



Murray Senior Recreation Center



2025

Recreation for 55+

May

Director's Corner: Center Business

A few things that will be happening in May.

Hal and Jeannie Luke were in a tragic car accident in April. Hal had a few broken ribs and his collarbone. Jeannie passed away at the scene. There will be a viewing on Friday, May 9 and a funeral on Saturday, May 10. We will have information at the Front Desk as the details are finalized. Jeannie will be greatly missed in her many fitness classes that she taught. As you see Hal at the Center please share a memory of Jeannie, but please don't ask for details.



As we try to adjust to the losses we experience, there are programs available at the Center to help with processing grief. We have a grief support class at 10:30 on Friday, May 9 and 23.

PEARLS (Program to Encourage Active, Rewarding Lives) is a program offered through Valley Mental Health where you may meet at no cost with a professional. The information is located on page 12 of this newsletter. Cory is working on scheduling therapy dogs from Intermountain Therapy Animals. We don't have dates scheduled yet, but we will have information in a future newsletter.



With the increasing cost of food, we need to increase the cost of our meals to help reduce the deficit between our revenue and meal budget. As of Thursday, May 1 our daily meal will increase \$1 so senior meals will be \$6 and under 55 will be \$8. We are also adjusting the price for other programs. Watch the newsletters for

more information. If this causes financial hardship, speak with Cory about applying for the Center's Financial Aid Scholarship program.

The Center is Closed

Monday, May 26
Memorial Day

Monday, June 16
Juneteenth

Friday, July 4
Independence Day

Thursday, July 24
Pioneer Day

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.

No meeting on Thursday, May 8

#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



Get Ready for the Ultimate

MURRAY CITY
block party!

Celebrate the **GRAND OPENING** of the Murray Museum!
Ribbon Cutting with Mayor Hales at 10 AM
Open house 10 AM - 7 PM

FRIDAY
02
MAY
2025

Live Entertainment
3:00 PM - 9:00 PM

SOUTH EAST CORNER
OF CITY HALL
10 E 4800 S, MURRAY, UT 84107

MURRAY
— MUSEUM —

JOIN US FOR AN UNFORGETTABLE
DAY FILLED WITH LIVE MUSIC,
MOUTHWATERING FOOD, LOCAL
VENDORS, GAMES, AND SO MUCH
MORE! IT'S THE PERFECT WAY TO
KICK OFF THE MURRAY MUSEUM
AND BRING OUR COMMUNITY
TOGETHER!

Mark your calendars - this is going to be an **EPIC** event!

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.

Grief Support Class



Friday, May 9 and 23
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: The Evolution of Fitness

Tuesday, May 13
10:00 AM - 11:00 AM
 This is a **free** class.

Jim Duignan is on vacation so Marci will be telling us about the early days of fitness.



From primitive to present times, we'll take a lighthearted approach to the evolution of fitness. There is much to be learned from the "history" of health and fitness, as a business, a lifestyle and an integral part of healthy living. From the post-war boom to the digital age, we'll look at fads, trends, and fashion as a blend of science, style, and sweat.

Wills and Trusts

Tuesday, May 20
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.

Vital Aging: Mental Health Conditions

Friday, May 23
1:00 PM - 2:00 PM
 This is a **free** class.



Mental health disorders are on the rise among Americans. Seniors are also increasingly diagnosed with conditions like bipolar disorders, psychosis, and PTSD. Join Maria Rodriguez from Valley Mental Health to learn more about these conditions and ways to identify their signs and symptoms.

AARP Smart Driving Class

Tuesday, May 27 **NEW DATE**
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.

Retirement 101

Friday, May 30
10:30 AM - 11:30 AM
 This is a **free** class.



Ty Andrew, Chase Potter, and Fisher Davis will talk about how to navigate retirement. They will focus on market volatility, tax rate and inflation risks during retirement, and how to navigate them.

Nutrition: Eating Seasonally

Tuesday, June 3

10:30 AM - 11:30 AM

This is a **free** class.

Join Marisa Gutierrez, a dietitian from Harmon's to discuss how best to eat seasonally. What does it mean to eat seasonally? Is there a difference between eating seasonally and eating locally? What are the benefits of eating with the seasons? Eating seasonally is easy in the summer, but how does it work during winter? Learn the answers to these questions as well as practical ways to incorporate seasonal Utah fruits and vegetables into your diet. This is a terrific way to add excitement and healthfulness to any lifestyle.



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, May 6 and 20

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, May 2, 9, 16, 23, and 30

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 continues through **Wednesday, May 7**. A new session begins on **Wednesday, May 14** through **Wednesday, June 18**.

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



Piano Lessons

Monday, May 5 and 12

12:00 PM - 4:00 PM

Monday, May 19

12:00 PM - 1:00 PM; 3:00 PM - 4:00 PM

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

Advanced appointments required.

Piano Teacher: Ken Uy

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.

Note: Only **one** appointment per person per day.



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

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!

CHAIR FITNESS CLASSES

Mondays 11:15 AM - 11:45 AM
Wednesdays 11:15 AM - 11:45 AM
Fridays 10:15 AM - 10:45 AM
Fridays 11:15 AM - 11:45 AM } **\$5 MONTH**



CHAIR X-ERCISE (MON) teaches 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.

CHAIR FIT (WED/FRI) is great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

MMM – MUSIC, MEMORY, AND MOVEMENT (FRI) A mix of rhythm, movement, music, and drumming combined with choreography focused on aerobic endurance. Both seated and standing options available.

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.

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.

SEATED YOGA

Tuesdays 10:30 AM - 11:15 AM
Thursdays 10:30 AM - 11:15 AM } **\$10 MONTH**



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

STEP CARDIO

Thursdays 8:30 AM - 9:15 AM \$7.50 MONTH

This workout involves stepping up and down on a raised platform. It 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.

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.



Classes marked with this graphic are great for newbies to fitness or those that have a difficult time standing or getting up/down from the floor.

Fitness Classes , cont.

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 WITH WENDY

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

Fitness Room

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.

Unlimited Spinning Pass – \$10

Based on bike availability

SPINNING AND CIRCUIT WORKOUT

Mondays	9:15 AM - 10:00 AM
Wednesdays	9:15 AM - 10:00 AM
Fridays	9:15 AM - 10:00 AM

Learn how to cycle safely, burn calories, and enhance heart rate training. This class provides options galore. You can Spin, use TRX / RIP, body blade, use weighted bars, balls and gliding discs to create the workout you need. Stay for ½ hour or longer. This circuit based workout will improve your fitness, strength, and stamina regardless of your current level. You can work at your own pace and learn how to use all types of equipment.

Unlimited TRX Pass – \$10

Based on strap availability

TRX – TOTAL BODY RESISTANCE EXERCISE

Tuesdays	9:45 AM - 10:15 AM
Wednesdays	10:40 AM - 11:10 AM
Fridays	9:45 AM - 10:15 AM

TIME CHANGE

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.

Chakra Meditation

Current session continues through **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.

Increase your awareness of energy and learn:

- the names and locations of the Chakras
- how to visualize and meditate
- about colors, balance, and harmony
- how to heal your own Chakras for mental, physical, emotional, and spiritual wellbeing

Heal your body, mind, and spirit through mediation, sound, and chakra exercise. This new knowledge may help you raise your vibration and feel more positive every day.

*Positive Mind
Positive Vibes
Positive Life*

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. The students return on Tuesday, May 20.



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

Deadline is Monday, May 12. Ask at 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. Students begin on Tuesday, May 20.

If you are looking to enhance your fitness training, then personal one-on-one fitness training might be the answer. This is an opportunity not to be missed!



“ING” F.I.T.OPOLY – Wrap-up and Awards

Thursday, June 5 at 12:30 PM

“ING” Coming to America Kick-off

Thursday, June 5 at 1:30 PM



COMING TO AMERICA

How did YOU/YOUR FAMILY get to America? Plan to do a little genealogical digging to find your first relative that set foot on American soil. We

will calculate the number of miles they traveled, share some of their stories, honor their memory, and attempt to convert their physical efforts into mileage. Your challenge will be to match their miles or time. Track mileage through the summer and plan to share successes in September.



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 began 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, May 1, 8, or 15

Beginner 4:00 PM - 5:30 PM (only need one class)

Intermediate 5:30 PM - 7:00 PM (only need one class)

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

Cost is **\$15** per class; limited to one class each. Advanced registration required. Limited to 8 players per class. Racquets will be provided. Instructor: Sherrie Bertrand

LEARN TO



PLAY

Make-up date on Thursday, May 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.

Wendover

TRIP FULL**Thursday, May 1****Trip Departure at 8:15 AM****Return about 7:00 PM**Cost is **\$30**. Trip is full.**Cancellation deadline was Thursday, April 17.**

**GET READY ... GET SET ...
MARK YOUR CALENDARS ...
THE NEXT WENDOVER TRIP
IS THURSDAY, NOVEMBER 6**

Tulip Festival

Thursday, May 8**Trip Departure at 3:30 PM****Return about 6:00 PM**Cost is **\$30**. Register now.

Travel with us to Thanksgiving Point and enjoy their annual Tulip Festival. Thousands of tulips are imported directly from Holland each year to make this event one of the best tulip festivals in the country.

This trip involves a considerable amount of walking; there are carts you can rent for an additional charge; however, we have not made arrangements



Crystal Hot Springs and Maddox

Thursday, May 15**Trip Departure at 11:00 AM****Return about 6:00 PM**Cost is **\$25**; includes admission fee. Register now.

Travel to Maddox for lunch (*meal cost is on your own*) at approximately 12:30 pm. After lunch (approximately 1:30 pm) travel to Honeyville to the hot springs. Plan on 2½ hours at the pools.

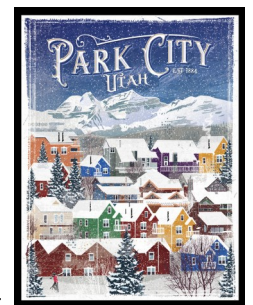
Bring: swim suit, towel, change of clothes, snacks, and water.

Ruth's Diner

Thursday, May 22**Trip Departure at 9:00 AM****Return about 11:30 AM**Cost is **\$8**. Register now.

We will take our bus to Ruth's Diner for breakfast. Payment for breakfast will be on your own (\$11-\$18).

Park City Museum and Main Street

Thursday, May 29**Trip Departure at 12:00 PM****Return about 4:00 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.

DAILY FITNESS SCHEDULE

MAY

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

9:00 NIA (Dining)
9:00 Triple G
9:15 Spinning and Circuit (East)
10:00 Yoga
11:15 Chair X-ercise (East)
11:15 Chakra Meditation
1:30 Strength Conditioning

9:00 Back 2 Core
9:45 TRX
10:30 Tai Chi
10:30 Seated Yoga (West)
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
10:30 **Intro to Virtual Reality**
12:00 **Piano Lessons**
12:30 Hand and Foot
1:00 Bridge Lessons
1:00 Art Appreciation/Watercolors
1:00 **Photography**

5

8:30 Ceramics
11:30 Lunch: Sweet & Sour Pork
12:30 Canasta
12:45 Crafters
1:00 **Computer Help (Bob)**

6

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

12

8:30 Ceramics
10:00 **History Class**
11:30 Lunch: Chef Salad
12:00 Massage
12:00 **Legal Consultation**
12:30 Canasta
12:45 Crafters

13

7:30 **Riverbend Golf**
9:00 Advanced Watercolors
10:30 Brunch: Waffles
12:00 **Piano Lessons**
12:30 Hand and Foot
1:00 **Toenail Clipping**
1:00 Bridge Lessons
1:00 Art Appreciation/Watercolors
1:00 **Photography**
1:20 **Pen Pal Year End Party**
3:00 **Piano Lessons**

19



8:30 Ceramics
11:30 Lunch: Turkey Club Sandwich
12:00 Massage
12:30 Canasta
12:45 Crafters
1:00 **Computer Help (Bob)**
1:00 **Wills and Trusts**

20

8:30 Ceramics
9:30 **AARP Smart Driving**
11:30 Lunch: Pepperoni Pizza
12:00 Massage
12:30 Canasta
12:45 Crafters

27



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CENTER CLOSED

DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Play Ball (Dining) 9:15 Spinning and Circuit (East) 9:30 Yoga 10:40 TRX 11:15 Chair Fit 12:30 Martial Arts (East)	8:30 Step Cardio 9:30 Yoga with Wendy 10:30 Tai Chi 10:30 Seated Yoga (West) 11:45 Tai Chi 1:30 Strength Conditioning 7:00 Yoga	9:00 Zumba Gold (Dining) 9:00 Triple G <i>no class on 5/16</i> 9:15 Spinning and Circuit (East) 9:45 TRX 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
WEDNESDAY	THURSDAY	FRIDAY
	8:15 Wendover 1 8:30 Ceramics 9:00 Director's Round Table 10:30 Science Class 11:30 Lunch: Baked Tilapia 12:30 Mexican Train 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 2 11:30 Lunch: Pulled Pork Sandwich 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 7 9:15 Pinochle 10:30 Virtual Reality Workshop 11:15 Birthday Wednesday 11:30 Lunch: Pasta and Meat Sauce 12:30 Family History 12:45 Bingo 1:00 Bridge 	8:30 Ceramics 8 9:00 NO Director's Round Table 11:30 Lunch: Grilled Pork Chop 12:30 Thursday Quilters 12:30 Mexican Train 3:30 TRIP: Tulip Festival 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 9 10:30 Grief Support 10:30 Virtual Reality Workshop 11:30 Lunch: Chili Baked Potato 12:45 Special Bingo 1:00 Bridge 
9:00 Painting 14 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure 10:30 Virtual Reality Workshop 11:30 Lunch: Barbeque Chicken 12:30 Family History 12:45 Bingo 1:00 Bridge	8:30 Ceramics 15 9:00 Director's Round Table 11:00 TRIP: Crystal Hot Springs 11:30 Lunch: Mexican Taco Salad 12:30 Mexican Train 4:00 Learn to Play PB (MAKE-UP) 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 16 10:30 Virtual Reality Workshop 11:30 Lunch: Crab Pasta Salad 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 Chess Basic Strategy
9:00 Painting 21 9:15 Pinochle 10:30 Virtual Reality Workshop 11:30 Lunch: Chicken Souvlaki Wrap 12:30 Family History 12:45 Bingo 1:00 Bridge	8:30 Ceramics 22 9:00 TRIP: Ruth's Diner 9:00 Director's Round Table 11:30 Lunch: Chili Cheese Dog 12:30 Mexican Train 4:00 Learn to Play PB (MAKE-UP) 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 23 10:30 Grief Support 10:30 Virtual Reality Workshop 11:30 Lunch: Fried Chicken 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 Vital Aging
8:30 Advisory Board Meeting 28 9:00 Open Painting 9:15 Pinochle 10:00 Haircuts 10:30 Virtual Reality Workshop 11:30 Lunch: Chicken Salad on Roll 12:30 Family History 12:45 Bingo 1:00 Bridge	8:30 Ceramics 29 9:00 Director's Round Table 11:30 Lunch: Chicken Alfredo Pasta 12:00 TRIP: Park City 12:30 Mexican Train 7:00 Evening Social Dance	9:00 Computer Help (Ashton) 30 10:30 Retirement 101 10:30 Virtual Reality Workshop 11:30 Lunch: Cheeseburger 12:00 Massage 12:45 Bingo 1:00 Bridge

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.



NEW FEE – \$6

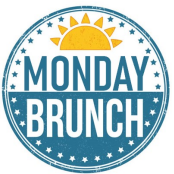


Pay the cashier with cash and then go through the lunch line. Ask at the Front Desk about prepaid lunch cards and other payment options.



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, May 19**, we will have
brunch from **10:30 AM** until **11:30 AM**.
The cost is **\$6** for **55+** or **\$8** 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.




DINING ROOM SEATING – With new people visiting our Center, please 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 or save “spaces” for others. Be nice!



KITCHEN SILVERWARE AND PLATES – We are 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. We can all help!



MURRAY CITY
CULTURAL ARTS

HEADSTONE CARE WORKSHOP

MAY 14 | 1:00 PM





HEADSTONE CARE & PRESERVATION WORKSHOP

Hands on workshop taught by Amy Barry

FOR MORE INFORMATION

rcoates@murray.utah.gov

MAY 14, 2025

MURRAY CITY CEMETERY

5490 S VINE

1:00 PM | FREE










Virtual Reality Puzzle Experience

Introduction on Monday, May 5

10:30 AM - 11:30 AM

Sessions on Wednesdays and Fridays

May 7 & 9, 14 & 16, 21 & 23, and 28 & 30

10:30 AM - 11:20 AM

This is a **free** research project study. [Register now.](#)
Space limited to ten (10).

Research Project Team: Dr. Yongseop Kim, Ciera White, Colin Back, and Taeseung Kim from the University of Utah Health Department of Occupational and Recreation Therapies

When was the last time you exercised your brain? Do you enjoy a good challenge? Are you looking for a fun way to keep your mind sharp? Our Virtual Reality (VR) Puzzle Experience combines the joy of solving puzzles with the latest technology—no prior experience is required. Designed to be easy to use and highly interactive, this activity helps boost memory, problem-solving skills, and focus, all while having a great time. Studies have found that VR activities can help stimulate areas of the brain involved in memory and spatial reasoning, which may contribute to slowing cognitive decline. Curious? Come try something new and learn about the brain-boosting benefits of Virtual Reality!

Participants need to meet the following criteria:

- Participants must be older adults aged 55 and older who can stand unassisted for a minimum of 30-40 minutes without experiencing significant discomfort or instability. This criterion ensures that individuals have the physical capacity to participate in the 30-40-minute VR Puzzle program while seated in a chair.
- Speak English and read at an 8th-grade level
- Those with a history of head injury, seizure activity, or major mental health concerns (schizophrenia or bipolar disorder) are excluded from this study.



Family Night Concert: Ironport

Monday, May 12

7:00 PM – 8:00 PM

Doors open at 6:00 PM

This is a **free** concert.

Open to all ages.



The **Ironport Band** features Mike Rohde, Randall Hodgson, and drummer Jenn Rohde. Playing a mix of rockabilly and classic hits, they bring a lively set full of solid tunes and great energy.

Pen Pal Year-End Get Together

Monday, May 19

1:20 PM – 3:00 PM



The pen pal students at Liberty Elementary School will come meet with their Senior Pen Pals at the Center. We will be meeting on the patio (weather permitting) to play a little pickleball and corn hole with your pen pal. This will be the last get together for the school year. It is going to be so much fun! Please mark your calendar for this special event.

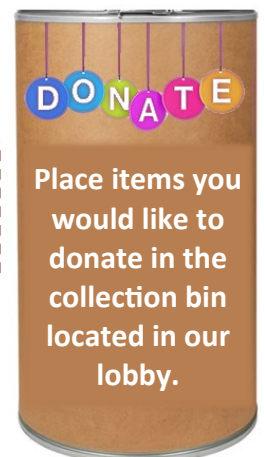
Spartan Closet and Murray Children's Pantry

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.

May Donation Focus: Packaged Food

Mac and Cheese
Hamburger Helper

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



Massage



Tuesday, May 13, 20, and 27
Friday, May 2, 16, 23, and 30
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, May 14 and 28

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, May 14

10:30 AM - 11:30 AM

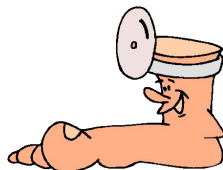
This is a **free** service.

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.

Legal Consultation



Tuesday, May 13

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: Madeline Coleman

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.



Spring Bridge Tournament Winners

1st Place	Melanie Zininger	6340 points
2nd Place	Mariya Lowry	5130 points
3rd Place	Bob Gordon	4510 points
4th Place	Mary Jo Rehmer	4220 points

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.



Chess Basic Strategy

Friday, May 16

1:00 PM - 2:30 PM

This is a **free** class.

Volunteer Lead: David Johnson



Class will cover basic strategy and ideas for making move decisions. Instead of short-term tactics, learn to focus on long-term goals related to king safety, pawn structure, piece activity, key square and space control. Ever wonder what your next move is going to be?

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.



Friday, May 9



Mother's Day



Ceramics



NEW FEE – \$2

Tuesday and Thursday

8:30 AM - 12:00 PM

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

Instructor: Cindy Mangone

Crafters

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, May 8

12:30 PM - 2:30 PM

This is a **free** group.

Volunteer Leads: Barbara Reynolds
and Karen Summerhays



Murray City has honored our group by asking us to make a quilt for the City. It will be shown at Thanksgiving Point's Garden of Quilts Show on September 12 and 13. It will then hang in Murray City Hall. During our May meeting we will be finalizing the design and planning the various assignments required to finish the quilt by the end of August.

At the May meeting, we will also be sewing labels on the quilts ready to donate and scheduling when to deliver the quilts to the Murray Fire and Police Departments.

April was our first Sew Day and Sherwood brought his AccuQuilt machine to cut material for our projects. Thank you, Sherwood!

Please continue working on charity quilts for the Murray Fire and Police Departments and on items to sell at the Fall Boutique.

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, May 5 Photoshop

1:00 PM - 3:00 PM at Computer Lab

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

Monday, May 19 Show and Tell

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

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

Painting Class: Wednesday Painting

A new session begins on **Wednesday, May 7** through **Wednesday, July 2** – open painting on May 28

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

Cost is **\$40**. [Register now.](#) *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.

Advanced Watercolors

CLASS FULL

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

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

Cost is **\$110**. [Class is Full.](#)

Instructor: John Fackrell

Art Appreciation / Intermediate Watercolors

Current session continues 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

John and Joan Fackrell will be on Summer hiatus after their classes end on Monday, May 19 until sometime in September. Dates and other information for new watercolor classes will be in the August newsletter.

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, May 28.

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.

NEW FEE – \$6

MAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			BAKED TILAPIA Rice Pilaf Steamed Veggies	PULLED PORK SANDWICH Creamed Corn Coleslaw
NO LUNCH	SWEET AND SOUR PORK White Rice Stir-fry Veggies Egg Roll	PASTA AND MEAT SAUCE Garlic Toast Side Salad Birthday Cupcake	GRILLED PORK CHOP Cornbread Stuffing and Gravy Roll and Side Salad	BAKED POTATO Chili and Cheese Toppings Side Salad
<div>   <p> Main Entrée cost is \$6 for 55+ or \$8 for those under 55 Lunch is served Tuesday-Friday at 11:30 AM to 12:30 PM Pay the cashier and then go through the lunch line Ask at the Front Desk about prepaid lunch cards </p> <p> THE CENTER IS GOING GREEN – Please bring your own containers for leftovers  </p> <p>Daily Menu is subject to change at chef's discretion</p> </div>				
NO LUNCH	CHEF SALAD Soup of the Day Roll and Crackers	BARBEQUE CHICKEN Corn Bread Baked Beans Potato Salad	MEXICAN TACO SALAD ON TOSTADA SHELL Fresh Fruit	CRAB PASTA SALAD ON A BED OF LETTUCE Roll and Crackers
BRUNCH – \$6 10:30 – 11:30 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice	TURKEY CLUB SANDWICH Potato Salad Bag of Chips	GRILLED CHICKEN SOUVLAKI WRAPPED IN PITA Tzatziki Sauce Greek Salad	CHILI CHEESE DOG Macaroni Salad Bag of Chips	FRIED CHICKEN Potato Salad Bag of Chips
 <p>CENTER CLOSED</p>	PEPPERONI PIZZA Potato Salad Bag of Chips	CHICKEN SALAD ON ROLL Bag of Chips Fresh Fruit	FETTUCCINE ALFREDO GRILLED CHICKEN Broccoli Garlic Toast Side Salad	CHEESEBURGER Side Salad Bag of Chips