



# Murray Senior Recreation Center



2025

Recreation for 55+

October

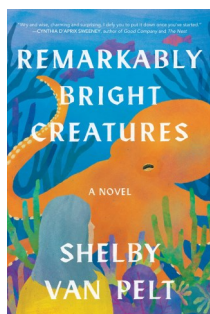
## Book Club

**Tuesday, November 4**

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

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

Make a splash with us at our very first book club meeting as we dive into [Remarkably Bright Creatures](#) by Shelby Van Pelt. You can read or listen to the book and it's free to attend, but registration is required. (Book can be checked out at the public library or downloaded/listened to for free on the Hoopla app – for more information on using this app, please sign up for the free digital library services class or see Wendy at the front desk) Come ready to chat while enjoying light refreshments. The next book will be revealed at the end of our gathering—so don't miss it!



## Murray Library Digital Services

**Monday, October 27**

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

**Free** service. [Advanced appointments required.](#)

Did you know that the Murray Public Library has a variety of digital resources so that you can access library services from home or on the go? You can check out books or audiobooks on your device using the Libby and Hoopla apps. Hoopla also lets you try music, movies and more all for free with your Murray Library card. You can also attend online art classes with Creativebug, find your ancestors on Family Search, and explore anything from car repair to gardening using the Utah Online Public Library.

Discover how you can access these resources and more by signing up for a one-on-one session with Brittney Casad from the Murray Library.



## 'TIS the Season Boutique



**Monday, October 13**

**10:00 AM – 1:00 PM**

**Free to the Public**

## Pen Pal Project

Seniors will receive their first pen pal letter this month, from the Liberty Elementary 5th grade students.

[Register now.](#) **We need 23 seniors.**



Letters are exchanged once a month. We will be meeting with our students in October, December, and May. This is a great program to get connected to young students living in Murray. If you are interested in participating in this program, please speak with Moe. **Meet and Greet on Monday, October 27 at 1:00 PM.**

## Be Mindful When Not Feeling Well

If you are sick or have been sick, please stay home until all your symptoms are gone. Some people are very susceptible to colds and flus.

Don't forget to wash your hands frequently even with mild colds.

Cover your mouth when you sneeze and cough.

Thank you!!



**Monday – Friday**  
**8:00 AM – 4:30 PM**

**Thursday**  
**8:00 AM – 9:30 PM**

**Saturday – Sunday**  
**Closed**

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

## 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!



## Photography

This is a non-competitive photography group with the intent to promote interest and participation in the hobby of photography. Volunteer lead: Greg Waldron



**Monday, October 6**

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

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

## Grief Support Class

**Friday, October 10 and 24**

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

This is a **free** class.

Grief is an individual journey with a path as unique as each one of us. To offer support and hope, Suzie Nelsen, a chaplain from Rocky Mountain Hospice, will discuss ways to process grief for those who are mourning a recent or past loss. Grief has no timeline.



## History of Theater

**Tuesday, October 14**

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

This is a **free** class.



Jimmy Duignan is not available in October for History. Join us in kicking off our new monthly lecture series with a fascinating journey through the History of Theater! Come learn, laugh, and discover how theater has shaped culture through the ages.

The theater lecture series will continue monthly in the West Conference Room on the third Tuesday at 3:00 PM beginning in November!

Our guide is Larry L. West—a teacher, director, and playwright who has taught and directed at universities across the U.S. and abroad, including the University of Utah, Weber State, and International College in Ulaanbaatar, Mongolia. With more than 200 productions to his credit and advanced training in directing, Larry brings a wealth of knowledge, stories, and passion for the theater.

## Corrective Exercise Workshop

**Thursday, October 16**

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

This is a **free** class.



Marci will explore corrective exercises that can be implemented to assist in helping improve range of motion and stability needs learned from posture and framework assessments.

## Vital Aging: Scams and Identity Theft

**Friday, October 24**

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

This is a **free** class.

Fraud and scams are on the rise; especially among the senior population. Learn how to identify scams and avoid identity theft. We will discuss how to spot phishing emails and calls and review measures you can take to keep yourself safer online.





## History Class: Origins of Everyday Things

**Tuesday, November 4** **EARLY DATE**

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

This is a **free** class.

Join us this month as Jim Duignan talks about the origins of everyday things and how they evolved. We will talk about glass which has been around for thousands of years. The Romans were the first with glass windows, although only the wealthy could afford them. Before vacuum cleaners came about people would have to hang rugs on a line and whack the dust out of them. We will talk about the origins of the lawnmower, brown paper bags, rubber hoses, and the wheelbarrow (to name just a few).



## Science Class: Nitrogen, Lithium, and Gold

**Thursday, November 6**

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

This is a **free** class.



Suzanne Bowe, a retired analytical chemist, will discuss the three most important chemical elements: **Nitrogen**, by itself an inert gas, but so reactive in compounds that it plays a part in chemicals such as explosives and biological molecules that can be both essential and toxic. **Lithium**, crucial for the transition to clean energy; and **Gold**, added to the U.S. critical materials list just this year.

## Climbing the Peaks: Pico de Orizaba

**Friday, November 7**

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

This is a **free** class.



Carol Masheter will share her Pico de Orizaba summit. She climbed this peak on New Year's Eve on December 31, 2024. Carol became the oldest woman in the world to summit Pico de Orizaba, North America's highest volcano and the third highest peak. Come see the pictures and hear the stories.

## AARP Smart Driving Class

**Tuesday, November 18**

**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.



**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, October 7**

**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, October 3, 10, 17, and 24**

**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

The current session ends on **Wednesday, October 8.**

A new session begins on **Wednesday, October 15** through **Wednesday, November 19.**

**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



**NOTE: After the session ends in November, the next workshop will begin in January.**



## 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.

### CHAIR YOGA 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, strength work, core-focused moves, 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.



### EASY FLOW YOGA WITH WENDY



**Thursdays 9:00 AM - 9:45 AM \$5 MONTH**

Looking for a slower and more relaxed way to enjoy yoga? Whether you're moving up from Chair Yoga, getting back to your practice, starting fresh, or simply wanting a feel-good pace, this class is for you! Bring your yoga mat and come ready to stretch, breathe, and feel great!

### 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.



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.

### MARTIAL ARTS

**TIME CHANGE**

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

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 9:00 AM - 9:45 AM \$5 MONTH**

**Wednesdays 9:00 AM - 9:45 AM \$5 MONTH**

**Fridays 9:00 AM - 9:45 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.



## Fitness Classes , cont.

### STRENGTH CONDITIONING

<b>Mondays</b>	<b>1:30 PM - 2:30 PM</b>	<b>\$10 MONTH</b>
<b>Thursdays</b>	<b>1:30 PM - 2:30 PM</b>	<b>\$10 MONTH</b>

Build muscular strength and endurance, increase balance, and improve flexibility.

### TAI CHI

<b>Tuesdays</b>	<b>10:30 AM - 11:30 AM</b>	<b>\$10 MONTH</b>
<b>Tuesdays</b>	<b>11:45 AM - 12:45 PM</b>	<b>\$10 MONTH</b>
<b>Thursdays</b>	<b>10:30 AM - 11:30 AM</b>	<b>\$10 MONTH</b>
<b>Thursdays</b>	<b>11:45 AM - 12:45 PM</b>	<b>\$10 MONTH</b>

Often called "moving meditation" – Tai Chi is a beautiful set of flowing exercises that improve flexibility, coordination, balance and cardiovascular fitness.

### TRIPLE G – GLUTES, GUTS, AND GUNS

<b>Mondays</b>	<b>9:00 AM - 9:45 AM</b>	<b>\$10 MONTH</b>
<b>Fridays</b>	<b>9:00 AM - 9:45 AM</b>	<b>\$10 MONTH</b>

This weight training based class uses a combination of dumbbells and bodyweight exercises. Training with weights will help tighten, firm, and tone arms, abs, and glutes.

### TRX – TOTAL BODY RESISTANCE EXERCISE

<b>Tuesdays</b>	<b>9:45 AM - 10:15 AM</b>	<b>\$5 MONTH</b>
<b>Fridays</b>	<b>9:45 AM - 10:15 AM</b>	<b>\$5 MONTH</b>

This exercise uses a TRX strap while utilizing all muscles in a safe and effective range of motion. Experience some cardiovascular benefits, as well as postural muscle development. *Space limited to ten (10).*

### YOGA WITH MITCH

<b>Mondays</b>	<b>10:00 AM - 11:00 AM</b>	<b>\$15 MONTH</b>
<b>Wednesdays</b>	<b>8:30 AM - 9:30 AM</b>	<b>\$15 MONTH</b>
<b>Wednesdays</b>	<b>9:30 AM - 10:30 AM</b>	<b>\$15 MONTH</b>
<b>Thursdays</b>	<b>7:00 PM - 8:00 PM</b>	<b>\$15 MONTH</b>

An ancient system of movements and breathing techniques designed to help relax and rejuvenate mind and spirit.

### ZUMBA GOLD / DANCE FITNESS

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



## Unlimited Seated Pass – \$5

### CHAIR X-ERCISE

<b>Mondays</b>	<b>11:15 AM - 11:45 AM</b>
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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

<b>Wednesdays</b>	<b>11:15 AM - 11:45 AM</b>
<b>Fridays</b>	<b>11:15 AM - 11:45 AM</b>

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

### MMM – MUSIC, MEMORY, AND MOVEMENT

<b>Fridays</b>	<b>10:15 AM - 10:45 AM</b>
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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.**

A new session begins **Monday, October 20** through **Monday, December 8.**

**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 meditation, sound, and chakra exercise. This new knowledge may help you raise your vibration and feel more positive every day.

*Positive Mind  
Positive Vibes  
Positive Life*

## University of Utah Kinesiology Students

### OVERALL FITNESS CLASS

**Tuesdays** 1:00 PM - 2:00 PM  
**Fridays** 1:00 PM - 2:00 PM



This is a **free** class which helps improve fitness levels and increase endurance, balance, and stretching abilities. Register now. Class continues until November 28.

### CIRCUIT AND PERSONAL TRAINING – Classes are Filled

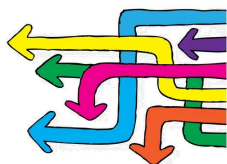
## Fall Break



Monday, October 6  
thru Friday, October 10

### Fitness Room Orientation

**Wednesday, October 1, 8, 22, and 29**  
**(1 registration per person)**  
**10:00 AM - 10:30 AM**



This is a **free** orientation. Register now. Limited to four.

Instruction or assistance using the weight and cardio equipment in our fitness room.

### Learn to Play Pickleball

### LEARN TO

**Thursday, October 2 or 9**  
**Beginner** 4:00 PM - 5:30 PM  
**Intermediate** 5:30 PM - 7:00 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

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 itybity clues.



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

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

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

### Qigong and Tapping



**Wednesdays**

**10:00 AM - 10:45 AM**

This is a **free** class for October. Register now.

If you want to reduce stress, lower cortisol, improve sleep, reduce anxiety and relieve pain this class is for YOU! You'll get the benefits of releasing "feel good" chemical through laughter exercises intertwined with deep breathing. We'll add the ancient Chinese practice of Qigong (chee-gong) which is gentle, mindful movement, and meditation as well as Tapping techniques to balance your body's life force energy.

### Health Benefits of Qigong

Lowers blood pressure

Strengthens the immune system

Reduces anxiety and depression

Relieves chronic pain



### Potential Health Benefits of EFT Tapping

May help lower stress and anxiety

May help reduce food cravings

May help improve focus

May help treat PTSD



## Fall Colors

**TRIP IS FULL****Thursday, October 2****Trip Departure is 10:00 AM****Return is about 3:00 PM**

## Sound Healing

**Thursday, October 2****Trip Departure is 3:30 PM****Return is about 5:30 PM****Cost is \$15 per person. Register now.**

A sound bath is a deeply-immersive, full-body listening experience that intentionally uses sound to nurture your mind and body. The experience is filled with different sounds and frequencies being introduced in succession. **Bring a pillow and blanket/ yoga mat so you are comfortable. You must be able to walk down stairs and get up/down on the floor.**

## Kennecott

**Thursday, October 9****Trip Departure is 9:00 AM****Return is about 12:00 PM****Cost is \$25 per person. Register now.**

Kennecott is a world-class, integrated copper mining operation. They have been mining and processing minerals from the rich ore body of the Bingham Canyon Mine since 1903, and today it's one of the top producing mines in the world. Enjoy a tour as well as learn about the mining process and environmental efforts. Price includes a shuttle to an overlook at the mine's rim to see the massive scale of the operation.

## Murder Mystery Theater

**Thursday, October 16****Trip Departure is 6:45 PM****Return is about 9:30 PM****Cost is \$25 per person. Register now.**

Enjoy the world premier, live performance of "WKLL Radio Murder Mystery Hour." A brand-new screwball "whodunnit" about a murder during a 1940s radio murder mystery show! Held in the newly renovated Murray Theater!



## Crystal Hot Springs and Maddox

**Thursday, October 23****Trip Departure is 11:00 AM****Return is about 6:00 PM****Cost is \$30 per person; includes admission fee.****Register now.**

Travel to Maddox for lunch (meal cost is on your own). After lunch (about 1:30 pm) travel to the hot springs in Honeyville. Plan on 2½ hours at the pools. **Bring: swim suit, towel, change of clothes, snacks, and water.**

## Mrs. Cavanaugh's Factory Tour

**Thursday, October 30****Trip Departure is 9:30 AM****Return is about 11:30 AM****Cost is \$15 per person. Register now.**

This family-run chocolate factory gives an excellent tour showing how chocolate is made and how Cavanaugh's makes candy for the world as well as ice cream. **Cost includes \$4 coupon for purchases.** **Additional costs on your own.**

**Thursday, November 6****Trip Departure is 8:15 AM****Return is about 7:00 PM**

## Forever Plaid

**Thursday, November 6****Trip Departure is 6:45 PM****Return is about 9:30 PM****Cost is \$15 per person. Register now.**

Join us for a delightful night of music, comedy, and nostalgia as we attend the final dress rehearsal of Forever Plaid – the jukebox musical about a 1950s doo-wop quartet who get one last chance to perform the show they never got to. Packed with charming harmonies, playful choreography, and favorite hits from the '50s and '60s, this production by **Sandbox Theater Company** will be a toe-tapping good time!

# DAILY FITNESS SCHEDULE

# OCTOBER

# Monthly Calendar



## Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

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

Website: [murray.utah.gov](http://murray.utah.gov)

Registration: [mcreg.com](http://mcreg.com)

Director: Cory Plant

**Monday – Friday**

**8:00 AM – 4:30 PM**

**Thursday**

**8:00 AM – 9:30 PM**

**Saturday – Sunday**

**Closed**

9:00 NIA (Dining)  
9:00 Triple G  
9:00 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 Chair Yoga (West)  
11:45 Tai Chi  
1:00 Overall Fitness  
1:15 Beginning Line Dance (Dining)  
2:00 Line Dance (Dining)

## MONDAY

## TUESDAY



Monday, October 6  
thru Friday, October 10

9:00 Advanced Watercolors  
12:00 Piano Lessons  
12:30 Hand and Foot  
1:00 **Photography**  
1:00 Bridge Lessons  
1:00 Art Appreciation/Watercolors

**6**

8:30 Ceramics  
**11:30 Lunch: Barbeque Chicken**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters  
1:00 **Tech Help (Bob)**

**7**

10:00 **BOUTIQUE**  
12:00 Piano Lessons  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 **Toenail Clipping**  
7:00 **Family Concert:  
Long From Leavitt**

**13**

8:30 Ceramics  
10:00 **History of Theater**  
**11:30 Lunch: Fried Chicken**  
12:00 Massage  
12:00 **Legal Consultation**  
12:30 Canasta  
12:45 Crafters

**14**

9:00 Advanced Watercolors  
12:00 Piano Lessons  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 Art Appreciation/Watercolors

**20**

8:30 Ceramics  
9:00 **Medicare Help**  
**11:30 Lunch: Chef Salad**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters

**21**

9:00 Advanced Watercolors  
10:00 **Digital Library Services**  
**10:30 Brunch: Waffles**  
12:00 Piano Lessons  
12:30 Hand and Foot  
1:00 Bridge Lessons  
1:00 Art Appreciation/Watercolors  
1:00 **Pen Pal Meet and Greet**

**27**



8:30 Ceramics  
**11:30 Lunch: Chile Verde Burrito**  
12:00 Massage  
12:30 Canasta  
12:45 Crafters

**28**

## DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Play Ball (Dining Room) 9:00 Spinning and Circuit (East) 9:30 Yoga 10:00 <b>Qigong and Tapping (East)</b> 10:00 <b>Fitness Room Orientations</b> 11:15 Chair Fit 12:00 Martial Arts (East)	9:00 <b>Easy Flow Yoga (West)</b> <b>NEW</b> 9:30 Step Cardio 10:30 Tai Chi 10:30 Chair Yoga (West) 11:45 Tai Chi 1:30 Strength Conditioning 7:00 Yoga	9:00 Zumba Gold (Dining) 9:00 Triple G 9:00 Spinning and Circuit (East) 9:45 TRX 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:15 Pinochle 10:00 <b>Charge into Fire Safety</b> 10:00 Haircuts 11:15 <b>Birthday Wednesday</b> <b>11:30 Lunch: Pasta and Meat Sauce</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 10:00 <b>TRIP: Fall Colors</b> 10:30 <b>Science of Music</b> <b>11:30 Lunch: Crispy Beef Taco</b> 12:30 Mexican Train 12:30 Chess 3:30 <b>TRIP: Sound Healing</b> 4:00 Senior Choir 4:00 <b>Learn to Play Pickleball</b> 7:00 Evening Social Dance	9:00 Tech Help (Ashton) <b>11:30 Lunch: Grilled Chicken Pasta</b> 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 <b>Blood Pressure Clinic</b> <b>11:30 Lunch: BBQ Rib Sandwich</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 9:00 <b>TRIP: Kennecott</b> <b>11:30 Lunch: Cheeseburger</b> 12:30 Mexican Train 12:30 Chess 12:30 <b>Thursday Quilters</b> 4:00 Senior Choir 4:00 <b>Learn to Play Pickleball</b> 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10:30 <b>Grief Support</b> <b>11:30 Lunch: Roast Pork Loin</b> 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	8:30 Ceramics 9:00 Director's Round Table 10:30 <b>Corrective Exercise Workshop</b> <b>11:30 Lunch: Turkey Club</b> 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 6:45 <b>TRIP: Murder Mystery Theater</b> 7:00 Evening Social Dance	9:00 Tech Help (Ashton) <b>11:30 Lunch: Chili Baked Potato</b> 12:00 Massage 12:45 Bingo 1:00 Bridge
8:30 <b>Advisory Board Meeting</b> 9:00 Painting 9:15 Pinochle <b>11:30 Lunch: Sweet &amp; Sour Pork</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 11:00 <b>TRIP: Crystal Hot Springs</b> <b>11:30 Lunch: Shrimp Alfredo Pasta</b> 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10:30 <b>Grief Support</b> <b>11:30 Lunch: Chicken Fried Steak</b> 12:00 Massage 12:45 Bingo 12:45 <b>Bridge Tournament</b> 1:00 <b>Scams and Identity Theft</b>
9:00 Painting 9:15 Pinochle <b>11:30 Lunch: Vegetarian Tostada</b> 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Director's Round Table 9:30 <b>TRIP: Mrs. Cavanaugh's</b> <b>11:30 Lunch: Greek Grilled Chicken</b> 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	<b>11:30 Lunch: Barbeque Ribs</b> 12:00 Massage 12:45 <b>Special Halloween Bingo</b> 1:00 Bridge
		

## Family Night Concert: Long From Leavitt

**Monday, October 13**

**7:00 PM – 8:00 PM**

**Doors open at 6:00 PM**

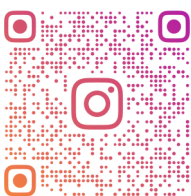
This is a **free** concert. Open to all ages.



Long from Leavitt is a dad, daughter, and niece family band from Utah with roots in Alberta, Canada. Music lovers of all ages are sure to be entertained with their covers of classic and contemporary hits. Come enjoy a night of your favorite songs sung in beautiful three-part harmony.



Follow us on  
**Instagram**



MURRAYSENIORRECCENTER

## Murray City Happenings

Murray City Cultural Arts Presents

## DINE AND DANCE

Its time to show your moves!

**Food  
Trucks,  
Music,  
Dancing!**

**FRIDAY,  
OCTOBER 24**

Murray City Hall Plaza  
10 E 4800 S

Instruction starts at 6pm

Join us for some Hip Hop  
Dancing with 1520 Arts

In conjunction with our Pumpkin  
Stroll. Bring a finished pumpkin to  
show off your carving skills



Need more info? Contact: [rcoates@murray.utah.gov](mailto:rcoates@murray.utah.gov)



**Friday, October 31**



dress up!

## Special Event: Veterans Brunch

**Monday, November 10**

**11:15 AM – 12:30 PM**

Cost is **\$1** for Veterans and **\$6** for everyone else. [Register now.](#)



The event begins at 11:15 AM with a flag ceremony and Marlene Tillman singing the National Anthem. Maureen Andrus will provide background music during the brunch. Meal will be available beginning at 11:30. Seating is open for this event.

The menu includes Brioche egg casserole, bacon or sausage, toast, fresh fruit, milk and juice.

**Deadline: No reservations or cancellations for refunds may be made after Friday, October 31.**

## Special Event: Thanksgiving Meal

**Wednesday, November 19**

**11:00 AM – 1:00 PM**

Cost is **\$15** for reserved seats.

[Register now.](#)



Join us for our Thanksgiving Meal and give thanks for all the good things in life. Mixed Nuts will entertain us beginning at 11:00. The meal of turkey with all the trimmings will follow at 11:30. Up to six tickets (a table) may be purchased by an individual.

The menu includes turkey breast, stuffing, mashed potatoes and gravy, green beans, cranberry sauce, roll, and pie.

**Deadline: No reservations or cancellations for refunds may be made after Friday, November 7.**

## Birthday Wednesday – October 1

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**.

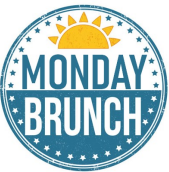
Pay the cashier with cash and then go through the lunch line. Ask at the Front Desk about prepaid lunch cards and other payment options.



**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, October 27**, 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.

## Monday Movie Days



### Mondays beginning in November

**2:00 PM - 4:00 PM**

The movies are **free**. Register beginning Wednesday, October 15 to help with seating!

Enjoy big screen vibes with freshly-popped popcorn but zero sticky floors. Submit movie suggestions at the Front Desk and we'll see you at the MOVIES!

## Medicare Open Enrollment

### Tuesday, October 21

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

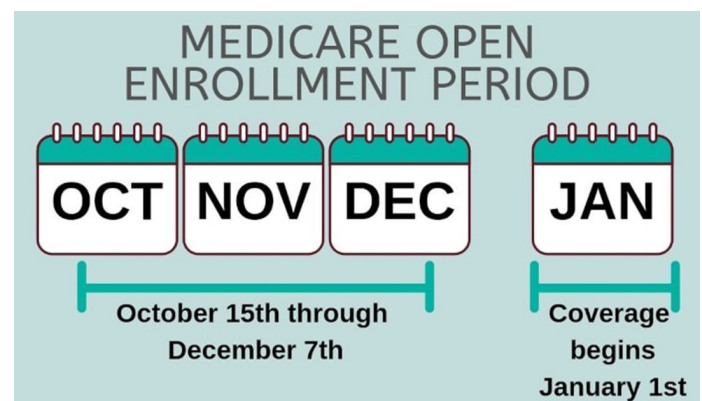
This is a **free** service.

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](https://www.medicare.gov) account. To create an account you need your Medicare card and access to your email.



## Massage



**Tuesday, October 7, 14, 21, and 28**

**Friday, October 3, 17, 24, and 31**

**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, October 1, 8, and 15**

**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, October 8**

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

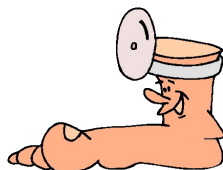
This is a **free** service.

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.

Register now.

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, October 14**

**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)

## PEARLS



**PEARLS** (Program to Encourage Active, Rewarding Lives) is a program offered through Valley Mental Health. It was created to help educate older adults about what depression is and help them develop skills needed for self-sufficiency and a more active life. If you are interested in scheduling your first session, email them at [PEARLS@valleycares.com](mailto:PEARLS@valleycares.com)

- PEARLS is a treatment program designed to reduce symptoms of depression and improve quality of life
- Participants do not need to be diagnosed with depression in order to participate
- Valley offers 8 free one-on-one sessions to interested seniors 55+
- Sessions are 1 hour long and take place over a span of 4-5 months at our Center



## Fun and Games



*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, October 6, 13, 20, and 27**

**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

**Thursdays**

**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 on Thursdays each month until Christmas, then a break. Official name of the choir is "The Jeannie Luke Choir at Murray Senior Rec Center."



### Tournament Winners

1st – Danna Gayler

2nd – Gae Stone

3rd – Salina Baugh



## Bridge Tournament Friday, Oct 24

**12:45 PM – 4:00 PM**

**\$5 per person**

Registration deadline Monday, Oct 20

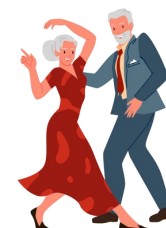
## Evening Social Dance

**Thursday Nights**

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

Cost is **\$5.**

Dance to the musical genius of Tony Summerhays on Thursday nights. Light refreshments are served during the break and a chance to win a door prize.



## 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, October 9

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

This is a **free** group.

Volunteer Leads: Karen Summerhays  
and Barbara Reynolds

The September meeting was Applique Techniques taught by Karen Summerhays. Handouts were provided. If you missed our meeting, Karen can give you the handouts at the October meeting.

Our next meeting is October 9 at 12:30. Bring any additional items for the October Boutique and we will be counting and pricing everything during the meeting. We will be manning our table at the Boutique on Monday, October 13. The funds earned at the Boutique are used to purchase our supplies.



## 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.

### October Donation Focus: Hygiene Items

## Painting Class: Wednesday Painting

The current session continues through **Wednesday, November 5.**

A new session begins on **Wednesday, November 12** through **Wednesday, December 17.**

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

## Advanced Watercolors

The current session continues through **Monday, December 1.** *(no class on 10/13)*

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

Cost is **\$74**. Class is Full. *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

The current session continues through **Monday, October 20.** *(no class on 10/13)*

A new session begins on **Monday, October 27** through **Monday, December 1.**

**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, October 22.

### 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.

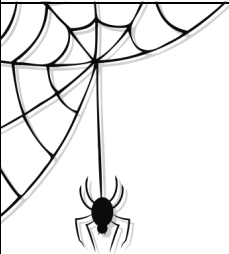

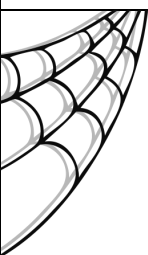



Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any Center activities. Every effort is made to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

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.

# OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>PASTA AND MEAT SAUCE</b> Bread Side Salad 	2 <b>CRISPY BEEF TACO</b> Beans and Rice Chips and Salsa	3 <b>GRILLED CHICKEN</b> Creamy Penne Alfredo Side Salad Roll
6 <b>NO LUNCH</b>	7 <b>BARBECUE CHICKEN</b> Corn Bread Creamy Carrot Salad	8 <b>BARBEQUE RIB SANDWICH</b> Green Beans Bag of Chips	9 <b>CHEESEBURGER</b> Mac and Cheese Side Salad	10 <b>ROAST PORK LOIN</b> Mashed Potatoes and Gravy Side Salad
 <p> <b>Main Entrée cost is \$6 for 55+ or \$8 for those under 55</b>  <b>Lunch is served Tuesday-Friday at 11:30 AM to 12:30 PM</b>            Pay the cashier and then go through the lunch line            Ask at the Front Desk about prepaid lunch cards  <b>THE CENTER IS GOING GREEN – Please bring your own containers for leftovers</b>  <b>Daily Menu is subject to change at chef's discretion</b> </p>  				
13 <b>NO LUNCH</b>	14 <b>FRIED CHICKEN</b> Mashed Potatoes and Gravy Biscuit Coleslaw	15 <b>SALISBURY STEAK</b> Mashed Potatoes and Gravy Steamed Veggies Roll	16 <b>TURKEY CLUB</b> Side Salad Bag of Chips	17 <b>BAKED POTATO</b> Chili and Cheese Side Salad
20 <b>NO LUNCH</b>	21 <b>CHEF SALAD</b> Soup of the Day Roll and Crackers	22 <b>SWEET AND SOUR PORK</b> White Rice Egg Roll	23 <b>CREAMY SHRIMP ALFREDO AND FETTUCCINE</b> Garlic Toast Side Salad	24 <b>CHICKEN FRIED STEAK</b> Mashed Potatoes and Gravy Steamed Veggie
27 <b>BRUNCH – \$6</b> <b>10:30 – 11:30</b> 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice 	28 <b>SMOTHERED CHILE VERDE BURRITO</b> Beans and Rice	29 <b>VEGETARIAN BEANS AND RICE TOSTADA</b>	30 <b>GREEK GRILLED CHICKEN</b> Rice Feta Salad	31 <b>BARBEQUE RIBS</b> Mashed Potatoes and Gravy Coleslaw