



2025

Recreation for 55+

April

Director's Corner: Positive Energy

As I walk around the facility talking to our patrons, one theme that seems to be common among the participants is the incredible energy vibe that is going through the Center. People are noticing the same thing. It seems people are more happy and excited about the things that are going on here. These are manifestations of personal energy, which is all around us and constantly influencing our lives.

Personal energy refers to the unique vibrations that each individual emits. It is the subtle force that radiates from our being and impacts our interactions with the world. Much like a magnetic field, our personal energy has the power to attract or repel people and experiences. It is an invisible force that plays a significant role in shaping our realities.

Our personal energy is influenced by various factors, including our beliefs, experiences, and the environment we find ourselves in. Our beliefs shape our perception of the world and impact the energy we emit. Positive beliefs can generate a vibrant and uplifting energy, while negative beliefs can create a dense and stagnant energy. Surrounding ourselves with positive and supportive people and being in uplifting environments can enhance our energy and attract positive experiences. Conversely, being in negative or toxic environments can drain our energy and repel positive experiences.

By cultivating a positive and vibrant energy, we can attract positive experiences and enhance our overall well-being. Positive vibes are characterized by feelings of joy, gratitude, love, and peace. Understanding your personal energy also involves recognizing

the impact it has on your physical and emotional well-being. Your vibe can influence your stress levels, immune system, and overall health. The impact of positive vibes is profound and far-reaching. When we emit positive energy, we attract similar energy back into our lives. It's like a magnet that draws goodness towards us. The impact of positive vibes is profound and far-reaching.

I would encourage all to continue to have that positive vibe. Many of the things in this newsletter may help you align with that positive energy. Only you can decide which type of energy you want to emit. I encourage you to get involved and enjoy life by staying active, learning new things and finding what makes you happy. This Center can help you achieve that goal. Stay positive, my friends!

– Cory Plant



Director's Round Table

Thursdays
9:00 AM - 10:00 AM

This is a **free** discussion.



Center participants are invited to join Cory for a weekly discussion of a topic of his choosing. 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.

#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

Spring Gardening Chats Workshop

Thursday, April 3, 10, 17, and 24

10:30 AM - 11:30 AM

This is a **free** class. *Class is full. Space limited to 16.*

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



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.



Grief Support Class

Friday, April 4 and 18

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: Mysteries in History

Tuesday, April 8

10:00 AM - 11:00 AM

This is a **free** class.

Join us this month as Jim Duignan shares stories of the great mysteries throughout history that still have not been explained.

What happened to the *Mary Celeste*? A Canadian ship found abandoned and adrift in 1872.

Hundreds of people witnessed Queen Victoria's Jumping Man (also known as Spring-Heeled Jack) who was said to leap over buildings.

In 1901, two English women visited the Palace of Versailles in France and claimed they stepped back in time to the period of King Louis XVI.



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.



If You Have A Dream

Friday, April 11

10:00 AM - 11:00 AM

This is a **free** class.

Kim Mugleston has dreamed of making a film and one that is relatable. His 10-minute movie on "If You Have a Dream" won best actor and best 10-minute movie at the Helper Utah Art Festival. Kim will show his movie and will talk about what it took to make the film and how he came up with the idea.



Scams

Monday, April 21

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 scams. Scams can be difficult to detect until it is too late, and many scams tend to target the retired population. She will cover grandparent scams, government impersonation scams, investment and financial services scams, and phishing (fishing) scams. She will also discuss ways to avoid being scammed, and what to do if you are the victim of a scam.

Vital Aging: Emotional Regulation

Friday, April 25

1:00 PM - 2:00 PM

This is a **free** class.



Join Maria Rodriguez from Valley Mental Health to learn more about Emotional Regulation. Let's take a deep dive into emotions. Maria will talk about how to better understand our emotions, what they communicate to us and others, and techniques to better regulate our feelings and emotions.

Science Class: The Year in Science – 1896

Thursday, May 1

10:30 AM - 11:30 AM

This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will talk about 1896 – when X-rays were first used in medicine, the first radio communication system was patented, and scientists finally knew everything necessary to know that burning fossil fuels would cause climate change. Suzanne will look at the work that led up to these achievements and some of their lasting effects.

AARP Smart Driving Class

Tuesday, May 20

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.



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, April 1 and 22

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, April 11, 18, and 25

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

A new session begins on **Wednesday, April 2** through **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



MCRReg.com



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.



Fitness Classes for the Month of April

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!

CORE AND MORE – returning in May

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 – *Class Moved to East Conference Room*

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.

PLAY BALL

Wednesdays 9:00 AM - 9:30 AM \$5 MONTH

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.

STRENGTH CONDITIONING

Mondays 1:30 PM - 2:30 PM \$10 MONTH

Thursdays 1:30 PM - 2:30 PM \$10 MONTH

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

TAI CHI

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

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

Mondays 9:00 AM - 9:45 AM \$10 MONTH

Fridays 9:00 AM - 9:45 AM \$10 MONTH

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.

YOGA WITH MITCH

Mondays 10:00 AM - 11:00 AM \$15 MONTH

Wednesdays 8:30 AM - 9:30 AM \$15 MONTH

Wednesdays 9:30 AM - 10:30 AM \$15 MONTH

Thursdays 7:00 PM - 8:00 PM \$15 MONTH

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

YOGA

Thursdays 9:30 AM - 10:30 AM \$10 MONTH

A fun and energizing yoga class designed to improve flexibility, balance, and strength while boosting overall well-being.

ZUMBA GOLD / DANCE FITNESS

Fridays 9:00 AM - 10:00 AM \$10 MONTH

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.

Unlimited Spinning Pass – \$10

Based on bike availability

SPINNING INDOOR CYCLING

Mondays 8:30 AM - 9:00 AM
Wednesdays 9:00 AM - 9:30 AM
Wednesdays 9:45 AM - 10:15 AM
Fridays 8:30 AM - 9:00 AM

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

CIRCUIT X

Mondays 10:00 AM - 10:45 AM
Wednesdays 10:30 AM - 11:15 AM

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

Unlimited TRX Pass – \$10

Based on strap availability

TRX – TOTAL BODY RESISTANCE EXERCISE

Tuesdays 8:30 AM - 9:00 AM
Tuesdays 9:45 AM - 10:15 AM
Wednesdays 10:30 AM - 11:00 AM
Fridays 9:45 AM - 10:15 AM

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.

Self-Defense with Cory

Monday, April 21
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.*



Unlimited Seated Pass – \$5

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

CHAIR FIT

Wednesdays 11:15 AM - 11:45 AM
Fridays 11:15 AM - 11:45 AM

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

Mondays 11:15 AM - 11:45 AM

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

Fridays 10:15 AM - 10:45 AM

A mix of rhythm, movement, music, and drumming combined with choreography focused on aerobic endurance. Both seated and standing options available.

SEATED YOGA

Tuesdays 10:30 AM - 11:15 AM
Thursdays 10:30 AM - 11:15 AM

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



SEATED TRX

Wednesday 12:00 PM - 12:45 PM

Would you like to improve your strength in your legs? Seated TRX can help. As you become stronger in your upper body you will be able to use those muscles to help lift your body using your legs. Come give this seated TRX class a try.

Fitness Room for April

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.

Chakra Meditation

Monday, April 7 thru Monday, June 2

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.



Step Cardio

Thursdays 8:30 AM - 9:15 AM

Free for April. [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.



University of Utah Kinesiology Students

OVERALL FITNESS CLASS

Tuesdays 1:00 PM - 2:00 PM

Fridays 1:00 PM - 2:00 PM

This is a **free** class which helps improve fitness levels and increase endurance, balance, and stretching abilities.

Class will continue to be taught by a volunteer while the students are between semesters.



**Final Spring Semester
Student Presentation
Friday, April 18 at 1:00 PM**



PERSONAL TRAINING and CIRCUIT TRAINING

Classes for Spring Semester end on Thursday, April 10.



APPLY NOW FOR PERSONAL TRAINING and CIRCUIT TRAINING FOR SUMMER TERM –

Deadline is Monday, May 12. Ask the Front Desk how to apply. Everyone will be notified by Monday, May 19 about the available times/days. **Cost will be \$10**. Summer term begins on Monday, May 12 through Wednesday, July 30.

2025 Coed 55+ Golf Tournaments

MONTHLY golf tournaments are for men and women 55+ who have attained a basic level of golf skill which allows them to compete in 18 holes of play at a standard pace.

• **NO** annual league fee • **NO** kick-off event • **NO** awards banquet. **Prize money** is included in each tournament fee (except for Murray Parkway in July).

No refunds after 5 business days prior to tournament.

Each tournament requires a minimum of 72 registered players.



Mon, May 19	7:30 AM	Riverbend	\$65
Registration begins online Saturday, April 19			
Mon, Jun 16	8:00 AM	The Ridge	\$65
Registration begins online Saturday, May 17			
Wed, Jul 16	8:00 AM	Murray Parkway	\$75
Registration begins online Saturday, Jun 14			
Mon, Aug 11	7:30 AM	Meadowbrook	\$65
Registration begins online Saturday, Jul 12			
Mon, Sep 15	8:00 AM	Glendale	\$65
Registration begins online Saturday, Aug 16			

Learn to Play Pickleball

Thursday, April 10, 17, 24 or Thursday, May 1, 8

Beginner 4:00 PM - 5:30 PM

LEARN TO

Intermediate 5:30 PM - 7:00 PM

Intermediate Prerequisite: Completed the Beginner course or have been playing for at least 6 months



PLAY

Cost is **\$15** per class. Advanced registration required.

Limited to 8 players per class. Racquets will be provided.

Each class includes instruction and play.

Instructor: Sherrie Bertrand

Make-up dates on Thursday, May 15 or 22; as needed.

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.

"ING" 2025 F.I.T.OPOLY

Thursday, April 24

12:30 PM - 1:30 PM

F.I.T.OPOLY cost is **\$10** for April through May.



Game play time on **Thursday, April 24** 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.

Wrap-up & Awards – Thursday, May 29 at 12:30 PM
Coming to America Kick-off for June – September

Ruth's Diner

Thursday, April 3

Trip Departure is 9:00 AM

Return is about 11:30 AM

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



Enjoy a ride up Emigration Canyon as we take our bus to Ruth's Diner for breakfast. Payment for breakfast will be on your own (\$11-\$18).

Sound Healing

Thursday, April 10

Trip Departure is 3:30 PM

Return is by 6:00 PM

Cost is **\$15 per person**. [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.**

Clark Planetarium: Hubble 3D

Thursday, April 17

Trip Departure is 9:30 AM

Return is about 11:30 AM

Cost is **\$20**. [Register now.](#)



Through the power of IMAX® 3D, Hubble 3D will enable movie-goers to journey through distant galaxies to explore the grandeur and mysteries of our celestial surroundings, and accompany space-walking astronauts as they attempt the most difficult and important tasks in NASA's history.

Gem Mineral Fossil Show

Friday, April 25

Trip Departure is 12:30 PM

Return is about 4:00 PM

Cost is **\$5**. [Register now.](#)



This show is hosted by the Wasatch Gem Society and features booths from all over the country. It is held in South Jordan at the Sebastian Agricultural Center and there is no cost of admission for us. There will be food trucks available to purchase snacks or lunch.

[Purchases and food costs are on your own.](#)

Wendover



Thursday, May 1

Trip Departure is 8:15 AM

Return is about 7:00 PM

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

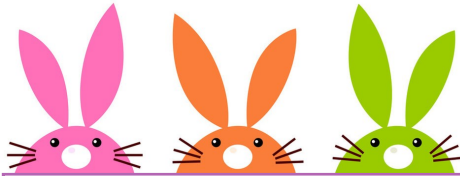
Cancellation deadline is Thursday, April 17.

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

APRIL

Monthly Calendar



Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

Email: seniorrec@murray.utah.gov

Website: murray.utah.gov

Registration: 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
10:00 Yoga
10:00 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 (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 **7**
12:00 **Piano Lessons**
12:30 Hand and Foot
1:00 Bridge Lessons
1:00 Art Appreciation/Watercolors
1:00 **Photography (Wheeler Farm)**

8:30 Ceramics **8**
10:00 **History Class**
10:30 **Nutrition**
11:30 Lunch: Roast Pork Loin
12:00 Massage
12:00 **Legal Consultation**
12:30 Canasta
12:45 Crafters

9:00 Advanced Watercolors **14**
12:00 **Piano Lessons**
12:30 Hand and Foot
1:00 Bridge Lessons
1:00 Art Appreciation/Watercolors
7:00 **Family Concert: Offbeats Jazz**

8:30 Ceramics **15**
11:30 Lunch: Italian Sub
12:00 Massage
12:30 Canasta
12:45 Crafters

9:00 Advanced Watercolors **21**
12:00 **Piano Lessons**
12:00 **Self-Defense with Cory**
12:30 Hand and Foot
1:00 Bridge Lessons
1:00 Art Appreciation/Watercolors
1:00 **Scams**






8:30 Ceramics **22**
11:30 Lunch: Roast Beef on Roll
12:00 Massage
12:30 Canasta
12:45 Crafters
1:00 **Computer Help (Bob)**

9:00 Advanced Watercolors **28**
10:30 **Brunch: Waffles**
12:00 **Piano Lessons**
12:30 Hand and Foot
1:00 Bridge Lessons
1:00 Art Appreciation/Watercolors
1:00 **Photography**



8:30 Ceramics **29**
11:30 Lunch: Turkey Club
12:00 Massage
12:30 Canasta
12:45 Crafters

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 10:30 Circuit X (East) 11:15 Chair Fit 12:00 Seated TRX  12:30 Martial Arts (East)	8:30 Step Cardio  9:30 Yoga 10:30 Tai Chi 10:30 Seated Yoga (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 11:15 Birthday Wednesday 11:30 Lunch: Hawaiian Chicken 12:30 Family History 12:45 Bingo 1:00 Bridge 	8:30 Ceramics 9:00 Director's Round Table 9:00 TRIP: Ruth's Diner 10:30 Science Class 10:30 Spring Gardening Chats 10:30 AARP Tax Help 11:30 Lunch: Char Siu (Chinese BBQ Pork) 12:30 Mexican Train 7:00 Evening Social Dance	10:30 Grief Support 11:30 Lunch: Chef Salad 12:00 Massage 12:45 Bingo 12:45 Bridge Tournament
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure 11:30 Lunch: Grilled Chicken 12:30 Family History 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 10:30 Spring Gardening Chats 10:30 AARP Tax Help 11:30 Lunch: Chili Cheese Dog 12:30 Thursday Quilters: Open Sew 12:30 Mexican Train 3:30 TRIP: Sound Healing 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 10:00 If You Have A Dream 11:30 Lunch: Coctel de Camarones (Mexican Shrimp Cocktail) 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:00 SPRING FLING <small>Registration Required</small> 12:30 Family History 12:45 NO Bingo 1:00 Bridge 	8:30 Ceramics 9:00 Director's Round Table 9:30 TRIP: Clark Planetarium 10:30 Spring Gardening Chats 11:30 Lunch: Grilled Chicken Wrap 12:30 Mexican Train 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 10:30 Grief Support 11:30 Lunch: Fish Filet Sandwich 12:00 Massage 12:45 Special Easter Bingo 1:00 Bridge 1:00 UofU Student Presentation 
8:30 Advisory Board Meeting 9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Salisbury Steak 12:30 Family History 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 10:30 Spring Gardening Chats 11:30 Lunch: Bacon Cheeseburger 12:30 F.I.T.OPOLY 12:30 Mexican Train 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 11:30 Lunch: Spaghetti 12:00 Massage 12:30 TRIP: Gem Mineral Show 12:45 Bingo 1:00 Bridge 1:00 Vital Aging
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Barbeque Chicken 12:30 Family History 12:45 Bingo 1:00 Bridge		

Birthday Wednesday – April 2

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**.

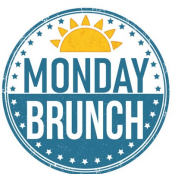
Pay the cashier with cash and then go through the lunch line. Ask at the Front Desk about prepaid lunch cards and other payment options.



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, April 28**, 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: 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 Sautéed 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.

There is no bingo following the Spring Fling. Our special Easter bingo will be on Friday, April 18.

Meal Program Etiquette

DINING ROOM SEATING – We have had a lot of new people visiting our Center. Remember that we do not “Save” seats. Everyone is welcome to sit anywhere they want.



NO LINE JUMPING – Please be respectful to others in the line for lunches. Do not jump in front of others in line. Do not save “spaces” for others. Show courtesy and understanding toward others in line.



KITCHEN SILVERWARE AND PLATES – We have noticed an increase in missing kitchen silverware and plates. It is expensive to replace these items. Please help by paying attention to where you place these items or mention to someone else if you notice them placing them in the garbage can.



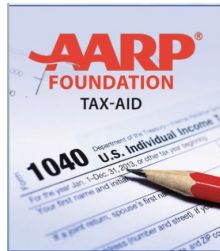
AARP Tax Service

Continues through **Thursday, April 10**

10:30 AM - 4:30 PM

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

APRIL
April appointments are filled. Call
Wednesdays or Thursdays for
possible cancellations.



Family Night Concert: Offbeats Jazz

Monday, April 14

7:00 PM – 8:00 PM

Doors open at 6:00 PM

This is a **free** concert.

Open to all ages.



Offbeats Jazz is a 9-piece jazz band performing toe-tapping, family-friendly tunes from the 1920s and



1930s. Their arrangements pay homage to some of the earliest known recordings of American popular music, when jazz was just getting its start.

Spartan Closet and Murray Children's Pantry

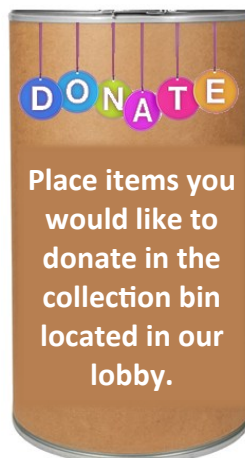
We have a barrel in the Center's lobby to collect donations for the Spartan Closet and Murray Children's Pantry which supports homeless students that attend Murray High School. Any appropriate donation is appreciated.

April Donation Focus:

Grab and Go Snacks

applesauce, fruit, cup of soup, squeeze yogurt, granola bars, mac and cheese in a cup

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



Piano Lessons

Monday, April 7, 14, 21, and 28

12:00 PM - 4:00 PM

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

Advanced appointments required.

Piano Teacher: Ken Uy

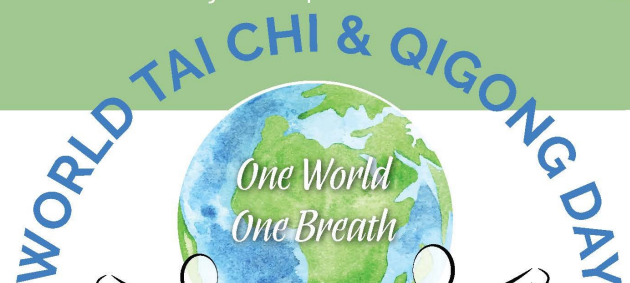


Piano lessons may entail any of the following:

- 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.

Saturday, April 26, 2025



MURRAY PARK

160 East 5300 South

(by the gazebo, across from main parking lot)

9:00AM Meet & Greet
(opening with a lion dance)

9:30AM Qigong warm-ups
(led by Master Tyehao)

10AM Tai Chi
(schools break out to practice)

10:30AM Tai Chi Demonstration
(various local schools & teachers)

On the last Saturday of April, at 10AM local time, a global wave of Tai Chi and Qigong begins. From the earliest time zones in New Zealand, free public teach-ins and exhibitions spread across the world—through Australia, Asia, Europe, Africa, the Americas—culminating in Hawaii, as this worldwide celebration of Qi and health unfolds.

SPONSORED BY:



MURRAY SENIOR RECREATION CENTER

Massage

Tuesday, April 1, 8, 15, 22, and 29

Friday, April 4, 11, 18, and 25

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, April 9, 16, 23, and 30

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, April 9

10:30 AM - 11:30 AM

This is a **free** service.

No appointment necessary.

Provided by: Dignity Home Health and Hospice



Toenail Clipping

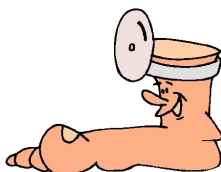
Monday, May 19

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.

Registration will open on **Monday, April 21.**



Legal Consultation

Tuesday, April 8

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

- 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.



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

Registration deadline is Monday, March 31

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.

If you are interested in playing, let Cory know. He is collecting a list of names to notify once the details are finalized.

Friday, April 18  Special Easter



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.



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.

Painting Class: Wednesday Painting

Current session continues through

Wednesday, April 30

9:00 AM - 12:00 PM (8 WEEKS)

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

Instructor: Jeanette Morris

CLASS FULL

Thursday Quilters

Thursday, April 10

12:30 PM - 2:30 PM

This is a **free** group.

Volunteer Leads: Barbara Reynolds
and Karen Summerhays



This month is a **Sew Day** so bring your sewing machine, cords and surge protectors, and project you are working on. Sherwood will bring his AccuQuilt machine and will cut strips for you.

In March, Barbara taught a class on batting. She provided handouts detailing the various brands of batting and their qualities. It was a great class and we all learned so much. Thank you, Barbara!

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!

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, April 7

1:00 PM - 3:00 PM at **Wheeler Farm**

Photo Walk – Return to Wheeler Farm

Monday, April 28

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

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

Show and Tell from the Photo Walk on April 7.

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

Current session continues through **Monday, April 7**

A new session begins on **Monday, April 14** through **Monday, May 19**

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

Moe 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, April 23.

Board Members

Hal Luke (President)	Karl Schatten
Chuck Dillard	Rosane Coleman
Karen Summerhays	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.

APRIL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BEEF STROGANOFF AND CREAMY EGG NOODLES Side Salad Roll	2 HAWAIIAN HULI HULI GRILLED CHICKEN White Rice, Roll Macaroni Salad Birthday Cupcake	3 CHAR SIU (CHINESE BBQ PORK) White Rice Egg Roll Fortune Cookie	4 CHEF SALAD Soup of the Day Roll and Crackers
7 NO LUNCH	8 ROAST PORK LOIN Cranberry Sauce Mashed Potatoes Side Salad	9 GRILLED CHICKEN FETTUCCINE ALFREDO Broccoli Garlic Toast Side Salad	10 CHILI CHEESE DOG Macaroni Salad Bag of Chips	11 COCTEL DE CAMARONES (MEXICAN SHRIMP COCKTAIL) Saltine Crackers Fresh Fruit
<div>  <p> Main Entrée cost is \$5 for 55+ or \$7 for those under 55 Lunch is served Tuesday-Friday at 11:30 AM to 12:30 PM Pay the cashier and then go through the lunch line Ask at the Front Desk about prepaid lunch cards THE CENTER IS GOING GREEN – Please bring your own containers for leftovers Daily Menu is subject to change at chef's discretion </p>  </div>				
14 NO LUNCH	15 ITALIAN SUB SANDWICH Antipasto Salad Bag of Chips	16  Cost is \$12 Cancellation deadline is Wednesday, April 2	17 GRILLED CHICKEN SOUVLAKI WRAPPED IN PITA Tzatziki Sauce Greek Salad	18 FILET O' FISH SANDWICH Rice Pilaf Bag of Chips Side Salad
21 NO LUNCH	22 ROAST BEEF AND SWISS ON ROLL Au Jus Sauce Coleslaw	23 SALISBURY STEAK AND GRAVY Mashed Potatoes Steamed Veggies Roll	24 WESTERN BACON CHEESEBURGER Chili Side Salad	25 SPAGHETTI AND MEAT SAUCE Garlic Toast Side Salad
28 BRUNCH – \$5 10:30 – 11:30 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice 	29 TURKEY CLUB SANDWICH Potato Salad Bag of Chips	30 BARBEQUE CHICKEN Corn Bread Baked Beans Coleslaw		