



## Murray Senior Recreation Center



2025

Recreation for 55+

June

### Director's Corner: The Importance of Laughter

We enjoy laughing because it feels good. So it is no surprise that humor has been a central part of the American advertising industry for almost 100 years. Advertisers use humor to attract us and hold our attention. We are more likely to pay attention when we feel entertained. But it's not only advertisers who benefit from humor. You, too, can harness its benefits.

You may be aware that there are mental health benefits of laughter, but did you know that there are also physical and social benefits to it?

**Increased Endorphins** – Scientists have found that laughter may release endorphins. This hormone helps you feel good when your body releases it. Thanks to endorphins, laughing — especially with others — may boost your mood.

**Decreased Stress** – You may have also noticed that you feel lighter and less stressed out when you laugh. One small study showed that laughter decreases stress hormones in your body. As a bonus, lower stress levels can also lower anxiety and potentially improve your sleep quality.

**Improved Heart Health** – Laughter may improve your heart health thanks to its ability to help your body relax. Laughter can help loosen up your muscles, improve blood circulation, and help you breathe easier.

**Increased Pain Tolerance** – Believe it or not, laughter may even increase your pain tolerance. In addition to giving your mood a lift, endorphins play a role in lowering pain. Because laughter releases more endorphins, pain may bother you a little less.

**Bonding With Others** – Have you ever started laughing just because your friend is laughing? That's because laughter is contagious. You're 30 times more likely to laugh with others than alone.

This newsletter provides many ways to experience life to the fullest and to experience joy. Yes, you may even find laughter is a big part of what we do here. I encourage you to get involved in the programs at our Center. These pages provide a complete listing of all the happenings for the month of June.

– 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.

### The Center is Closed

Monday, June 16  
Juneteenth

Friday, July 4  
Independence Day

Thursday, July 24  
Pioneer Day

#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**

## 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.

## Science Class: All About Plastic

**Thursday, June 5**

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

This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will talk about plastic. How plastic was developed, the different kinds and their uses, why some are harder to recycle than others, problems microplastics may cause and unexpected places they may be found.

## History Class: United States Political Scandals

**Tuesday, June 10**

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

This is a **free** class.



Join us this month as Jim Duignan discusses political scandals from the beginning up to FDR. Some of these scandals will include Andrew Jackson protecting his wife's honor with a duel. Alexander Hamilton and his duel with Aaron Burr. Ulysses S. Grant's General Order No. 11 which banned Jews from trade with the army. Grant had a drinking problem ... a couple of drinks were enough to make him rather tipsy. Lord Cornbury was New York's Colonial Governor in 1702 and was alleged to be a cross-dresser in public.

## Grief Support Class

**Friday, June 13 and 27**

**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.

## Funerals of the Rich and Famous: Babe Ruth

**Thursday, June 26**

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

This is a **free** class.



George Herman "Babe" Ruth, also known as The Great Bambino, The Sultan of Swat, The Colossus of Clout, and the King of Crash, was a legend on and off the field. He captivated audiences, both old and young, with his smashing home runs, larger-than-life personality and his love of the game. Babe was born in humble circumstances but became a legend. David White – from Family Funeral Care – will introduce you to this legend.

## Vital Aging: Stress Management

**Friday, June 27**

**1:00 PM - 2:00 PM**

This is a **free** class.



Join Maria Rodriguez from Valley Mental Health to learn more about managing stress. No one escapes from the stressors of life, but we can learn how to spot and manage them effectively. Come learn with us the tried-and-true tools that can help you cope and manage stress in a healthier way.

## AARP Smart Driving Class

**Tuesday, July 29**

**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.



## Virtual Reality Workshop

**Sessions on Wednesdays and Fridays**

**June 4 & 6, June 11 & 13**

**10:30 AM - 11:20 AM**

This is a **free** research project study.

Continued from May – no space available.

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



## Piano Lessons

**Monday, June 2, 9, and 23**

**12:00 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.

Lessons on Monday, June 2 are in the Board Room.



## 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, June 3 and 17**

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

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

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

**Friday, June 6, 13, and 27**

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

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

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



## Family History Workshop

The current session continues through **Wednesday, June 18.**

A new session begins on **Wednesday, June 25** through **Wednesday, July 30.**

**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

**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 (MMM) 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 they 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

**NEW FEE**

**Mondays 9:00 AM - 10:00 AM \$15 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! The use of balloons, bands, balls, and cups in a playful set of exercises offers 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. The focus is on easy movements, stretches, and breathing exercises to improve flexibility, balance, and relaxation.

### STEP CARDIO

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

**\$8 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 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 balance, and improve flexibility.



## Fitness Classes , cont.

### 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 tighten, firm, and tone arms, abs, and glutes.

### 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 mind and spirit.

### YOGA WITH WENDY

|                  |                           |                   |
|------------------|---------------------------|-------------------|
| <b>Thursdays</b> | <b>9:30 AM - 10:30 AM</b> | <b>\$10 MONTH</b> |
|------------------|---------------------------|-------------------|

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

### ZUMBA GOLD / DANCE FITNESS

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

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.



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



## 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/OR CIRCUIT WORKOUT

|                   |                           |
|-------------------|---------------------------|
| <b>Mondays</b>    | <b>9:15 AM - 10:00 AM</b> |
| <b>Wednesdays</b> | <b>9:15 AM - 10:00 AM</b> |
| <b>Fridays</b>    | <b>9:15 AM - 10:00 AM</b> |

Learn how to cycle safely, burn calories, and enhance heart rate training. This class provides options galore: Spin, TRX / RIP, body blade, weighted bars, balls, and/or gliding discs. Create your own workout! This circuit based workout will improve fitness, strength, and stamina regardless of your current level. Work at your own pace and learn how to use different types of equipment.

## Unlimited TRX Pass – \$10

Based on strap availability

### TRX – TOTAL BODY RESISTANCE EXERCISE

|                   |                            |
|-------------------|----------------------------|
| <b>Tuesdays</b>   | <b>9:45 AM - 10:15 AM</b>  |
| <b>Wednesdays</b> | <b>10:40 AM - 11:10 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.

## Chakra Meditation

Current session continues through  
**Monday, June 2**

A new session begins **Monday, June 9**  
through **Monday, August 4**

**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:

- 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.

## 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.

The summer term continues through Friday, July 25.

### CIRCUIT AND PERSONAL TRAINING

Ask at the Front Desk to see what training times are still available.



### 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" 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**

Cost is **\$20** (June through September)

Register now.

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, Jun 16                                 | 8:00 AM | <b>The Ridge</b>      | \$65        |
| Registration ends Monday, June 9            |         |                       |             |
| <b>Wed, Jul 16</b>                          | 8:00 AM | <b>Murray Parkway</b> | <b>\$75</b> |
| Registration begins online Saturday, Jun 14 |         |                       |             |
| Mon, Aug 11                                 | 7:30 AM | <b>Meadowbrook</b>    | \$65        |
| Registration begins online Saturday, Jul 12 |         |                       |             |
| Mon, Sep 15                                 | 8:00 AM | <b>Glendale</b>       | \$65        |
| Registration begins online Saturday, Aug 16 |         |                       |             |

## Sound Healing

Thursday, June 5

Trip Departure is 3:30 PM

Return is about 5:30 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.**

## Fishing at Spring Lake Trout Farm

Thursday, June 12

Trip Departure is 8:15 AM

Return is about 11:30 AM

Cost is \$18 including sack lunch. Register now.



We'll travel to Spring Lake Trout Farm in Payson where we will receive basic instruction and supplies to fish for about an hour. The staff will clean the fish while we wait and you can bring home as many fish as you can catch. Fish costs are \$8.95 per pound and are not included in travel costs. There will be sack lunches to eat on the bus during the drive back.



## Murray Mansion and Museum

Thursday, June 19

Trip Departure is 10:15 AM

Return is about 12:00 PM

Cost is \$5. Register now.



Tour the newly restored home built in 1900 by local brickmaking titan John P. Cahoon. The Victorian Eclectic-styled home has six bedrooms, five bathrooms, four family rooms, four fireplaces, and two kitchens that have been recently converted into the new Murray City Museum (replacing the museum at the old Murray City Hall).

## Hive Winery Tour/Tastings

Thursday, June 26

Trip Departure is 1:00 PM

Return is about 4:00 PM

Cost is \$25. Register now. Space limited to 10.



Learn how small batches of seasonal fruits create ever-changing wine. Enjoy a paired snack tray with your choice of 1 of their 5-Sample Tasting Flights. Tastings are alcohol equivalent to 1 glass of wine. Purchases are on your own.

**FYI – There is no trip on Thursday, July 3**



## Payson Salmon Supper

Friday, August 1

Cost and times are pending. More information will be in the July Newsletter.

## Wendover

Thursday, November 6

Cost is pending. More information will be in the September Newsletter.

# DAILY FITNESS SCHEDULE

JUNE

## Monthly Calendar



### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

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

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**



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

9:00 **Monday Open Painting** 2  
12:00 **Piano Lessons**  
12:30 Hand and Foot  
1:00 Bridge Lessons

9:00 **Monday Open Painting** 9  
12:00 **Piano Lessons**  
12:30 Hand and Foot  
1:00 Bridge Lessons  
7:00 **Family Concert: Runaway Fire**

8:00 **The Ridge Golf** 16



**CENTER CLOSED**

9:00 **Monday Open Painting** 23  
**10:30 Brunch: Waffles**  
12:00 **Piano Lessons**  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 **Photography**



9:00 **Monday Open Painting** 30  
12:30 Hand and Foot  
1:00 Bridge Lessons

## TUESDAY

8:30 Ceramics 3  
10:30 **Nutrition**  
**11:30 Lunch: Pasta and Meat Sauce**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters  
1:00 **Computer Help (Bob)**

8:30 Ceramics 10  
10:00 **History Class**  
**11:30 Lunch: Crispy Beef Taco**  
12:00 Massage  
12:00 **Legal Consultation**  
12:30 Canasta  
12:45 Crafters

8:30 Ceramics 17  
**11:30 Lunch: Tuna on Roll**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters  
1:00 **Computer Help (Bob)**

8:30 Ceramics 24  
**11:30 Lunch: Turkey Club Sandwich**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters



## DAILY FITNESS SCHEDULE

| 8:30 Yoga<br>9:00 Play Ball (Dining)<br>9:15 Spinning and Circuit (East)<br>9:30 Yoga<br>10:40 TRX<br>11:15 Chair Fit<br>12:30 Martial Arts (East)   | 8:30 Step Cardio<br>9:30 Yoga with Wendy<br>10:30 Tai Chi<br>10:30 Seated Yoga (West)<br>11:45 Tai Chi<br>1:30 Strength Conditioning<br>7:00 Yoga  | 9:00 Zumba Gold (Dining)<br>9:00 Triple G<br>9:15 Spinning and Circuit (East)<br>9:45 TRX<br>10:15 MMM<br>11:15 Chair Fit<br>1:00 Overall Fitness   |
|--|--|---|
| WEDNESDAY  | THURSDAY   | FRIDAY  |
| 9:00 Painting<br>9:15 Pinochle<br>10:30 <b>Virtual Reality Workshop</b><br>11:15 <b>Birthday Wednesday</b><br><b>11:30 Lunch: Sloppy Joe</b><br>12:30 Family History<br>12:45 Bingo<br>1:00 Bridge  | 8:30 Ceramics<br>9:00 <b>Director's Round Table</b><br>10:30 <b>Science Class</b><br><b>11:30 Lunch: Soup and Salad</b><br>12:30 Mexican Train<br>12:30 <b>F.I.T.OPOLY Wrap-up</b><br>1:00 Chess<br>1:30 <b>Coming to America Kick-Off</b><br>3:30 <b>TRIP: Sound Healing</b><br>7:00 Evening Social Dance   | 9:00 <b>Computer Help (Ashton)</b><br>10:30 <b>Virtual Reality Workshop</b><br><b>11:30 Lunch: Chicken Fried Steak</b><br>12:00 Massage<br>12:45 Bingo<br>1:00 Bridge   |
| 9:00 Painting<br>9:15 Pinochle<br>10:30 <b>Blood Pressure</b><br>10:30 <b>Virtual Reality Workshop</b><br><b>11:30 Lunch: Chicken Salad on Roll</b><br>12:30 Family History<br>12:45 Bingo<br>1:00 Bridge  | 8:15 <b>TRIP: Spring Lake Fishing</b><br>8:30 Ceramics<br>9:00 <b>Director's Round Table</b><br><b>11:30 Lunch: Creamy Penne Pasta</b><br>12:30 Mexican Train<br>12:30 <b>Thursday Quilters</b><br>1:00 Chess<br>7:00 Evening Social Dance   | 9:00 <b>Computer Help (Ashton)</b><br>10:30 <b>Grief Support</b><br>10:30 <b>Virtual Reality Workshop</b><br><b>11:30 Lunch: Baked Potato</b><br>12:00 Massage<br>12:45 <b>Special Bingo</b><br>1:00 Bridge  |
| 9:00 Painting<br>9:15 Pinochle<br>10:00 Haircuts<br><b>11:30 Lunch: Salisbury Steak</b><br>12:30 Family History<br>12:45 Bingo<br>1:00 Bridge  | 8:30 Ceramics<br>9:00 <b>Director's Round Table</b><br>10:15 <b>TRIP: Murray Mansion Tour</b><br><b>11:30 Lunch: Sweet and Sour Pork</b><br>12:30 Mexican Train<br>1:00 Chess<br>7:00 <b>Evening Social Dance</b><br><b>Murray Armory</b><br><b>246 E. Myrtle Ave</b>  | 9:00 NO Computer Help<br><b>11:30 Lunch: Cheeseburger &amp; Chili</b><br>12:00 Massage<br>12:45 Bingo<br>1:00 Bridge  |
| 8:30 <b>Advisory Board Meeting</b><br>9:00 Painting<br>9:15 Pinochle<br>10:00 Haircuts<br><b>11:30 Lunch: Pasta and Meat Sauce</b><br>12:30 Family History<br>12:45 Bingo<br>1:00 Bridge   | 8:30 Ceramics<br>9:00 <b>Director's Round Table</b><br>10:30 <b>Funerals of the Rich and Famous</b><br><b>11:30 Lunch: Crab Pasta Salad</b><br>12:30 Mexican Train<br>1:00 Chess<br>1:00 <b>TRIP: Hive Winery</b><br>7:00 Evening Social Dance   | 9:00 <b>Computer Help (Ashton)</b><br>10:30 <b>Grief Support</b><br><b>11:30 Lunch: Crispy Chicken Sandwich</b><br>12:00 Massage<br>12:45 Bingo<br>1:00 Bridge<br>1:00 <b>Vital Aging</b>   |
|  |  |   |

## Birthday Wednesday – June 4

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 **\$6 for 55+ or \$8 for those under 55**.

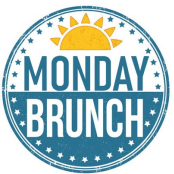
Pay the cashier with cash and then go through the lunch line. Ask at the Front Desk about prepaid lunch cards and other payment options.



**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, there will be an available substitute (typically sandwich and chips) until 12:30 PM.



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

## 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.



## Meal Program Etiquette

**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 line for lunch. Do not jump in front of others in line or save “spaces” for others. Be nice!



## KITCHEN SILVERWARE AND PLATES –

We are always 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

## — ARMORY —

### GRAND OPENING CEREMONY

**JUNE 2** | 246 E. Myrtle Avenue | **10 AM**  
Murray, Utah 84107



YOU'RE INVITED TO CELEBRATE THE OPENING OF THE  
NEW MURRAY ARMORY - A BEAUTIFULLY RESTORED  
EVENT SPACE INSIDE MURRAY PARK, COMBINING  
HISTORIC CHARM WITH MODERN CONVENIENCE.



## Murray City Happenings

### Lunch Concerts in Murray Park

As part of the Murray Arts in the Park program, Murray Parks and Recreation offers free concerts in Murray Park at Pavilion #5 on Tuesdays at noon.

- Tuesday, June 3** Three's a Crowd – 70's, 80's, 90's Hits  
**Tuesday, June 10** Rocky Mountain Rangers – Cowboy  
**Tuesday, June 17** Heber Manute – Acoustic  
**Tuesday, June 24** The Blind Owl – Classic Rock/Pop/Blues

### Children Matinees in Murray Park

Located at Pavilion #5 in Murray Park on Thursdays at 2:00 PM. There is no charge for these matinees.

- Thursday, June 5** Bomba Marilee – Dance  
**Thursday, June 12** TBA  
**Thursday, June 19** Kenshin Taiko – Japanese Drumming  
**Thursday, June 26** Scariff Irish School of Dance – Dance

### Evening Series in Murray City Amphitheater

Tickets are available online or at the Murray Parks and Recreation office.

**Saturday, June 7 at 8:00 PM**

**MURRAY CONCERT BAND**

\$8 general admission, \$5 Child/Senior/Military ID

**June 13-14, 16, 19-21 at 8:00 PM**

**SOMETHING ROTTEN!**

\$15 Adult, \$12 Child/Senior/Military ID

**Saturday, June 28 at 8:00 PM**

**MURRAY SYMPHONY – WIDE OPEN SPACES**

\$8 general admission, Children 10 and under free



### Family Night Concert: Runaway Fire



**Monday, June 9**

**7:00 PM – 8:00 PM**

**Doors open at 6:00 PM**

This is a **free** concert.

**RUNAWAY FIRE** Open to all ages.

Runaway Fire is the world's new Rock and Roll band playing live music in Utah and surrounding states. They have put together a live show with original songs. Featuring the musical talents of Mike Wilson (guitar/vocals) and Marci Allen (keys/synth) and anchored by the solid rhythm section of Chance Taylor (bass) and Nashville native Ian Shaw (drums), Runaway Fire has combined their decades of experience into creating a fresh, pleasing sound that all audiences will enjoy!



### Family Night Concert Monthly Schedule

**Monday, July 14** The Great Basin Street Band

**Monday, Aug 11** Riverton Jazz Band – Jazz

**Monday, Sep 8** Enny1 – Pop Rock

**Monday, Oct 13** Long from Leavitt – Acoustic

### 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.

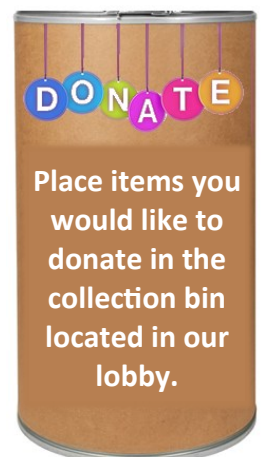
#### June Donation Focus:

#### Clothing (K-12)

Slightly used or new

Baby Wipes, Wash Cloths, and Ziplock Bags

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



## Massage



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

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

**12:00 PM - 1:00 PM, 1:30 PM - 2:30 PM,**

**3:00 PM - 4:00 PM**

Cost is **\$40** for **1 hour**.

Advanced appointments required.

Massage Therapist: Christine Ouellette

Cancellations 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, June 18 and 25**

**10:00 AM - 12:30 PM**

Cost is **\$12** per haircut.

Advanced appointments required.

Hairdresser: Jocelyn Anderson

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

## Blood Pressure and Glucose Clinic

**Wednesday, June 11**

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

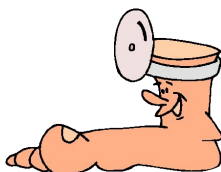
This is a **free** service.

No appointment necessary.

Provided by: Dignity Home Health and Hospice



## Toenail Clipping



**Monday, August 11**

**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, July 14.**

## Legal Consultation



**Tuesday, June 10**

**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.

### CHESS

**Thursdays 1:00 PM - 4:00 PM**

Volunteer Lead: Ken Uy, David Johnson

### 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.



## 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.

## Dance at the Murray Armory

**Thursday, June 19**

**246 E. Myrtle Ave (5065 South)**

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

Cost is \$5.



On Thursday, June 19, the weekly Evening Social Dance will be held at the Murray Armory building just north of Murray Park.

The Armory is a new venue in Murray City that had a grand opening on June 2. It is a beautiful facility and is a great option to reserve for a party or a family event. See Murray City webpage for details.

## Bingo

**Wednesdays and Fridays**

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

Donation based program.

Bingo is **free**, although donations are appreciated.

Suggested: **\$1** for 1-3 cards or **\$2** for 4-6 cards.

Winners receive a \$5 gift certificate from Maceys or Village Inn.



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



happy shopping

**Friday, June 13**



**Father's Day** Special  
**Bingo**

## Ceramics

### 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, June 12

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

This is a **free** group.

Volunteer Leads: Karen Summerhays  
and Barbara Reynolds

For the June meeting, Barbara will teach a class on fabric bias, shrinking, and durability.

At the May meeting we sewed labels on the quilts ready to donate to the Murray Fire and Police Departments. Thank you to Diane for embroidering all the Murray Senior Center Quilt Group labels!

Murray City has honored our group by asking us to make a quilt for the City. It will be shown at the Thanksgiving Garden of Quilts Show and then hang in the Murray Theater. We are working to finalize the design and will have assignments ready soon.

Please continue working on charity quilts for the Murray Police and Fire 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, June 23 Show and Tell

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

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

## Monday Open Painting



**Monday, June 2 through Monday, August 25**

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

Cost is **\$20**. [Register now.](#) *Space limited to 18.*

We will have tables set-up in the Ceramics Room for anyone that would like to come and paint. There is no instructor for this open painting.

## Painting Class: Wednesday Painting

The current session continues through **Wednesday, July 2.**

**9:00 AM - 12:00 PM (8 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.

John and Joan Fackrell are on Summer hiatus until sometime in September. Dates and other information for the 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

The 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, June 25.

### 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

The 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. The 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 Center activities. Every effort is made 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.

# JUNE LUNCH MENU

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| 2<br><b>NO LUNCH</b>   | 3<br><b>PASTA AND MEAT SAUCE</b><br>French Bread<br>Side Salad     | 4<br><b>SLOPPY JOE ON HAMBURGER BUN</b><br>Green Beans<br>Bag of Chips<br>Birthday Cupcake  | 5<br><b>SOUP AND SALAD</b><br>French Bread                 | 6<br><b>CHICKEN FRIED STEAK</b><br>Mashed Potatoes and Gravy<br>Steamed Veggies |
| 9<br><b>NO LUNCH</b>   | 10<br><b>CRISPY BEEF TACO</b><br>Beans and Rice<br>Chips and Salsa | 11<br><b>CHICKEN SALAD ON ROLL</b><br>Bag of Chips   | 12<br><b>CREAMY PENNE PASTA SALAD</b><br>Side Salad        | 13<br><b>BAKED POTATO</b><br>Chili and Cheese Toppings<br>Side Salad            |
|  <b>Main Entrée cost is \$6 for 55+ or \$8 for those under 55</b><br>Lunch is served Tuesday-Friday at <b>11:30 AM to 12:30 PM</b><br>Pay the cashier and then go through the lunch line<br>Ask at the Front Desk about prepaid lunch cards<br><b>THE CENTER IS GOING GREEN – Please bring your own containers for leftovers</b> <br>Daily Menu is subject to change at chef's discretion |  |  |  |   |
| 16<br><br><b>CENTER CLOSED</b>  | 17<br><b>TUNA ON ROLL</b><br>Macaroni Salad<br>Bag of Chips        | 18<br><b>SALISBURY STEAK AND GRAVY</b><br>Mashed Potatoes<br>Steamed Veggies<br>Roll   | 19<br><b>SWEET AND SOUR PORK</b><br>White Rice<br>Egg Roll | 20<br><b>CHEESEBURGER AND CHILI</b><br>Side Salad                               |
| 23<br><b>BRUNCH – \$6</b><br><b>10:30 – 11:30</b><br>1/2 Waffle with Strawberries<br>Bacon<br>Scrambled Egg<br>Milk and Juice   | 24<br><b>TURKEY CLUB SANDWICH</b><br>Potato Salad<br>Bag of Chips  | 25<br><b>PASTA AND MEAT SAUCE</b><br>French Bread<br>Side Salad  | 26<br><b>CRAB PASTA SALAD</b><br>Roll and Crackers         | 27<br><b>CRISPY CHICKEN SANDWICH</b><br>Potato Salad<br>Bag of Chips            |
| 30<br><b>NO LUNCH</b>  |  |  |  |   |