



Murray  
**Senior Recreation**  
Center



2025

**Recreation for 55+**

September



**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.

**Door Alarms**

We have installed door alarms on the doors from the **Fitness Room** and **Studio** to the patio in hopes to better secure our fitness equipment. If those doors are opened, an alarm will sound. If you need access to the patio, please use the door by the computer lab. Thank you!



**Public Safety Focus Group**

On **Thursday, September 18 at 9:00 AM**, the Department of Public Safety will conduct a focus group on issues related to seniors as it relates to public safety. We would like as many people as possible to attend this focus group. They would like as much feedback as possible. There will be prizes and treats involved!!

**STRONG AND STEADY**

A FREE Falls Prevention Event



**September 23<sup>rd</sup> from 9:00am-1:00pm**

Wheeler Farm Outdoor Education Center  
6475 900 E, Murray, UT 84121

- Falls Prevention Screenings
- Balance & Exercise Activities
- Thai Chi & Fitness Class Demos
- Nutrition & Home Safety Talks

Questions? Contact Allie at [atedrow@saltlakecounty.gov](mailto:atedrow@saltlakecounty.gov)  
Event coordinated by the Salt Lake County Falls Prevention Coalition

[Register now](#) for free Center Shuttle to Wheeler Farm for Strong and Steady Fall Prevention Event!

The bus will leave the Center at 8:45 am and will run at 10:00, 11:00, 12:00, and 1:00 to drop off/pick-up anyone that is interested in attending.



**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: 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.

## History Class: City of Alexandria

**Tuesday, September 9**

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

This is a **free** class.

Join us this month as Jim Duignan discusses the founding of the ancient city of Alexandria, its environs, and its library. The city was founded by Alexander in 331 B.C. It was built on a street grid system. The library was founded around 295 B.C. after the death of Alexander. They wanted it to contain a copy, if not the original, of all books (scrolls) in the world. Numbers vary on how many scrolls it may have contained; some say 500,000.



## 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. 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.

## Biomechanics of Functional Movement

**Thursday, September 11 (part 2)**

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

This is a **free** class.



Marci will explore functional assessment and movement screens to determine range of motion and stability needs from posture and framework assessments. Learn corrective exercises that can be included in your regular fitness regime. If pictures have not been taken for an assessment, you are still welcome to attend this class.

## Grief Support Class

**Friday, September 12 and 26**

**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.

## Better Brain, Better Memory

**Friday, September 19**

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

This is a **free** class.



Laurel Fetzer, local registered dietitian and trained in Functional Medicine, will help us learn how to have a better brain as we age. The principles taught in Functional Nutrition can help us understand how all the systems of the body affect each other and how to maximize your health by putting the principles discussed into action. Sleep and daily patterns of living, blood sugar and insulin levels, stress and the autonomic nervous system, toxins, infections, and nutrition are all players in our brain health.



## Vital Aging: Grief and Loss

**Friday, September 26**

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

This is a **free** class.

A person's unique response to losses and other life stressors are influenced by cultural beliefs, family, and personality. Learn to share and process feelings related to loss and how to move forward with grief in a healthy way.

## 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.

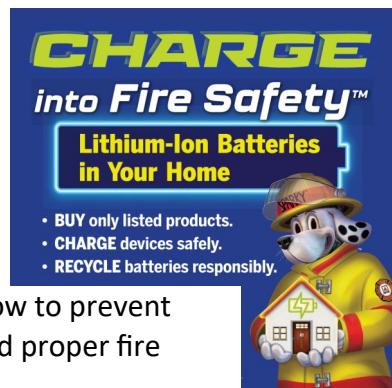
## Fire Prevention Week: Charge into Fire Safety

**Wednesday, October 1**

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

This is a **free** class.

Scott White from Murray Fire will review Lithium-ion battery safety, Carbon



Monoxide detectors, how to prevent trip and fall hazards, and proper fire extinguisher use.

## Science Class: The Science of Music

**Thursday, October 2**

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

This is a **free** class.

Suzanne Bowe, a retired analytical chemist, will explain how sound is created and transmitted; how instrument materials, electronics, and room acoustics can affect sound; and why Stradivarius violins are still considered the best!



**Computer Lab** – Computers are available anytime a group class is not being held and are **free** to use. **Printing costs 10¢ per page.**

## Individual Tech Help



An individual may only register for **one** tech help class during the month to allow space for others.

**Tuesday, September 16 and 30**

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

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

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

**Friday, September 5, 12, 19, and 26**

**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 devices including all Apple products.

## Family History Workshop



**Wednesday, Sept 3 thru Wednesday, Oct 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

## Murray Library Digital Services



**Monday, September 8**

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

**Free** service. Advanced appointments required.

Brittney Casad will show you how to access the digital resources the library has available such as e-books, audiobooks, music, movies, and more.

## Learn Photoshop Elements (2 Parts)

**Monday, September 8 and Tuesday, September 9 *OR***

**Monday, September 22 and Tuesday, September 23**

**1:00 PM - 3:00 PM**

These are **free** classes. Register now.

Space limited to six (6) per session.



Greg Waldron will teach how to enhance photos using Photoshop Elements. No prior experience necessary.

Bring a thumb drive with 5-10 photos on it.



## 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 YOGA FUSION WITH WENDY

**Tuesdays 10:30 AM - 11:15 AM \$5 MONTH**  
**Thursdays 10:30 AM - 11:15 AM \$5 MONTH**

Gentle on the joints, great for the core! This fun, feel-good class is designed especially for seniors, blending seated yoga, light strength work, core-focused Pilates, and breath-based movement. Wendy offers plenty of options for all levels, so you can stretch, strengthen, and move with ease all while staying seated.



### 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.



FREQUENCY



INTENSITY



TIME



TYPE

### 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**

Learn how to develop focus, eye hand coordination, balance, dexterity, concentration, movement and versatility through a series of modified sports games.

### SPINNING AND/OR CIRCUIT WORKOUT

**Mondays 9:45 AM - 10:30 AM \$5 MONTH**  
**Wednesdays 9:45 AM - 10:30 AM \$5 MONTH**

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. *Space limited to eight (8).*

### STEP CARDIO

**Thursdays 9:30 AM - 10:15 AM \$5 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

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.

### TRX – TOTAL BODY RESISTANCE EXERCISE

Tuesdays	9:45 AM - 10:15 AM	\$5 MONTH
Fridays	9:45 AM - 10:15 AM	\$5 MONTH

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. *Space limited to ten (10).*

### 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
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Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological, and psychological needs of seniors.



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.

## Unlimited Seated Pass – \$5

### CHAIR X-ERCISE

Mondays	11:15 AM - 11:45 AM
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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
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Fridays	11:15 AM - 11:45 AM
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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
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A mix of rhythm, movement, music, and drumming combined with choreography focused on aerobic endurance. Both seated and standing options available.

## 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, 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.

Positive Mind  
Positive Vibes  
Positive Life

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. [Register now.](#) Class continues until November 28.

### CIRCUIT AND PERSONAL TRAINING

All applicants will be notified.

## Zen Breathing Class

**Friday, September 19**

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

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



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

## Learn to Play Pickleball

**Thursday, September 18 or 25**

**Thursday, October 2 or 9**

**Beginner 4:00 PM - 5:00 PM**

**Intermediate 5:00 PM - 6:00 PM**

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



Cost is **\$15** per class. [Advanced registration required.](#)

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

Each class includes instruction and play.

Instructor: Sherrie Bertrand

### 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.*

## "ING" Ity-Bity-City Scavenger Hunt

**Thursday, September 11**

**12:00 PM - 1:00 PM**

Cost is **\$15**. [Register now.](#)

This will be a 3-month challenge (beginning in October) designed to help you increase your steps and activity level.

You control the effort, the length of time, and order to find each clue.

You will receive a general area map along with little pictures, hints and itybitiy clues.

You can search the area, look for the clue, and when found, take a picture of you and the itybitiy clue.

Track your mileage or steps and submit them monthly to be eligible for prizes and awards.

You'll receive emails maps and clues or pick up a hard copy at the desk. Complete each monthly calendar to track your progress.



## Walking – A Great Way for Seniors to Exercise



Here are some simple tips to get you started:



## Synchronicities Salt Cave and Sound Bath

**Thursday, September 11**

**Trip Departure is 1:30 PM**

**Return is about 3:30 PM**

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



This unique cave holds 10,000 pounds of negatively charged ionized salt and other trace minerals present in its atmosphere. **Enjoy a healing sound bath!** There are benches to sit on and some mats available.

## Utah State Fair and Beef Feast

**Friday, September 12**

**Trip Departure is 10:15 AM**

**Return is about 3:00 PM**

**Cost is \$15 per person.** [Register now.](#)



"Nowhere but the Fair" is more than just a theme—it's a celebration of the unforgettable moments, sights, and flavors that can only be found at the Utah State Fair!

The Utah Cattlemen's Beef Feast is a long-standing tradition at the Utah State Fair, celebrating the state's rich ranching heritage. Food costs on your own (cash \$15-18 per person). Grill masters will be cooking up mouth-watering beef tenderloin steak sandwiches for \$15, all that, and a bag of chips! Grab a drink for \$2 more. **CASH ONLY** Serving begins at 11:00 AM, they'll keep cooking until it's gone.

## Shriners Hospital and Masonic Temple

**Thursday, September 18**

**Trip Departure is 10:15 AM**

**Return is about 3:00 PM**

**Cost is \$18 per person.** [Register now.](#)



Shriners Hospitals for Children delivers care to children with special healthcare needs. We'll learn about the hospital and mission, enjoy lunch at their cafeteria (food costs on your own.) After lunch we'll tour the Masonic temple that was dedicated in 1927.

**Ruth's Diner** — Thursday, September 4 at 9:00 AM – 11:30 AM – **TRIP IS FULL**

## Clark Planetarium: Extreme Weather 3D

**Thursday, September 25**

**Trip Departure is 11:30 AM**

**Return is about 2:00 PM**

**Cost is \$18 per person.** [Register now.](#)



Weather is one of the most dynamic forces shaping our planet. Travel to the edge of 300-foot tall glaciers collapsing, to the front lines of massive wildfires, directly in the path of deadly, yet mesmerizing tornadoes. Follow researchers and everyday heroes as they uncover surprising connections to help us understand and adapt to our ever-changing weather.

## Fall Colors

**Thursday, October 2**

**Trip Departure is 10:00 AM**

**Return is about 3:00 PM**

**Cost is \$48 per person.** [Register now.](#)



**Cancellation deadline is Wednesday, September 10.**

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.

## 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 8.**

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

## DAILY FITNESS SCHEDULE

# SEPTEMBER

## 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 9:45 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 Chair Yoga Fusion (West) 11:45 Tai Chi 1:00 Overall Fitness 1:15 Beginning Line Dance (Dining) 2:00 Line Dance (Dining)</p>
<p><b>MONDAY</b></p>	<p><b>TUESDAY</b></p>
<p><i>WE WILL BE <b>Closed</b> FOR <b>LABOR</b> <i>Day</i></i></p>	<p><b>1</b> 8:30 Ceramics 11:00 Farmer's Market <b>11:30 Lunch: Sloppy Joe</b> 12:00 Massage 12:30 Canasta 12:45 Crafters</p>
<p>9:00 Advanced Watercolors 10:00 Digital Library Services 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 1:00 <b>Photoshop Elements (Part 1)</b> 7:00 Family Concert: Enny1</p>	<p><b>8</b> 8:30 Ceramics 10:00 City of Alexandria Class 10:30 Mediterranean Diet Class <b>11:30 Lunch: Chef Salad</b> 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters 1:00 <b>Photoshop Elements (Part 2)</b></p>
<p>9:00 Advanced Watercolors 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors</p>	<p><b>15</b> 8:30 Ceramics <b>11:30 Lunch: Chicken Stir Fry</b> 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob)</p>
<p>9:00 Advanced Watercolors 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 1:00 <b>Photoshop Elements (Part 1)</b></p>	<p><b>22</b> 8:30 Ceramics <b>11:30 Lunch: Chicken Parm Pasta</b> 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 <b>Photoshop Elements (Part 2)</b> <i>Fall Prevention Event at Wheeler Farm 9:00–1:00</i></p>
<p>9:00 Advanced Watercolors <b>10:30 Brunch: Waffles</b> 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors</p>	<p><b>29</b> 8:30 Ceramics 9:30 AARP Driver Safety Class <b>11:30 Lunch: Pot Roast</b> 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob)</p>
	<p> <b>MONDAY BRUNCH</b></p>

## DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Play Ball (Dining Room) 9:30 Yoga 9:45 Spinning and Circuit (East) 11:15 Chair Fit 12:30 Martial Arts (East)	9:30 Step Cardio <b>TIME CHANGE</b> 10:30 Tai Chi 10:30 Chair Yoga Fusion (West) 11:45 Tai Chi 1:30 Strength Conditioning 7:00 Yoga	9:00 Zumba Gold (Dining) 9:00 Triple G 9:45 TRX 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
9:00 Open Painting 9:15 Pinochle 10:00 Haircuts 11:15 <b>Birthday Wednesday</b> <b>11:30 Lunch: Grilled Chicken</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	<b>3</b>  8:30 Ceramics 9:00 <b>TRIP: Ruth's Diner</b> 9:00 Director's Round Table 10:30 <b>Science Marches On Class</b> <b>11:30 Lunch: Char Siu (BBQ Pork)</b> 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	<b>4</b> 9:00 Tech Help (Ashton) <b>11:30 Lunch: Pasta and Meat Sauce</b> 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Open Painting 9:15 Pinochle 10:00 Haircuts 10:30 <b>Blood Pressure Clinic</b> <b>11:30 Lunch: Pulled Pork Sandwich</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	<b>10</b> 8:30 Ceramics 9:00 Director's Round Table 10:30 <b>Functional Aging (Part 2)</b> <b>11:30 Lunch: Greek Grilled Chicken</b> 12:00 ITY-BITY-CITY "ING" Meeting 12:30 Mexican Train 12:30 Chess 12:30 <b>Thursday Quilters</b> 1:30 <b>TRIP: Salt Cave Sound Bath</b> 4:00 Senior Choir 7:00 Evening Social Dance	<b>11</b> 9:00 Tech Help (Ashton) <b>10:15 TRIP: Utah State Fair</b> 10:30 <b>Grief Support Class</b> <b>11:30 Lunch: Smothered Burrito</b> 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts <b>11:30 Lunch: Salisbury Steak</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	<b>17</b> 8:30 Ceramics 9:00 <b>Public Safety Focus Group</b> 10:15 <b>TRIP: Shriners / Masonic</b> <b>11:30 Lunch: Biscuit and Gravy</b> 12:30 Chess 12:45 <b>Mexican Train Tournament</b> 4:00 Senior Choir 4:00 <b>Learn to Play Pickleball</b> 7:00 Evening Social Dance	<b>18</b> 9:00 Tech Help (Ashton) <b>10:00 Zen Breathing Class</b> 10:30 <b>Better Brain / Memory Class</b> <b>11:30 Lunch: Cheeseburger</b> 12:00 Massage 12:45 Bingo 1:00 Bridge
<b>24</b> 8:30 <b>Advisory Board Meeting</b> 9:00 Painting 9:15 Pinochle 10:00 Haircuts <b>11:30 Lunch: Shrimp Alfredo</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 11:30 <b>TRIP: Clark Planetarium</b> <b>11:30 Lunch: Chili Baked Potato</b> 12:30 Mexican Train 12:30 Chess 4:00 <b>Learn to Play Pickleball</b> 7:00 Evening Social Dance	<b>25</b> 9:00 <b>FLU SHOTS</b> 9:00 Tech Help (Ashton) 10:30 <b>Grief Support Class</b> <b>11:30 Lunch: Fried Chicken</b> 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 <b>Grief and Loss Class</b>
		



# Murray City Happenings

## Evening Series in Murray City Amphitheater

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



**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

**Friday, September 12 at 7:00 PM**

### BOHEMIAN QUEEN

\$34 general admission

**Saturday, September 20 at 7:00 PM**

### LOVIN' SPOONFUL/HOLLIES

\$34 general admission

## Murray Theater

Tickets are available online at [murraytix.com](http://murraytix.com) or at the Murray Parks and Recreation office.

**Friday, September 26 at 7:00 PM**

### GRAND REOPENING CONCERT WITH LOREN ALLRED

\$55.65 – \$158.60

## Murray City Hall

**Dine and Dance:  
Vintage Night**

Come in your best dress ready to swing, twirl and boogie with us. All are welcome!

September 19  
6pm-8pm  
Murray City Hall  
10 E 4800 S

Featuring music by The Ken Foster Trio

For more information: [rcoates@murray.utah.gov](mailto:rcoates@murray.utah.gov)



## MURRAY CITY PUBLIC POWER CELEBRATION



**SEPTEMBER**

**11<sup>th</sup>**

Murray City Park  
296 East Murray Park Ave  
Pavilion #5  
4:00-6:30 pm

Join us in person for food, balloon animals, face painting, demonstrations, and prizes!



## Family Night Concert: Enny1

**Monday, September 8**

**7:00 PM – 8:00 PM**

**Doors open at 6:00 PM**

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



Enny1 is a local pop rock band. Driven by the songwriting of Ryan Clawson, some of their songs lean soft and acoustic, while others carry a little more fire. But all of them come from the same place — a search for what's real.

**Coming Next Month:**

**Monday, October 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.



**September Donation Focus:**

**New Socks,  
Underwear and Bras**

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

## Birthday Wednesday – September 3

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**.

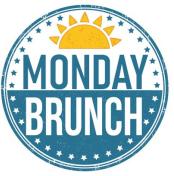
Pay the cashier with cash and then go through the lunch line. Ask at the Front Desk about prepaid lunch cards and other payment options.



**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, September 29, 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.

## 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.

## Public Safety Focus Group

**Thursday, September 18**

**9:00 AM - 11:00 AM**

This is a **free** discussion.



## Medicare Open Enrollment

**Tuesday, October 21**

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

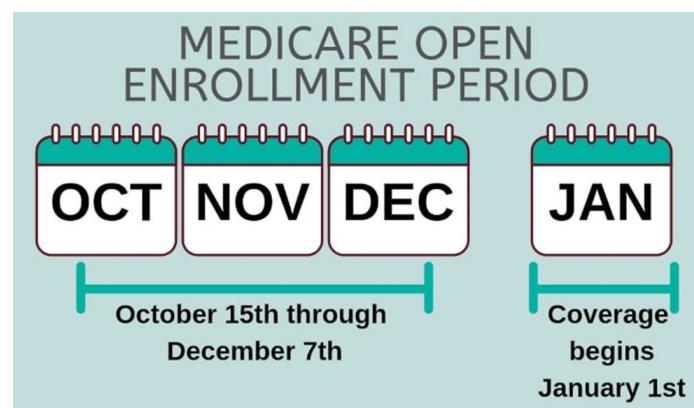
This is a **free** service.

[Advanced appointments required.](#)



Three counselors from SHIP (Senior Health Insurance Plan) will be available to help you navigate the new 2026 Medicare plans. Bring your photo ID and Medicare card with you to the appointment.

Before your appointment, you need to have a [medicare.gov](#) account. To create an account you need your Medicare card and access to your email. Register for a **free** 15-minute appointment of Tech Help with Bob on **Tuesday, September 16 or 30** from **2:00 PM – 3:00 PM** if you need help.



## Massage

**Tuesday, September 2, 9, 16, 23, and 30**

**Friday, September 5, 12, 19, and 26**

**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, September 3, 10, 17, and 24**

**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, September 10**

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

This is a **free** service.

No appointment necessary.

Provided by: Dignity Home Health and Hospice



## Toenail Clipping

**Monday, October 13**

**1:00 PM - 3:00 PM**

Cost is **\$12.** Advanced appointments required.



Registration begins on Monday, September 15.

Dr. Scott Shelton is unable to provide toenail clipping services at the Center for people who are diabetic or on anti-clotting agents such as Coumadin.

## Legal Consultation

**Tuesday, September 9**

**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.

### Other Resources:

Legal Service's Senior Citizen Law Center (60+) – 801-328-8891 [www.utahlegalservices.org](http://www.utahlegalservices.org)

Virtual Legal Clinic – 801-297-7037 or [www.utahlegalhelp.org/vlc](http://www.utahlegalhelp.org/vlc)

## 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](mailto:PEARLS@valleycares.com)



- 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.

### BINGO

**Wednesdays 12:45 PM - 2:45 PM**  
**Fridays 12:45 PM - 2:45 PM**

Suggested Donation: **\$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.

### 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 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.

## Piano Lessons

**Monday, September 8, 15, 22, and 29**

**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.

## Murray Senior Choir

**Thursday, September 4, 11, and 18**

**4:00 PM - 6:00 PM**

Director: Ken Uy



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.

## 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.

## Mexican Train Tournament

**Thursday, September 18**

**12:45 PM - 4:30 PM**

Cost is **\$5** per person. Register now.



**Deadline to register is Thursday, September 11.**

Object of the game is to be the first to play all of your dominoes, or at least as many highpoint dominoes as possible, in each round. The lowest total score at the end of all rounds wins the game. Players will be randomly assigned to tables to start. Winners from each table will advance to the championship round. There will be refreshments and prizes!

## 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, September 11**

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

This is a **free** group.

Volunteer Leads: Karen Summerhays and Barbara Reynolds

The August meeting was "How to Square Up a Quilt." Debra Williams, who has also donated many, many bags of lovely quilt fabric, taught us tricks to square up a quilt, measuring for quilt borders and cutting binding strips on the bias. Debra provided handouts. Karen will have copies available at the next meeting. Thank you, Debra!

Our September meeting will cover applique methods. Bring all items for the October Boutique and we will be counting and pricing everything after the meeting.



Monday, October 13, 2025  
10:00 am - 1:00 pm  
Murray Senior Recreation Center  
is sponsoring

## TIS the Season Boutique

## Painting Class: Wednesday Painting

There are open painting sessions on **Wednesday, 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, September 24.](#)

### 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 financial aid program.

If you need financial assistance to participate in any Center program (including meals), please speak with Cory Plant regarding the Center's **FINANCIAL AID** 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.

# SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 WE WILL BE CLOSED ON LABOR DAY CENTER CLOSED	<b>1</b> <b>SLOPPY JOE ON HAMBURGER BUN</b> Mac and Cheese Green Beans	<b>2</b> <b>HAWAIIAN HULI HULI GRILLED CHICKEN</b>  White Rice, Roll Macaroni Salad	<b>3</b> <b>CHAR SIU (CHINESE BBQ PORK)</b> White Rice Egg Roll Fortune Cookie	<b>4</b> <b>PASTA AND MEAT SAUCE</b> Bread Side Salad
<b>8</b> <b>NO LUNCH</b>	<b>9</b> <b>CHEF SALAD</b> Soup of the Day Roll and Crackers	<b>10</b> <b>PULLED PORK SANDWICH</b> Baked Beans Coleslaw	<b>11</b> <b>GREEK GRILLED CHICKEN</b> Rice Feta Salad	<b>12</b> <b>SMOTHERED CHILE VERDE BURRITO</b> Beans and Rice

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

<b>15</b> <b>NO LUNCH</b>	<b>16</b> <b>CHICKEN STIR FRY</b> White Rice Egg Roll	<b>17</b> <b>SALISBURY STEAK</b> Mashed Potatoes and Gravy Steamed Veggies Roll	<b>18</b> <b>BISCUIT AND GRAVY</b> Scrambled Egg Fresh Fruit	<b>19</b> <b>CHEESEBURGER</b> Mac and Cheese Green Beans
<b>22</b> <b>NO LUNCH</b>	<b>23</b> <b>CHICKEN PARM AND PASTA</b> Garlic Toast Side Salad	<b>24</b> <b>CREAMY SHRIMP ALFREDO AND FETTUCCINE</b> Garlic Toast Side Salad	<b>25</b> <b>BAKED POTATO</b> Chili and Cheese Side Salad	<b>26</b> <b>FRIED CHICKEN</b> Mashed Potatoes and Gravy Biscuit Coleslaw
<b>BRUNCH – \$6</b> <b>10:30 – 11:30</b> 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice 	<b>29</b> <b>POT ROAST AND MASHED POTATOES</b> Side Salad	<b>30</b>		<b>29</b>