



Murray
Senior Recreation
 Center



2025

Recreation for 55+

August



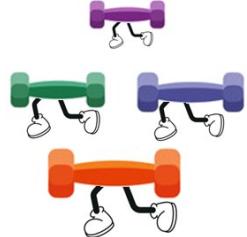
Donation Boxes

Boxes have been put out for the different games and pickleball. Thank you to those who have contributed. By making donations, you create a sense of community by providing opportunities for social interaction. Donations can have a direct and positive impact on those who wish to participate in Center programs.



Removing Equipment from the Building

Thank you to those that have offered to bring their extra hand weights to the Center. The thefts have decreased, but to improve the safety of our building we will be installing alarms on the two doors to the patio from the fitness room and fitness studio. The Fitness studio door will be kept locked except during fitness class times.



Thank You to our Volunteer Instructor

We want to take this opportunity to acknowledge Suzanne Bowe. She has been teaching the science class at the Center for two years. If you have not had the opportunity to attend one of her science presentations, please mark your calendar for **Thursday, August 7** and/or **Thursday, September 4** at **10:30**. You will not be disappointed. Suzanne – thank you for sharing your science know-how!!!

Love, Murray Quilt Presentation

Our Thursday Quilting group was asked by the Murray City Mayor to make a quilt that reflects Murray City and honors the campaign of “Love, Murray.” They will present the finished quilt to the Mayor on **Friday, August 29** sometime between noon and the beginning of bingo.



Farmer's Market in our Lobby

On **Tuesday, September 2 at 11:00 AM**, please bring a bag or basket to take advantage of our Farmer's Market. Quantities are limited and will go quickly. This annual Farmer's Market is provided for seniors – at no charge – by Salt Lake County's Aging and Adult Services, USU Extension's Master Gardeners Program, and Salt Lake County Jail's Horticulture Program.

The Center is Closed

Monday, Sep 1
 Labor 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

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.



A Road to Fly Fish Pyramid Lake

Friday, August 8
10:30 AM - 11:30 AM

This is a **free** class.

Rich Lobrovich is a passionate fly fisherman and will take this opportunity to share a visual story of fishing at Pyramid Lake in Nevada. He will show you the Giant



 Lahontan Cutthroat Trout. Come and learn more about one of the most beautiful gems of the West.

History Class: English Colonization of Australia

Tuesday, August 12
10:00 AM - 11:00 AM

This is a **free** class.

Join us this month as Jim Duignan discusses the Colonization of Australia by the British Empire which began in 1788. Captain William Bligh was a governor of New South Wales from 1806 to 1808; he is best known for his role in the mutiny on the HMS Bounty in 1789. The Ned Kelly gang who became folk heroes and were equated by some with Robin Hood or Jesse James. He will cover the treatment of Aboriginals.



Grief Support Class

Friday, August 22
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.



Vital Aging: Radical Acceptance

Friday, August 22
1:00 PM - 2:00 PM

This is a **free** class.

Maria will be on maternity leave and Jesse from Valley Mental Health will teach the Vital Aging classes for the next few months. Radical acceptance is a distress tolerance skill that is designed to keep pain from turning into suffering. Come and learn the tools on how to deal with stress, thoughts of worry, or adapting to change.



Accepting reality as it is, not as we wish it to be.

Biomechanics of Functional Movement

Thursday, August 28 (part 1)

Thursday, September 11 (part 2)

10:30 AM - 11:30 AM

This is a **free** class.



Marci will teach about the roles of mobility and stability as they apply to muscle and joint function. Discover how functional movement patterns can improve joint and overall health and pain. You will have the option to take pictures in front of our grid to individually analyze your posture and find your weak links. Please wear plain dark clothing that permits you to see joints and posture imbalances.

Picture review and exercises provided in part 2.

Science Class: Science Marches On

Thursday, September 4

10:30 AM - 11:30 AM

This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will explain how Science Marches On. New discoveries in topics we have learned about in the past two years, including important functions performed by cyanide in mammalian cells, improvements in catalysts that help make clean technology possible, and surprising facts about the most powerful volcanic eruption in the 21st century.

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.

AARP Smart Driving Class

Tuesday, September 30

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

Photography – The group will not hold any meetings in August. The club will begin meeting again in September.

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, August 5 and 19

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, August 1, 8, 15, 22, and 29

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 AM - 12:00 PM

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

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

There are no classes in August. A new

session begins on **Wednesday,**

September 3 through Wednesday, October 8.

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

This is a **free** workshop. 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!

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.

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, 10 minute routines and patterns to simulate a full 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.

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.

**RETURNING IN
 SEPTEMBER**



Fitness Classes , cont.

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**.

A new session begins Monday, August 18 through Monday, October 13

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.



Zen Breathing

Friday, August 22

10:00 AM - 11:00 AM

Cost is **\$3**. Register now.



Class combines the benefits of mindful meditation, breathing, and seated movement. The focus will be on breathing techniques, movement, and mindfulness!

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 9:45 AM - 10:30 AM

Wednesdays 9:45 AM - 10:30 AM

NEW TIME

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.

No class on Fridays.

Unlimited TRX Pass – \$10

Based on strap availability

TRX – TOTAL BODY RESISTANCE EXERCISE

Tuesdays 9:45 AM - 10:15 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.

Register now. Students will start on Tuesday, August 26.

CIRCUIT AND PERSONAL TRAINING

Moe will call everyone who has filed an application (see below)



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
Continues through September
Cost is \$10.
Register now.



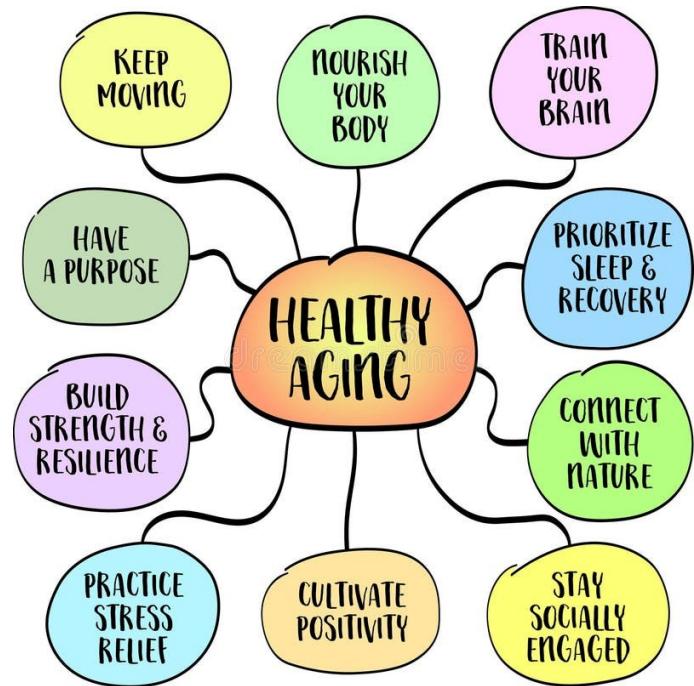
How did YOU/YOUR FAMILY get to America? Plan to do a little genealogical digging to find your first relative that set foot on American soil. We will calculate the number of miles they traveled, share some of their stories, honor their memory, and attempt to convert their physical efforts into mileage. 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.



What it is:

Healthy aging is more than just the absence of disease; it's about thriving and maintaining functional ability to enable well-being in older age.

Why it's important:

It allows individuals to stay active, independent, and engaged in their communities, contributing to a higher quality of life.

Core components:

Physical activity: Regular exercise, including both aerobic and strength training, is crucial for maintaining physical health and preventing chronic diseases.

Healthy diet: A balanced diet, potentially following a Mediterranean-style approach, supports overall health and cognitive function.

Cognitive stimulation: Engaging in activities that challenge the mind, like reading, puzzles, or learning new skills, helps maintain cognitive health.

Social engagement: Staying connected with others and participating in social activities reduces isolation and loneliness, promoting emotional well-being.

Mental well-being: Managing stress, maintaining a positive outlook, and seeking support when needed are vital for emotional health.

When to start:

It's beneficial to start adopting healthy habits at any age, but early intervention can have long-lasting positive effects.

Albion Basin at Alta Utah

Thursday, August 7
Trip Departure is 9:00 AM
Return is about 12:30 PM
Cost is \$15 per person. [Register now.](#)



Enjoy a scenic drive up Little Cottonwood Canyon. We'll stop at Albion Basin where we'll see a haven of spectacular wildflower displays, unique wetland as well as its ample recreational and wildlife viewing opportunities. There is a 1 mile fairly easy well-marked path leading to Cecret trail for those wanting to walk/hike. On the way back to the center we will stop at the famous Cotton Bottom for burgers. Food costs on your own (\$10-20 range).

Sri Sri Radha Krishna Temple Tour

Thursday, August 14
Trip Departure is 10:00 AM
Return is about 1:30 PM
Cost is \$25 per person – [Includes vegetarian buffet](#)
[Register now.](#)



Visit the Spanish Fork Krishna temple that is dedicated to bring people to Krishna Consciousness. Learn the history, beliefs, and deities. The site also has an animal park with llamas, cows, peacocks, parrots, and koi fish plus a gift store and a vegetarian buffet.

Fall Colors

Thursday, October 2
Trip Departure is 10:00 AM
Return is about 3:00 PM
Cost is \$48 per person. [Register now.](#)



We have chartered a bus which will travel through Parley's Canyon to Evanston, Wyoming where we will enjoy a soup and sandwich bar lunch at The Fairway Restaurant (included in trip fee). After lunch we will travel through Woodruff into Huntsville, across Trapper's Loop and return to the Center.

Synchronicities Salt Cave and Sound Bath

Thursday, August 21
Trip Departure is 12:30 PM
Return is about 2:30 PM
Cost is \$30 per person. [Register now.](#)



Enjoy a one-of-a-kind healing room where the floors, walls, ceiling and benches hold the healing energy of salt bricks, natural alder, and poplar woods. This unique cave holds 10,000 pounds of negatively charged ionized salt and other trace minerals present in its atmosphere, which naturally draws toxins and impurities out of the physical and emotional bodies, reduces inflammation, and improves respiratory ailments like asthma by clearing the lungs. **Enjoy a healing sound bath!** We'll have time to enjoy the cave and experience a sound bath. There are benches to sit on and some mats available.

No Trip on Thursday, August 28

Ruth's Diner



Thursday, September 4
Trip Departure is 9:00 AM
Return is about 11:30 AM
Cost is \$8 per person. [Register now.](#)

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

Wendover



Thursday, November 6
Trip Departure is 8:15 AM
Return is about 7:00 PM
Cost is \$30. [Register now.](#)
Cancellation deadline is Wednesday, October 1.

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

AUGUST

Monthly Calendar



Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

• seniorrec@murray.utah.edu

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

DAILY FITNESS SCHEDULE

9:00 NIA (Dining) 9:00 Triple G 9:45 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 Monday Open Painting 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons	4 8:30 Ceramics 11:30 Lunch: Soup and Salad 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Computer Help (Bob) 5
9:00 Monday Open Painting 10:00 Digital Library Services 12:00 Piano Lessons 12:30 NO Hand and Foot 1:00 Toenail Clipping 1:00 Bridge Lessons 7:00 Family Concert: Riverton Jazz Band	11 8:30 Ceramics 10:00 Colonization of Australia 11:30 Lunch: Crispy Beef Taco 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters 12
9:00 Monday Open Painting 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons	18 8:30 Ceramics 11:30 Lunch: Cheeseburger 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Computer Help (Bob) 19
9:00 Monday Open Painting 10:30 Brunch: Waffles 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons	25 8:30 Ceramics 11:30 Lunch: Turkey Club Sandwich 12:00 Massage 12:30 Canasta 12:45 Crafters 26

DAILY FITNESS SCHEDULE

8:30 Yoga 9:30 Yoga 9:45 Spinning and Circuit (East) 11:15 Chair Fit 12:30 Martial Arts (East)	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 <small>no class on 8/1</small> 9:45 TRX 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
WEDNESDAY	THURSDAY	FRIDAY
		9:00 Computer Help (Ashton) 1 12:00 Massage 12:30 SUMMER PARTY  12:45 NO Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:15 Birthday Wednesday 11:30 Lunch: Bratwurst 12:45 Bingo 1:00 Bridge	6  8:30 Ceramics 9:00 TRIP: Albion Basin 9:00 Director's Round Table 10:30 Forensic Science Class 11:30 Lunch: Crab Pasta Salad 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	7 9:00 Computer Help (Ashton) 8 10:30 Fly Fish Pyramid Lake 11:30 Lunch: Pasta and Meat Sauce 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:30 Blood Pressure Clinic 11:30 Lunch: Greek Grilled Chicken 12:45 Bingo 1:00 Bridge	13 8:30 Ceramics 9:00 Director's Round Table 10:00 TRIP: Sri Sri Radha Krishna Temple Tour 11:30 Lunch: Creamy Penne Alfredo 12:30 Mexican Train 12:30 Chess 12:30 Thursday Quilters 4:00 Senior Choir 7:00 Evening Social Dance	14 9:00 Computer Help (Ashton) 15 11:30 Lunch: Salisbury Steak 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Roast Pork Loin 12:45 Bingo 1:00 Bridge	20 8:30 Ceramics 9:00 Director's Round Table 11:30 Lunch: Baked Potato / Chili 12:30 TRIP: Synchronicities Salt Cave 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	21 9:00 Computer Help (Ashton) 22 10:00 Zen Breathing 10:30 Grief Support 11:30 Lunch: Sweet & Sour Chicken 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 Radical Acceptance Class
8:30 Advisory Board Meeting 27 9:00 Open Painting 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Barbecue Chicken 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 10:30 Functional Movement Class 11:30 Lunch: Vegetarian Tostada 12:30 Mexican Train 12:30 Chess 7:00 Evening Social Dance	28 9:00 Computer Help (Ashton) 29 11:30 Lunch: Chicken Fried Steak 12:00 Massage 12:00 Love, Murray Presentation 12:45 Bingo 1:00 Bridge

Birthday Wednesday – August 6

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, August 25, 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.



Summer Party

Friday, August 1

Time is 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.

Calling all Craft Vendors!!



Monday, October 13, 2025

10:00 am – 1:00 pm

Murray Senior Recreation Center is sponsoring

TIS the Season Boutique

Application Deadline: Thursday, August 14, 2025

Cost is \$40 for 8' table

Merchandise must be new and handmade by the sellers

A committee will evaluate submissions and all applicants will be notified by Friday, August 29

More information and applications available at murray.utah.gov

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

Evening Series in Murray City Amphitheater

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



August 1-9 at 8:00 PM

HAIRSPRAY!

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

Friday, August 29 at 7:00 PM

TOAST – THE ULTIMATE BREAD EXPERIENCE!

\$34 general admission

Friday, September 5 at 7:00 PM

JERSEY TENORS

\$34 general admission

Saturday, September 6 at 7:00 PM

ONE VOICE CHILDREN'S CHOIR

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



Picnic on the Lawn

Food Trucks | Watermelon | Yard Games

Bring a blanket and enjoy
the summer season with us!

August 18 6pm-8pm
Murray Museum Lawn,
4872 S. Poplar St.



MURRAY
MUSEUM

Family Night Concert: Riverton Jazz Band

Monday, August 11

7:00 PM – 8:00 PM

Doors open at 6:00 PM

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



RIVERTON

JAZZ • **BAND & COMBO**

The Riverton Jazz Band, directed by Lawrence Price, is staffed by musicians who love playing and sharing big band music with the community. This volunteer organization, started in 2005, plays a variety of swing, jazz, Latin, and Big Band music for civic and charity events, business functions, churches, weddings and parties along the Wasatch front.

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.

**August Donation Focus:
School Supplies
Walmart Gift Cards**

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



JULY 25 through OCTOBER 25

Massage

Tuesday, August 5, 12, 19, and 26
Friday, August 1, 8, 15, 22, and 29
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, August 6, 20, and 27
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, August 13
10:30 AM - 11:30 AM
This is a free service.

No appointment necessary.

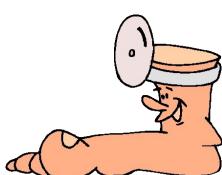
Provided by: Dignity Home Health and Hospice



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.



The next date is **Monday, October 13.** Registration begins on Monday, September 15.

Legal Consultation

Tuesday, August 12
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.

Flu Shots

Friday, September 26
9:00 AM - 11:00 AM

No appointment necessary.



CNS will be at the Center to distribute your annual High Dose Flu shots, Prevnar 20, Tetanus, or Covid-19 vaccines. CNS will bill most insurances directly. Bring your photo ID and insurance cards.

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, August 7, 14, and 21

4:00 PM - :00 PM

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



The Choir is still looking for a few good people willing to join the Choir. The mission of the Choir is to offer a good choir for public events during the year. Practice will be the first three Thursdays each month until Christmas, then a break.

Piano Lessons



Monday, August 4, 11, 18, and 25

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.



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**

happy shopping



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

The August meeting will be **How to Square Up a Quilt**. Our presenter is Debra Williams who has also donated many, many bags of lovely quilt material.

We will also be discussing plans for a quilt that the Center can raffle off as a fundraiser.

We are still working on the Murray City Quilt; all the blocks are completed. Next, the quilt will be assembled and then handed off to Nuttall's Fabric Center, Murray, UT for longarm quilting.

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

Monday Open Painting continues thru **Monday, August 25** at **9:00 AM - 12:00 PM**. Tables are set-up in the Ceramics Room for those that are registered. There is no instructor for open painting.



Painting Class: Wednesday Painting

The current session continues through **Wednesday, August 20**.

There will be open painting sessions on Wednesday, August 27, September 3, and 10. The cost is \$5.

A new session begins on **Wednesday, September 17** through **Wednesday, November 5**.

9:00 AM - 12:00 PM (EIGHT 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

A new session begins on **Monday, September 8** through **Monday, December 1. (no class on 10/13)**

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

Cost is **\$74**. *Register now. Space limited to 20.*

Instructors: John Fackrell

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

Art Appreciation / Intermediate Watercolors

A new session begins on **Monday, September 8** through **Monday, October 20. (no class on 10/13)**

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

Cost is **\$37**. *Register now. Space limited to 20.*

Instructors: John and Jean Fackrell

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

Center Staff Information

Director

Cory Plant cplant@murray.utah.gov

Program Coordinators

Moe Gallagher mgallagher@murray.utah.gov
Marci Williams mwilliams@murray.utah.gov

Office Admin Supervisor

April Callaway acallaway@murray.utah.gov

Front Desk Staff

Shauna Slaymaker, Laura Collings

Meal Supervisor

Omar Limon olimon@murray.utah.gov

Advisory Board

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.

AUGUST LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				 1 Cost is \$20 Reservation Required
NO LUNCH 4	SOUP OF THE DAY AND SIDE SALAD Bread 5	BRATWURST AND SAUERKRAUT German Potato Salad Hoagie Roll Birthday Cupcake 6	CREAMY CRAB PASTA SALAD ON LETTUCE Roll and Crackers 7	8 PASTA AND MEAT SAUCE Bread Side Salad
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 11	CRISPY BEEF TACO Beans and Rice Chips and Salsa 12	GREEK GRILLED CHICKEN Rice Feta Salad 13	CREAMY PENNE ALFREDO AND SAUTEED MUSHROOMS Side Salad Roll 14	15 SALISBURY STEAK AND GRAVY Mashed Potatoes Steamed Veggies Roll
NO LUNCH 18	CHEESEBURGER Cheesy Scalloped Potatoes Side Salad 19	ROAST PORK LOIN Mashed Potatoes and Gravy Side Salad 20	BAKED POTATO Chili and Cheese Toppings Side Salad 21	22 SWEET AND SOUR CHICKEN Ham Fried Rice Egg Roll
BRUNCH – \$6 10:30 – 11:30 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice  25	TURKEY CLUB SANDWICH Potato Salad Bag of Chips 26	BARBECUE CHICKEN Cornbread Creamy Carrot Salad 27	VEGETARIAN BEANS AND RICE TOSTADA 28	29 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Steamed Veggie