



Murray

Senior Recreation Center



2025

Recreation for 55+

October

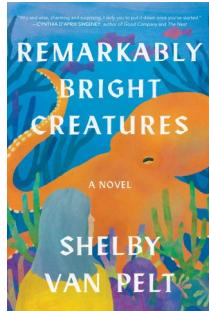
Book Club

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

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.

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.

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**. 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 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 – Classes are Filled



Monday, October 6
 thru Friday, October 10

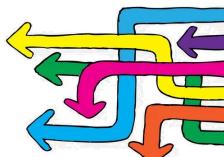
Fitness Room Orientation

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

Thursday, October 2 or 9

Beginner 4:00 PM - 5:30 PM

Intermediate 5:30 PM - 7:00 PM

LEARN TO



PLAY

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 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 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
- Reduces anxiety and depression
- Strengthens the immune system
- Relieves chronic pain

Potential Health Benefits of EFT Tapping



- May help lower stress and anxiety
- May help improve focus
- May help reduce food cravings
- 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
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

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<p>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</p>	<p>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)</p>
<h3>MONDAY</h3>	<h3>TUESDAY</h3>
 <h2>Fall Break</h2>  <p>Monday, October 6 thru Friday, October 10</p>	
<p>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</p>	<p style="text-align: right;">6</p> <p>8:30 Ceramics 11:30 Lunch: Barbeque Chicken 7 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob)</p>
<p>10:00 BOUTIQUE</p> <p>12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Toenail Clipping 7:00 Family Concert: Long From Leavitt</p>	<p style="text-align: right;">13</p> <p>8:30 Ceramics 10:00 History of Theater 14 11:30 Lunch: Fried Chicken 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters</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 style="text-align: right;">20</p> <p>8:30 Ceramics 9:00 Medicare Help 21 11:30 Lunch: Chef Salad 12:00 Massage 12:30 Canasta 12:45 Crafters</p>
<p>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</p>	<p style="text-align: right;">27</p> <p>8:30 Ceramics 11:30 Lunch: Chile Verde Burrito 28 12:00 Massage 12:30 Canasta 12:45 Crafters</p>

DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Play Ball (Dining Room) 9:00 Spinning and Circuit (East) 9:30 Yoga NEW 10:00 Qigong and Tapping (East) 10:00 Fitness Room Orientations 11:15 Chair Fit 12:00 Martial Arts (East)	9:00 Easy Flow Yoga (West) NEW 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
<h2 style="margin: 0;">WEDNESDAY</h2>	<h2 style="margin: 0;">THURSDAY</h2>	<h2 style="margin: 0;">FRIDAY</h2>
9:00 Painting 1 9:15 Pinochle 10:00 Charge into Fire Safety  10:00 Haircuts 11:15 Birthday Wednesday 11:30 Lunch: Pasta and Meat Sauce 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 2 9:00 Director's Round Table 10:00 TRIP: Fall Colors 10:30 Science of Music 11:30 Lunch: Crispy Beef Taco 12:30 Mexican Train 12:30 Chess 3:30 TRIP: Sound Healing 4:00 Senior Choir 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 3 11:30 Lunch: Grilled Chicken Pasta 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 8 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure Clinic 11:30 Lunch: BBQ Rib Sandwich 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9 9:00 Director's Round Table 9:00 TRIP: Kennecott 11:30 Lunch: Cheeseburger 12:30 Mexican Train 12:30 Chess 12:30 Thursday Quilters 4:00 Senior Choir 4:00 Learn to Play Pickleball 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10 10:30 Grief Support 11:30 Lunch: Roast Pork Loin 12:45 Bingo 1:00 Bridge
9:00 Painting 15 9:15 Pinochle 10:00 Haircuts 11:30 Lunch: Salisbury Steak 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 16 9:00 Director's Round Table 10:30 Corrective Exercise Workshop 11:30 Lunch: Turkey Club 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 6:45 TRIP: Murder Mystery Theater 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 17 11:30 Lunch: Chili Baked Potato 12:00 Massage 12:45 Bingo 1:00 Bridge
8:30 Advisory Board Meeting 22 9:00 Painting 9:15 Pinochle 11:30 Lunch: Sweet & Sour Pork 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 23 9:00 Director's Round Table 11:00 TRIP: Crystal Hot Springs 11:30 Lunch: Shrimp Alfredo Pasta 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 24 10:30 Grief Support 11:30 Lunch: Chicken Fried Steak 12:00 Massage 12:45 Bingo 12:45 Bridge Tournament 1:00 Scams and Identity Theft
9:00 Painting 29 9:15 Pinochle 11:30 Lunch: Vegetarian Tostada 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	8:30 Ceramics 30 9:00 Director's Round Table 9:30 TRIP: Mrs. Cavanaugh's 11:30 Lunch: Greek Grilled Chicken 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	11:30 Lunch: Barbeque Ribs 31 12:00 Massage 12:45 Special Halloween Bingo 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

It's 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



Friday, October 31



**SPECIAL
BINGO**

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

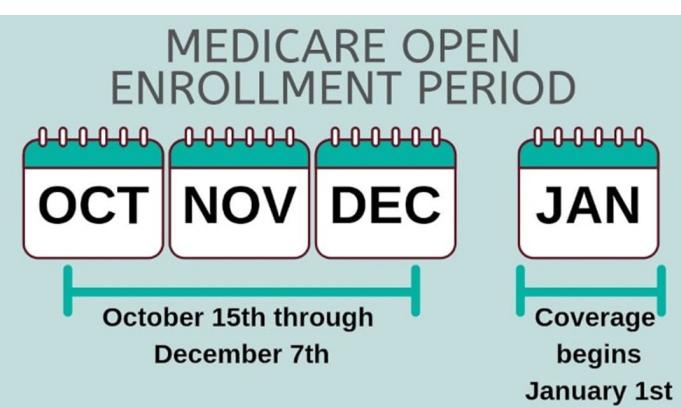


This is a **free** service.

[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](#) 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



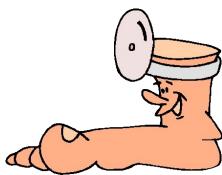
Toenail Clipping

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

Virtual Legal Clinic – 801-297-7037 or
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



- 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.

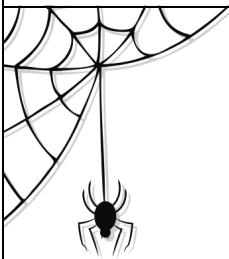
Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any Center activities. Every effort is made to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

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
		PASTA AND MEAT SAUCE Bread Side Salad 	1 CRISPY BEEF TACO Beans and Rice Chips and Salsa	2 GRILLED CHICKEN Creamy Penne Alfredo Side Salad Roll
NO LUNCH	6 BARBECUE CHICKEN Corn Bread Creamy Carrot Salad	7 BARBEQUE RIB SANDWICH Green Beans Bag of Chips	8 CHEESEBURGER Mac and Cheese Side Salad	9 ROAST PORK LOIN Mashed Potatoes and Gravy 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	13 FRIED CHICKEN Mashed Potatoes and Gravy Biscuit Coleslaw	14 SALISBURY STEAK Mashed Potatoes and Gravy Steamed Veggies Roll	15 TURKEY CLUB Side Salad Bag of Chips	16 BAKED POTATO Chili and Cheese Side Salad	17
NO LUNCH	20 CHEF SALAD Soup of the Day Roll and Crackers	21 SWEET AND SOUR PORK White Rice Egg Roll	22 CREAMY SHRIMP ALFREDO AND FETTUCCINE Garlic Toast Side Salad	23 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Steamed Veggie	24
BRUNCH – \$6 10:30 – 11:30 1/2 Waffle with Strawberries Bacon Scrambled Egg Milk and Juice	27 SMOTHERED CHILE VERDE BURRITO Beans and Rice	28 VEGETARIAN BEANS AND RICE TOSTADA	29 GREEK GRILLED CHICKEN Rice Feta Salad	30 BARBEQUE RIBS Mashed Potatoes and Gravy Coleslaw	31

