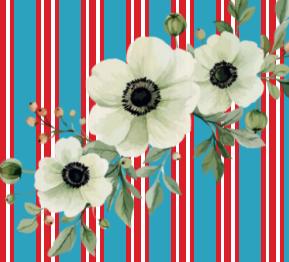




Murray
Senior Recreation
Center



2025

Recreation for 55+

July

Removing Equipment from the Building

Over the past few weeks, the Center fitness weights have been walking out the door. The inventory is down 50%. If you accidentally threw one in your fitness bag, please return it. There will be no action taken against those that return equipment. If someone is caught removing fitness equipment (or other assets), this violates our Code of Conduct.



Money on Account

Please ask the Front Desk staff to check the balance remaining on your account to ensure you have adequate funds to cover the cost of your lunch (or other activities). It is awkward to ask people about their unpaid lunches. Repeat offenders may be prohibited from using this convenient option.



Building Temperature

The Center has transitioned from heating to air conditioning. Every person feels the temperature differently. Please plan ahead by keeping a blanket or sweater in your car and consider dressing in layers. Access to the thermostats is limited and constant changes adversely effect our utility budget.

The Center is Closed

Friday, July 4
Independence Day
Thursday, July 24
Pioneer Day



Coffee Availability

Coffee will be available in the Dining Room on Monday through Friday from 10:30 AM – 12:30 PM. The last pot for the day will be put out at 12:30 PM when the kitchen closes after serving lunch. The cost of coffee is \$1 per cup.



Donation Boxes

There has been discussion regarding costs associated with daily pickleball play and card games. It is not feasible to charge a daily/monthly fee; in lieu, the volunteer lead for each program will have a donation box and we ask that players donate to offset these costs. Donations may also be made at the Front Desk.

#10 East 6150 South
Murray, UT 84107

801-264-2635

Monday – Friday
8:00 AM – 4:30 PM

Thursday
8:00 AM – 9:30 PM

Saturday – Sunday
Closed

Science Class: Bad Science

Thursday, July 3
10:30 AM - 11:30 AM

This is a **free** class.

Suzanne Bowe, a retired analytical chemist, will talk about bad science practices caused by a lack of thoroughness, rushing to publish, mistakes, and just plain greed leads to things like detoxifying foot baths, vegetative electron microscopy, and Utah's own cold fusion.

**History Class: McKenney-Hall Portrait Gallery of American Indians**

Tuesday, July 8
10:00 AM - 11:00 AM

This is a **free** class.

Join us this month as Jim Duignan tells us about the Native Americans whose portraits are part of a portfolio series called the McKenney-Hall Portrait Gallery that was published between 1836 and 1844. Each of the beautiful portraits have a biographical essay about the subject.

**Grief Support Class**

Friday, July 11 and 25
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.

**Social Security**

Friday, July 18
10:30 AM - 11:30 AM

This is a **free** class.

Register now.



Ty Anderson from Wells Fargo will present Social Security: Making the Most of What You Have Earned. This class will break down how to make it last, when to take it, spousal benefits, and mistakes to avoid. There's more to Social Security than just picking a date. If you are taking or thinking about taking social security, mark your calendars to attend this class.

Vital Aging: Ways to Live on Less

Friday, July 18
1:00 PM - 2:00 PM

This is a **free** class.

Join Maria Rodriguez from Valley Mental Health to learn more ways to live on less. Money matters!



Most seniors are living on a fixed income. Topics that will be discussed are budgeting tips, how to avoid scams, and numerous ways to live on less money.

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.

Payment with a credit card can be made online at aarp.org/auto/driver-safety/locations/locator-detail.C33700.html



Science Class: Forensic Science

Thursday, August 7
10:30 AM - 11:30 AM
 This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will talk about forensic science, the application of science to the law. Forensic science is used not only in crime analysis, but also issues such as civil disputes, paternity test, identification of victims of natural disasters, and public health. Suzanne will look at how cold cases have been solved using technology, analysis methods that are less effective than once thought, and how improvements in microbiome analysis are enabling increased use of this technique.

Nutrition: Mediterranean Diet

Tuesday, September 9
10:30 AM - 11:30 AM
 This is a **free** class.



Join Marisa Gutierrez, a dietitian from Harmon's, to learn more about the Mediterranean diet. We can't all get to a dreamy cruise, but we can eat like it! Not only is Mediterranean cooking delicious, but it was also named the best eating style for health in 2024. Mediterranean cuisine offers us bright, fresh flavors and pure ingredients enjoyed with good company. The best part? It's easy and 100% possible in Utah.

Piano Lessons

Monday, July 7, 14, 21, and 28
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.



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, July 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, July 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.



Murray Library Digital Services

Monday, August 11
10:00 PM - 12:00 PM



This is **free**. Registration begins Friday, July 25.

Brittney Casad from the Murray Library will help you learn to access the wide variety of digital resources the library has available such as e-books, audio-books, music, movies, and more.

Family History Workshop

This session continues 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



No classes in August; will resume in September.



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!

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 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 \$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.

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



Fitness Classes , cont.

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 mind and spirit.

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.



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 or Hal for instruction or assistance.

Chakra Meditation

Current session continues through **Monday, August 11**

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.

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.



Unlimited Seated Pass – \$5

CHAIR X-ERCISE

Mondays	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 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.

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.

Unlimited Spinning Pass – \$10

Based on bike availability

SPINNING AND/OR 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: 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

Tuesdays	9:45 AM - 10:15 AM
-----------------	---------------------------

Wednesdays	10:40 AM - 11:10 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.

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

Summer term spots are filled.



APPLY NOW FOR PERSONAL TRAINING and CIRCUIT TRAINING FOR FALL SEMESTER –

Deadline is Monday, August 18. Ask the Front Desk staff how to apply. Everyone will be notified by Monday, August 25 about the available times/days. **Cost will be \$20.** Fall semester begins on Monday, August 18 through Thursday, December 4.

“ING” Coming to America

July through September

Cost is \$15.

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.

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.

Donation based program.

Summer safety

Sunglasses a must

Dangerous UV rays can damage eyes, especially in older adults who are prone to vision loss.



Drink Water

Avoid dehydration by drinking at least 8 glasses of water per day or more if outside in the sun. Dehydration is a common cause for hospitalization among older adults. Keep water or foods with high water content easily accessible to increase hydration.

Stay Cool

Avoid dangerous heat related illnesses such as heat stroke and heat exhaustion by using fans and air conditioning. Stay indoors as much as possible or less than an hour in the sun at a time.



Take Frequent Breaks

If you work outside in the garden or yard, take frequent breaks and wear loose fitting, light colored clothing. Postpone strenuous exercise or chores in the heat of the day.

Stay in Touch

Let loved ones or neighbors know if you'll be traveling or outside during extreme heat. In case of emergency, make sure you have a phone to call for help.



Thursday, July 3 – No Trip

Daughters of Utah Pioneer Museum Tour

Thursday, July 10

Trip Departure is 9:30 AM

Return is about 1:00 PM

Cost is **\$15**; includes sack lunch.

[Register now.](#)



The Daughters of Utah Pioneer Memorial Museum is noted as the world's largest collection of artifacts and features displays and collections of memorabilia from the time of the earliest settlers.

Murray Mansion Tour

Thursday, July 17

Trip Departure is 10:15 AM

Return is about 12:00 PM

Cost is **\$5 per person.** [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).

Thursday, July 24 and July 31 – No Trips

SAVE THE DATE!

Wendover

Thursday, November 6

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

Upcoming Destinations



Himalayan Salt Cave



Salt Lake
Masonic Temple



Albion Basin Walk/Hike



Ruth's Diner



Kennecott Copper Mine



The tickets for the Payson Salmon Supper sold-out in less than one minute after purchase availability and we were unable to purchase tickets!



instead



Please join the Murray Senior Rec Center for a **Summer Party on Friday, August 1** with Salmon as the main entrée. Information is on page 10 of this newsletter. **Cost is \$20** per reserved seat.

DAILY FITNESS SCHEDULE

JULY

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

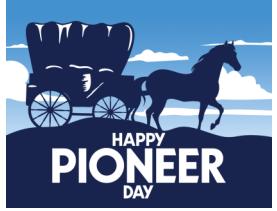
8:00 AM – 9:30 PM

Saturday – Sunday

Closed

<p>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</p>	<p>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)</p>
<p>MONDAY</p>	<p>TUESDAY</p>
	<p>8:30 Ceramics 11:30 Lunch: Barbecue Chicken 1 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Computer Help (Bob)</p>
<p>9:00 Monday Open Painting 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons</p>	<p>8:30 Ceramics 10:00 History Class 8 11:30 Lunch: Crispy Chicken Sandwich 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters</p>
<p>9:00 Monday Open Painting 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 7:00 Family Concert: Great Basin Street Band</p>	<p>8:30 Ceramics 11:30 Lunch: Pasta and Meat Sauce 15 12:00 Massage 12:30 Canasta 12:45 Crafters</p>
<p>9:00 Monday Open Painting 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons</p>	<p>8:30 Ceramics 11:30 Lunch: Salisbury Steak 22 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Computer Help (Bob)</p>
<p>9:00 Monday Open Painting 10:30 Brunch: Waffles 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons</p>	<p>8:30 Ceramics 9:30 AARP Driver Safety 29 11:30 Lunch: Sweet and Sour Pork 12:00 Massage 12:30 Canasta 12:45 Crafters</p>

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 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 9:15 Spinning and Circuit (East) 9:45 TRX 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
<h2 style="text-align: center;">WEDNESDAY</h2> <p>9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:15 Birthday Wednesday 11:30 Lunch: Roast Pork Loin  12:30 Family History 12:45 Special Bingo 1:00 Bridge </p>	<h2 style="text-align: center;">THURSDAY</h2> <p>8:30 Ceramics 9:00 Director's Round Table 10:30 Science Class 11:30 Lunch: Chili Cheese Dog 12:30 Mexican Train 12:30 Chess  7:00 Evening Social Dance</p>	<h2 style="text-align: center;">FRIDAY</h2> <p>HAPPY 4th of July  CENTER CLOSED</p>
<p>9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure 11:30 Lunch: Chicken Fried Steak 12:30 Family History 12:45 Bingo 1:00 Bridge</p>	<p>8:30 Ceramics 9:00 Director's Round Table 9:30 TRIP: DUP Museum 11:30 Lunch: Sloppy Joe 12:30 Mexican Train 12:30 Chess  4:00 Senior Choir Intro 7:00 Evening Social Dance</p>	<p>9:00 Computer Help (Ashton) 11 10:30 Grief Support 11:30 Lunch: Pulled Pork Sandwich 12:45 Bingo 1:00 Bridge</p>
<p>9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Crab Pasta Salad 12:30 Family History 12:45 Bingo 1:00 Bridge</p>	<p>8:30 Ceramics 9:00 Director's Round Table 10:15 TRIP: Murray Mansion Tour 11:30 Lunch: Grilled Chicken 12:30 Mexican Train 12:30 Chess  4:00 Senior Choir Auditions 7:00 Evening Social Dance</p>	<p>9:00 Computer Help (Ashton) 18 10:30 Social Security 11:30 Lunch: Shredded Beef Burrito 12:45 Bingo 1:00 Bridge 1:00 Vital Aging</p>
<p>9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Cheeseburger 12:30 Family History 12:45 Special Bingo 1:00 Bridge </p>	<p>HAPPY PIONEER DAY  CENTER CLOSED</p>	<p>9:00 Computer Help (Ashton) 25 10:30 Grief Support 11:30 Lunch: Creamy Penne Alfredo 12:00 Massage 12:45 Bingo 1:00 Bridge</p>
<p>9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Roast Turkey 12:30 Family History 12:45 Bingo 1:00 Bridge</p>	<p>8:30 Ceramics 9:00 Director's Round Table 11:30 Lunch: Cóctel de Camarones 12:30 Mexican Train 12:30 Chess  4:00 Senior Choir Rehearsal 7:00 Evening Social Dance</p>	

Birthday Wednesday – July 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 **\$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, July 28, 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.



Patriotic Piano Music

Maureen Andrus will be playing music on **Wednesday, July 23 at 11:30 AM – 12:30 PM** to put us in a patriotic mood! Followed by special bingo.



Summer Party



Friday, August 1

12:30 PM - 3:00 PM

Cost is **\$20** for reserved seats. [Register now](#).
There is no lunch or bingo this day.



Gather together for a special meal of salmon, baked potato, salad, and watermelon. Up to six tickets (a table) may be purchased by an individual.

Entertainment provided by Tony Summerhays.

Deadline: No reservations or cancellations for refunds may be made after Wednesday, July 23.

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.





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 12:00 PM.

Tuesday, July 8 Riverton Jazz Combo – Jazz

Tuesday, July 15 Tony Summerhays – One Man Band

Tuesday, July 22 Andrea Sharp and Timeless Country

Tuesday, July 29 Dusty Roses – Acoustic

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, July 10 Ballet Center Utah, Inc – Dance

Thursday, July 17 Rick Schwemmer – German Cowbells

Thursday, July 31 Rachel Hedman – Storytelling



Evening Series in Murray City Amphitheater

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

July 7-12 at 8:00 PM

HONK!

\$15 general admission, \$12 Child/Senior/Military ID

Monday, July 21 at 9:00 PM

THE WILD ROBOT (MOVIE)

Free admission



Family Night Concert: Great Basin Street Band

Monday, July 14

7:00 PM – 8:00 PM

Doors open at 6:00 PM

This is a **free** concert. Open to all ages.



The Great Basin Street Band has become the premier traditional jazz band in the Intermountain West. Founded in 1994, the band represents jazz music of New Orleans, Chicago, Kansas City and other prominent jazz centers in the 1920 to 1940 era. The band's name comes from the famous Basin Street in New Orleans with an interesting tie to the "Great Basin" of Utah.



Family Night Concert Monthly Schedule

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.

July Donation Focus:

Shoes (K-12)

Backpacks (K-12)

Backpacks do not need to be black but should have no logos

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



Massage

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

Friday, July 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, July 2, 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, July 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, 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, July 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



Donation based programs. 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.



Thursdays 12:30 PM - 3:30 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.

Murray Senior Choir



Thursday, July 10 - Intro

Thursdays

4:00 PM - 6:00 PM

This is a **free** class. Director: Ken Uy



There has been an interest expressed in starting a Center Choir. Ken has volunteered to direct it. He will have an introductory meeting to gauge interest on **Thursday, July 10 at 4:00 PM** in the West Conference Room. He will schedule auditions afterward.

We need a minimum of 8 people to start the choir. The idea would be four men and four women, preferably two each of bass, tenor, alto and soprano. But three baritones, two altos and two sopranos would do to get the choir started.

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.



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, August 14

12:30 PM - 2:30 PM

This is a **free** group.

Volunteer Leads: Karen Summerhays and Barbara Reynolds

In June, Barbara Reynolds taught a class on fabric bias, shrinking thread, and durability. As always, great class Barbara!!



There is no meeting in July.

The August meeting will be about borders and squaring up a quilt. We will also be discussing and finalizing plans for a quilt that the Senior Rec Center can raffle off for a fundraiser.

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 Murray City Hall or another building. Quilt Block assignments were made and finished blocks should be turned-in to April Callaway by Monday, July 7.

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

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

The group will not hold any meetings in July or August. The club will begin meeting again in September.

Monday Open Painting

Continues 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

A new session begins on **Wednesday, July 9** through **Wednesday, August 20**.

9:00 AM - 12:00 PM (7 WEEKS)

Cost is **\$35**. 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.

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, August 27.](#)

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 and five business days for day trips or special events – 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 78¢ (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.

JULY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BARBECUE CHICKEN Corn Bread Creamy Carrot Salad	2 ROAST PORK LOIN Mashed Potatoes and Gravy Side Salad Birthday Cupcake	3 CHILI CHEESE DOG Macaroni Salad Bag of Chips	4  HAPPY 4th OF JULY CENTER CLOSED
NO LUNCH 7	8 CRISPY CHICKEN SANDWICH Potato Salad Bag of Chips	9 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Steamed Veggies	10 SLOPPY JOE ON HAMBURGER BUN Mac and Cheese Green Beans	11 PULLED PORK SANDWICH Baked Beans Coleslaw



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

THE CENTER IS GOING GREEN – Please bring your own containers for leftovers



Daily Menu is subject to change at chef's discretion

NO LUNCH 14	15 PASTA AND MEAT SAUCE Bread Side Salad	16 CRAB PASTA SALAD ON LETTUCE Chips and Crackers	17 GRILLED CHICKEN AND VEGGIES Rice	18 SHREDDED BEEF SMOTHERED BURRITO Rice and Beans
NO LUNCH 21	22 SALISBURY STEAK AND GRAVY Mashed Potatoes Steamed Veggies Roll	23 CHEESEBURGER Cheesy Scalloped Potatoes Side Salad	24  HAPPY PIONEER DAY PIONEER 24TH OF JULY, UTAH CENTER CLOSED	25 CREAMY PENNE ALFREDO AND SAUTEED MUSHROOMS Side Salad Roll
BRUNCH – \$6 10:30 – 11:30 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice MONDAY BRUNCH	28 SWEET AND SOUR PORK White Rice Egg Roll	29 ROAST TURKEY Stuffing and Gravy Roll Side Salad	30 CÓCTEL DE CAMARONES (MEXICAN SHRIMP COCKTAIL) Saltine Crackers Fresh Fruit	31