b> 10:30 AARP Tax Help <b>11:30 Lunch: Hamburger</b> 12:00 <b>TRIP: Roots of Knowledge</b> 12:30 Mexican Train 7:00 Evening Social Dance <div>20</div>	9:00 <b>Computer Help (Ashton)</b> 10:30 <b>Grief Support</b> <b>11:30 Lunch: Salisbury Steak</b> 12:00 Massage 12:45 Bingo 1:00 Bridge <div>21</div>
8:30 Advisory Board Meeting 9:00 Painting 9:15 Pinochle 10:00 Haircuts <b>11:30 Lunch: Mexican Taco Salad</b> 12:30 Family History 12:45 Bingo 1:00 Bridge <div>26</div>	8:30 Ceramics 9:00 <b>Director's Round Table</b> 10:30 AARP Tax Help 11:00 <b>TRIP: China Town</b> <b>11:30 Lunch: Fettuccine Alfredo</b> 12:30 <b>F.I.T.OPOLY</b> 12:30 Mexican Train 7:00 Evening Social Dance <div>27</div>	9:00 <b>NO Computer Help</b> <b>11:30 Lunch: Chicken Fried Steak</b> 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 <b>Vital Aging</b> <div>28</div>

## Birthday Wednesday – March 5

Celebrate your birthday month on the **first Wednesday** of the month and you could win a free lunch (must be present to win). There is a free cupcake and ice cream available from **11:15 AM to 12:15 PM** for everyone to enjoy, too.



## Lunch

Omar Limon is our on-site chef. He prepares meals **Tuesday-Friday at 11:30 AM to 12:30 PM**. The cost is **\$5 for 55+ or \$7 for those under 55**.

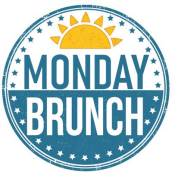
Pay the cashier with cash and then go through the lunch line. Ask at the Front Desk about prepaid lunch cards and other payment options.



**Bring your own containers for leftovers. Since the Chef cannot put food into outside containers, get your lunch tray/plate and transfer the food to your own container.**

Take-out lunches may be available for purchase after 12:15 PM.

The daily menu is subject to change at chef's discretion. In the event that the main entrée is sold-out early, the chef will have an available substitute (typically sandwich and chips) until 12:30 PM.



On **Monday, March 31**, we will have brunch from **10:30 AM until 11:30 AM**. The cost is **\$5 for 55+ or \$7 for those under 55**.

## Exact Change, Please!

We do not have cash reserves on hand and cannot break denominations larger than \$10. We accept check or credit card payments at the Front Desk.



## Special Event: St. Patrick's Day

**Friday, March 14**

**11:00 AM - 12:45 PM**

Cost is **\$7** for reserved seats. Space is limited to 100.

**SOLD OUT**



Join us for a special Irish meal of corned beef and cabbage.



Entertainment by Irish Step Dancers from the Scariff Loclier Leonell School of Irish Dance.

The Meal is followed by a special St. Patrick's bingo which will begin approximately at 12:45 PM. *Bingo is open to everyone!*



**Deadline: No cancellations for refunds may be made after Wednesday, February 26.**

## Special Event: Spring Fling

**Wednesday, April 16**

**11:00 AM - 12:45 PM**

Cost is **\$12** for reserved seats.

*Register now.*



Come and celebrate the spring season with a special lunch of Fettuccine Alfredo and Lemon Garlic Sauteed Shrimp, Side Salad, Steamed Veggies, Roll, and Double Chocolate Cake.

Ken Uy – he started piano lessons at age 5 and was a professional musician in New York City – will be providing the entertainment for this event.

Up to six tickets (a table) may be purchased by an individual.

**Deadline: No reservations or cancellations for refunds may be made after Wednesday, April 2.**



The Meal is followed by a special Easter Bingo which will begin approximately at 12:45 pm. *Bingo is open to everyone!*

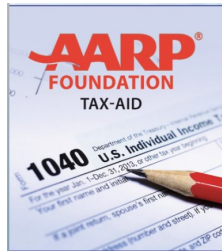
## AARP Tax Service

Continues through **Thursday, April 10**

**10:30 AM - 4:30 PM**

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

March appointments are filled. Call Wednesdays or Thursdays for possible cancellations.



Registration for appointments on April 3 and April 10 open on Wednesday, March 19.

Volunteers from AARP will be providing free tax assistance and preparation for taxpayers with middle and low income, with special attention to those 60 and over. This is a free and confidential service. Please remember your appointment date and make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we don't want the tax volunteers left with empty spots from cancellations and no-shows.

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



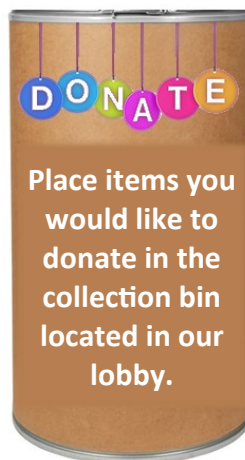
## Spartan Closet and Murray Children's Pantry

We have a barrel in the Center's lobby to collect donations for the Spartan Closet and Murray Children's Pantry which supports homeless students that attend Murray High School. Any appropriate donation is appreciated.

### March Donation Focus: Baby Month

Diapers, wipes, baby food

Our community has a growing need for our support, thank you for your generosity in filling our donation bin each month.



## Piano Lessons

**Monday, March 3, 10, 17, and 31**

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

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

Advanced appointments required.

Piano Teacher: Ken Uy



Piano lessons may entail any of the following:

- How to play the piano, either from printed music, by ear, or both.
- General music help, i.e., "theory," how to read, how to write, arrange, etc.
- Provide piano accompaniment for those who want to sing or play an instrument with the piano.

There is no assigned curriculum or supply list. If you have a particular piece of music in mind, bring it with you for your lesson.

## Family Night Concert: Rocky Mountain Rangers

**Monday, March 10**

**7:00 PM– 8:00 PM**

**Doors open at 6:00 PM**

This is a **free** concert.

Open to all ages.



The Rocky Mountain Rangers is a bluegrass, cowboy and western swing band, fronted by original band member, Dieter the Singing Cowboy, who plays guitar, harmonica, and mandolin. Mark Anger, a multi-instrumentalist, also an original member, is on banjo, dobro, and vocals. Dave Bowen, a local music legend, is on bass and vocals. The old man, Pops Foster, is the newest addition on fiddle and vocals.

This revival of the band – that was a staple in the Utah music scene in the 1990's – plays a variety of traditional bluegrass, cowboy songs, and western swing tunes that will keep your toes tapping. Come and enjoy the music and fun ambiance with your entire family.

## Massage

**Tuesday, March 4, 11, 18, and 25**

**Friday, March 7, 14, 21, and 28**

**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 need to be made two working days in advance for a refund. The 60-minute massage includes 50 minutes on the table and 10 minutes to change clothes. An individual may only register for **one** massage during the calendar month to allow space for others.

## Haircuts

**Wednesday, March 5, 12, 19, and 26**

**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 and Glucose Clinic

**Wednesday, March 12**

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

This is a **free** service.

No appointment necessary.

Provided by: Dignity Home Health and Hospice

## Toenail Clipping

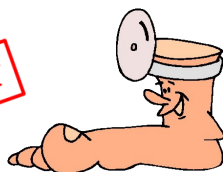
**Monday, March 3**

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

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

Dr. Scott Shelton is unable to provide toenail clipping services at the Center for people who are diabetic or on anti-clotting agents such as Coumadin.

The next date for toenail clipping is **Monday, May 19**. Registration will open on **Monday, April 21**.



**SOLD OUT**

## Legal Consultation

**Tuesday, March 11**

**12:00 PM - 3:00 PM**

(30 minutes each)

This is a **free** service.

Advanced appointments required.

Attorney: Donna Drown

The volunteer lawyer will consult with you, advise you, or refer you to other resources for help, but will not solicit your business.



## Medicare Questions?

We have a volunteer that can help answer questions via telephone. Moe can assist with setting up a telephone appointment with the volunteer. You may also call Senior Health Insurance Program (SHIP) directly at 385-468-3200.



## PEARLS

**PEARLS** (Program to Encourage Active, Rewarding Lives) is a program offered through Valley Mental Health. It was created to help educate older adults about what depression is and help them develop skills needed for self-sufficiency and a more active life. If you are interested in scheduling your first session, email them at [PEARLS@valleycares.com](mailto:PEARLS@valleycares.com)



- PEARLS is a treatment program designed to reduce symptoms of depression and improve quality of life
- Participants do not need to be diagnosed with depression in order to participate
- Valley offers 8 free one-on-one sessions to interested seniors 55+
- Sessions are 1 hour long and take place over a span of 4-5 months at our Center



## Fun and Games

### ALL games are free and no registration is required.

The volunteer lead can answer any questions about the game and will have final say during any rule conflicts.

#### 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: Sue Benton

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

#### HAND AND FOOT CARD GAME

**Mondays 12:30 PM - 4:00 PM**

Volunteer Lead: Donna Gaydon, Gayle Phillips

#### MEXICAN TRAIN DOMINOS GAME

**Thursdays 12:30 PM - 4:00 PM**

Volunteer Lead: Margaret Jacobs

#### PINOCHLE

**Wednesdays 9:15 AM - 12:00 PM**

Volunteer Lead: Ray Burton

Check-in by 9:00 AM.

## Bingo

### Wednesdays and Fridays

**12:45 PM - 2:45 PM**

Donation based program.

Bingo is **free**, although donations are appreciated. The suggested donation amount is **\$1** for 1-3 cards or **\$2** for 4-6 cards played. Winners will receive a \$5 gift certificate from Village Inn or Maceys.



**THANK YOU** to Village Inn  
for donating pies each week.



## Evening Social Dance

### Thursday Nights

**7:00 PM - 9:30 PM**

Cost is \$5.

Dance to the musical genius of Tony Summerhays each Thursday night. Light refreshments are served during the break and door prizes are given each week.



### Mah-Jongg Coming Soon!

Mah-jongg is a strategy game that originated in China. It is similar to rummy, but played with tiles or cards. We will be playing the American or Jewish variation of Mah-jongg.

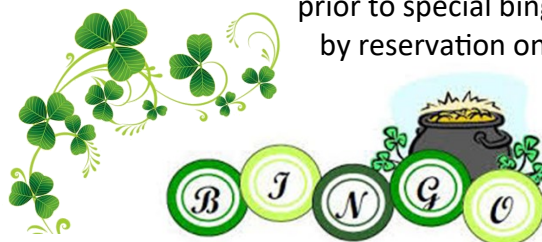


We'll have play information in the April newsletter. We are tentatively looking at Friday mornings.

## Special Bingo: St. Patrick's Day

**Friday, March 14  
12:45 PM - 2:45 PM**

Bingo is open to all. Meal and entertainment prior to special bingo is by reservation only.



**Bridge Tournament  
Friday, April 4  
12:45 PM - 4:00 PM  
\$5 per person**



Registration deadline is Monday, March 31

## Ceramics

### Tuesday and Thursday

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

Cost is **\$1.50** each class plus cost of supplies. *Ceramic supplies available for purchase during class.*

Instructor: Cindy Mangone

## Crafters

### Tuesday

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

This is a **free** group.

A small group of crafters meet to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to work on.

## Thursday Quilters

### Thursday, March 13

**12:30 PM - 2:30 PM**

This is a **free** group.

Volunteer Leads: Barbara Reynolds  
and Karen Summerhays

Barbara Reynolds is teaching a class about the different types of batting and how to choose the best batting for your project.

As always, bring any show and tell project you would like to show the group. Please continue working on charity quilts for the Murray Police and Fire Departments. Happy sewing!



## Painting Class: Wednesday Painting

Current session continues through

**Wednesday, March 5**

A new session begins on **Wednesday, March 12**  
through **Wednesday, April 30**

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

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

Instructor: Jeanette Morris

Jeanette is an experienced teacher and paints in both watercolors and oils; she also has experience with pastels and acrylics. Jeanette welcomes all levels of experience.

**CLASS FULL**

## Photography

This is a non-competitive photography group with the intent to promote interest and participation in the hobby of photography. Volunteer lead: Greg Waldron



### Monday, March 10

**1:00 PM - 3:00 PM** in the Board Room

This is a **free** class. Register now.

Themes will be "Present Images and Discussion." Greg will also talk about photo walks in the upcoming months.



## Advanced Watercolors

**CLASS FULL**

Current session continues **Monday, May 19.**

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

Cost is **\$110**. *Class is Full. Space limited to 20.*

Instructor: John Fackrell

Concepts and techniques are taught at a level of an experienced watercolor painter. To be eligible for this class, each participant must have the approval of the class instructor.

## Art Appreciation / Intermediate Watercolors

A new session begins on **Monday, March 3** through  
**Monday, April 7**

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

Cost is **\$37**. Register now. *Space limited to 18.*

Instructors: John & Joan Fackrell

This class combines intermediate watercolor concepts and techniques with the study of different artists who use various mediums in creating art. The watercolor techniques taught will be geared to intermediate painters. There will be weekly assignments to be completed outside of class.

## Center Staff Information

### Director

Cory Plant cplant@murray.utah.gov

### Program Coordinators

Maureen Gallagher mgallagher@murray.utah.gov

Marci Williams mwilliams@murray.utah.gov

### Office Admin Supervisor

April Callaway acallaway@murray.utah.gov

### Front Desk Staff

Shauna Slaymaker, Laura Collings

### Meal Supervisor

Omar Limon olimon@murray.utah.gov

## Advisory Board

Our Advisory Board meets monthly at 8:30 AM on the 4th Wednesday. The public is welcome to attend and there is time provided for comments. The next meeting will be Wednesday, March 26.

### Board Members

Chuck Dillard	Karl Schatten
Karen Summerhays	Rosane Coleman
Hal Luke	Susan Hatcher
Lisa Becerra	Cathy Burton
Kathy Van Dame	

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds the Center's scholarship program.

If you need financial assistance to participate in any Center program (including meals), please speak with Cory Plant regarding our **FINANCIAL AID SCHOLARSHIP** program.

Each time you use your rewards card at Smith's we earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

**Check our website or Facebook page for any NOTIFICATIONS about changes in class schedules.**

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current account and have provided us with their email address. A printed copy is available at the Murray Senior Recreation Center (**\$1 donation**) or a digital copy online at murray.utah.gov



You can make a **RESERVATION** for yourself and one friend (55+) for programs and trips as long as payment accompanies the reservation. If you pay for a friend, you are responsible for taking care of any cancellation and/or refund with that friend. Your friend must be a registered participant at the Center.

**TRIPS** that are not at least 50% capacity may be cancelled.

As a general rule, our **CANCELLATION POLICY** to receive a full refund is two business days for classes or services, five business days for day trips or special events, and six weeks for overnight trips – unless noted otherwise in the newsletter.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.





April Callaway is a **NOTARY** and available to notarize documents for Center participants. This is a **free** service. Please call ahead for availability.

There are **SINGLE STAMPS** available for purchase for 73¢ (no booklets) and **COPIES** made at the Front Desk are 20¢ per page for black and white copies or 50¢ per page for color copies.

**COURTESY REMINDERS** of appointments, classes, or trips may be sent via text or email from "Sportsman Software." No-shows prevent other seniors from being able to attend the trip or class.

**Chronic no-show participants may be limited to what they can register for in the future.**

# MARCH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>NO LUNCH</b>	4 <b>MUFFALETTA SANDWICH</b> Rotini Pasta Salad Bag of Chips	5 <b>BRATWURST AND SAUERKRAUT</b> Mashed Potato Rapini (Broccoli) Roll Birthday Cupcake 	6 <b>PULLED PORK ON HAMBURGER BUN</b> Baked Beans Macaroni Salad	7 <b>CHILE VERDE SMOTHERED BURRITO</b> Beans and Rice Chips and Salsa
10 <b>NO LUNCH</b>	11 <b>SLOPPY JOE ON HAMBURGER BUN</b> Potatoes au Gratin Green Beans	12 <b>PASTA AND MEAT SAUCE</b> Garlic Toast Side Salad	13 <b>BAKED POTATO</b> Chili and Cheese Toppings Side Salad	14 <b>ST. PATRICK'S</b>  <b>SOLD OUT</b> Cost is \$7 Cancellation deadline is Wednesday, Feb. 26
 <p><b>Main Entrée cost is \$5 for 55+ or \$7 for those under 55</b>  Lunch is served Tuesday-Friday at <b>11:30 AM to 12:30 PM</b>  Pay the cashier and then go through the lunch line  Ask at the Front Desk about prepaid lunch cards</p> <p><b>THE CENTER IS GOING GREEN – Please bring your own containers for leftovers</b></p> <p>Daily Menu is subject to change at chef's discretion</p> 				
17 <b>NO LUNCH</b>	18 <b>CHEF SALAD</b> Soup of the Day Roll and Crackers	19 <b>BAKED HAM</b> Mashed Potatoes and Gravy Steamed Veggies Roll	20 <b>HAMBURGER</b> Potatoes au Gratin Green Beans Side Salad	21 <b>SALISBURY STEAK AND GRAVY</b> Mashed Potato Steamed Veggies Roll
24 <b>NO LUNCH</b>	25 <b>CRISPY CHICKEN SANDWICH</b> Mac and Cheese Bag of Chips	26 <b>MEXICAN TACO SALAD IN TOSTADA SHELL</b> Fresh Fruit	27 <b>FETTUCCINE ALFREDO</b> Broccoli Garlic Toast Side Salad	28 <b>CHICKEN FRIED STEAK</b> Mashed Potatoes and Gravy Steamed Veggies
31 <b>BRUNCH – \$5</b> <b>10:30 – 11:30</b> 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice 