



2025

Recreation for 55+

November



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 (QV480).

Smith's Food & Drug donates .5% of every eligible purchase made by participants to the organization their *rewards* card is linked to. There is no added cost to the participants.

Last quarter, we had 29 households that have linked their account and we received \$75.32 in total donations.



Use this QR code to bring up the instructions on Smith's website for Inspiring Donations and link your rewards card to us today!!

Instructions are also available at the Front Desk.

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.

November Donation Focus: Hoodies and Winter Coats

New or Gently Used for K-12



A MURRAY CHRISTMAS

Annual Tree Lighting & Santa Visit
Saturday, November 29th 6 pm

Murray City Hall
10 East 4800 South



You are invited to the Murray City Official Tree Lighting! Visit Santa, enjoy free hot chocolate, find the perfect gift in the holiday market, and much more. Scan the QR code or visit the city website for details.



This free community event sponsored by Murray City.

The Center is Closed

Tuesday, Nov 11
Veterans Day



Thursday, Nov 27
Friday, Nov 28
Thanksgiving



Wednesday, Dec 24
Thursday, Dec 25
Christmas

#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

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.

Grief Support Class

Friday, November 7 and 21

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.

Climbing the Peaks: Pico de Orizaba

Friday, November 7

1:00 PM - 2:30 PM

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.

Decluttering Your Nest Class

Friday, November 14

10:30 AM - 11:30 AM

This is a **free** class.



Jen from Reset Your Nest will be sharing tips and tricks that she has implemented in her business to help you declutter your nest. Her system can help you create a beautiful and functional space by editing your items.

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.

Theater Lecture Series: Greek and Roman

Tuesday, November 18

1:00 PM - 2:00 PM

This is a **free** class.



Step back in time to the world of masks, myths, and marble amphitheaters! Join Larry West as together we explore how ancient playwrights like Sophocles, Euripides, and Plautus shaped the art of storytelling and performance for centuries to come.

Better Health Through Color

Thursday, November 20

10:30 AM - 11:30 AM

This is a **free** class.

Mary Norton will teach us about color therapy or chromotherapy. This is an alternative medicine practice that uses color to promote wellbeing and improve health. Color therapy may help to reduce stress and anxiety, enhance sleep quality, and promote relaxation and meditation.



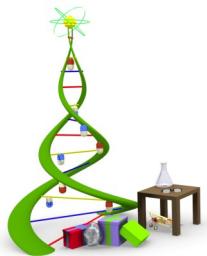
Science Class: Science of Christmas

Thursday, December 4

10:30 AM - 11:30 AM

This is a **free** class.

Suzanne Bowe, a retired analytical chemist, will discuss four examples of progress in science made on Christmas day, a surgical invention inspired by a Christmas gift, and how these things affect our lives today.



Nutrition: Shocked by Sugar

Tuesday, December 9

10:30 AM - 11:30 AM

This is a **free** class.

Marisa Gutierrez, a dietitian from Harmon's, will give us the Scoop on the Sweet Stuff. With sodas, energy drinks, candy and dessert foods rampant, most of us aren't surprised to hear that most Americans are consuming too much sugar. Are artificial sweeteners a good choice to reduce the amount of sugar we're eating? Learn all about sugar, where it is found, how it affects your body, and how easy it can be to reduce the added sugar in your diet with some simple swaps at the grocery store.



Vital Aging: Maximize Your Retirement

Friday, November 21

1:00 PM - 2:00 PM

This is a **free** class.

Transitioning into retirement can often trigger symptoms of depression due to the sudden lifestyle changes we experience. Join us as we learn to emotionally, socially, physically, and financially transition into a fulfilling retirement.



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, November 25

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, November 14 and 21

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 **Wednesday, November 19**.

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

Instructor: Ray Moore and a training team from the Riverton FamilySearch Library



NOTE: After the session ends in November, the next workshop will begin January 7.

Registration begins on Monday, December 22.

Digital Library Services will return in 2026



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)



CHAIR YOGA WITH WENDY

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

Gentle on the joints and great for the core, this fun, feel-good class is designed especially for seniors! Join Wendy for a blend of seated yoga, gentle strength work, core-focused movement, and mindful breathing. Each class also includes **lymphatic face yoga**, promoting relaxation, circulation, and a healthy glow. With plenty of options for all levels, you'll stretch, strengthen, and move with ease—all while staying comfortably seated.

EASY FLOW YOGA WITH WENDY

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

Wednesdays	12:00 PM - 1:00 PM	\$10 MONTH
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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. *No class on 11/26*

NIA – NEUROMUSCULAR INTEGRATIVE ACTION

Mondays	9:00 AM - 10:00 AM	\$15 MONTH
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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
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Learn how to develop focus, eye hand coordination, balance, dexterity, concentration, movement and versatility through a series of modified sports games.

POP CORE WITH WENDY

Tuesdays	9:00 AM - 9:45 AM	FREE FOR NOV
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Strengthen your center and lift your energy with this fun, music-driven core workout! Pop Core combines mat-based moves, flowing sequences, and upbeat tunes for a low-impact class that tones, strengthens, and supports better posture. Wendy keeps it light, lively, and accessible for varying fitness levels. *Participants need to be able to get up and down from the mat.*

SPINNING AND/OR CIRCUIT WORKOUT

Mondays	9:00 AM - 9:45 AM	\$5 MONTH
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Wednesdays	9:00 AM - 9:45 AM	\$5 MONTH
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Fridays	9:00 AM - 9:45 AM	\$5 MONTH
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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).*

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

Thursdays 8:45 AM - 9:45 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). *Thursday class is 45 minutes of TRX and 15 minutes of stretch.*

YOGA WITH MITCH

Mondays 10:00 AM - 11:00 AM \$15 MONTH

Wednesdays 8:30 AM - 9:30 AM \$15 MONTH

Wednesdays 9:30 AM - 10:30 AM \$15 MONTH

Thursdays 7:00 PM - 8:00 PM \$15 MONTH

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

ZUMBA GOLD / DANCE FITNESS

Fridays 9:00 AM - 10:00 AM \$10 MONTH

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

Unlimited Seated Pass – \$5



CHAIR X-ERCISE

Mondays 11:15 AM - 11:45 AM

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

CHAIR FIT

Wednesdays 11:15 AM - 11:45 AM

Fridays 11:15 AM - 11:45 AM

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

MMM – MUSIC, MEMORY, AND MOVEMENT

Fridays 10:15 AM - 10:45 AM

A mix of rhythm, movement, music, and drumming combined with choreography focused on aerobic endurance. Both seated and standing options available.

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 at the Front Desk.

Fitness Room Orientation

**Wednesday, November 5, 12, 19, and 26
(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.

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

Chakra Meditation

Current session continues 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.



Qigong and Tapping

Wednesdays 10:00 AM - 10:45 AM **\$5 MONTH**

Wednesdays 12:00 PM - 12:45 PM **\$5 MONTH**

[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 a "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.



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 **\$10.** [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. See the bulletin board in the lobby by Cory's office door.

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 printed copy at the Front Desk. Complete each monthly calendar to track your progress.

Veterans Day Peace Walk



Tuesday, November 11

Murray City Park, Constitution Circle

9:45 AM Open

10:00 AM Walk Begins

10:30 AM Brief Honor Ceremony

4 Exercise Tips to Keep You Moving in Cold Weather

Layer up

Layer your clothes so that you can take them off as your body warms up and you start to sweat.

Wear sunscreen

Sunscreen is just as important in colder weather, especially with snow on the ground, which reflects the sun rays and can result in a sunburn.

Plan ahead

Check the weather forecast and know what you'll be up against when you step outside. It may mean you change the time of day you typically do your workout.

Drink plenty of water

When exercising in the cold, winter months, you don't receive the same thirst signals, which can lead to not drinking enough during your workouts and becoming dehydrated.



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

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

Forever Plaid TRIP IS FULL

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



Join us for a delightful night of music, comedy, and nostalgia as we attend the final dress rehearsal of the Sandbox Theater Company's *Forever Plaid* – jukebox musical about a 1950s doo-wop quartet who get one last chance to perform the show they never got to.

Forever Plaid (TICKETS ONLY)

Forever Plaid is being performed at the South Jordan Community Center and Senior Center located at 10778 S. Redwood Road. **\$12 tickets** for the dress rehearsal is available for purchase at the Front Desk. [Register now.](#) *You are responsible for your own transportation.*

The Nutcracker (TICKETS ONLY)

Monday, November 10 at 10:00 AM
Free tickets. [Register before 11/3.](#)



The Nutcracker is being performed by Utah Festival Ballet at the Mid-Valley Performing Arts Center at 2525 Taylorsville Blvd (5400 South). Tickets **free** for those registered with the SRC to attend. *You are responsible for your own transportation.*

Seussical (TICKETS ONLY)

Wed, Nov 19 – Sat, Nov 22 at 7:00 PM

Saturday, November 22 at noon

Show your Murray Senior Rec Center scan card at the Cottonwood High School Ticket Office and get your **free** ticket to experience Seussical!



Utah State Hospital Museum & BYU Creamery

Thursday, November 13
Trip Departure is 12:30 PM
Return is about 4:00 PM
Cost is **\$12 per person.** [Register now.](#)



Step back in time with us at the Utah State Hospital Historical Museum and explore the fascinating history of the former Utah Insane Asylum. The museum exhibits show treatment practices from the late 1800s to present day. View the unique artifacts, including original medical equipment and restraining devices, while friendly guides share stories and insights that will bring the past to life.

We'll sweeten the day with a stop at the BYU Creamery. **Costs at the Creamery are on your own.**

Sound Healing

Thursday, November 20
Trip Departure is 3:30 PM
Return is about 5:30 PM
Cost is **\$15 per person.** [Register now.](#)



Experience a sound bath—a deeply immersive, full-body listening journey that uses intentional sounds and frequencies to relax, restore, and nurture your mind and body. **Bring a pillow and blanket/yoga mat so you will be comfortable. You must be able to walk down stairs and get up/down on the floor.**

Don't miss this calming, one-of-a-kind experience.

Festival of Trees

Thursday, December 4
Trip Departure is 12:30 PM
Return is about 3:30 PM
Cost is **\$15 per person.** [Register now.](#)



Come kick off the season in style at the 54th annual Festival of Trees at the Mountain America Exposition Center. Every corner of the expo center is transformed into a holiday wonderland—all to raise funds for Primary Children's Hospital.

DAILY FITNESS SCHEDULE

NOVEMBER

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 9:00 Spinning and Circuit (East) 10:00 Yoga 10:30 Chair Yoga (West) NEW 11:15 Chair X-ercise (East) 11:15 Chakra Meditation 1:30 Strength Conditioning</p>	<p>9:00 Pop Core NEW 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>
MONDAY	TUESDAY
<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 Photography: Show and Tell 2:00 Monday Movie: Rear Window</p>	<p>8:30 Ceramics 10:00 Origin of Everyday Things Class 11:30 Lunch: Sloppy Joe 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters 1:00 Book Club</p>
<p>9:00 Advanced Watercolors 11:15 VETERANS' BRUNCH 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 2:00 Monday Movie: South Pacific</p>	<p style="text-align: center;"> Closed for Veterans Day!</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 Photography: Equipment Info 2:00 Monday Movie: You've Got Mail</p>	<p>8:30 Ceramics 9:30 AARP Smart Driving Class 11:30 Lunch: Crispy Chicken Parm Sandwich 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Greek & Roman Theater Class</p>
<p>9:00 Advanced Watercolors 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 2:00 Monday Movie: Holiday Inn</p>	<p>8:30 Ceramics 11:30 Lunch: Cheeseburger 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob)</p>

DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Play Ball (Dining Room) 9:00 Spinning and Circuit (East) 9:30 Yoga 10:00 Qigong and Tapping (East) 10:00 Fitness Room Orientations 11:15 Chair Fit NEW 12:00 Qigong and Tapping (Studio) 12:00 Martial Arts (East) <i>no class 11/26</i>	8:45 TRX and Stretch NEW 9:00 Easy Flow Yoga (West) 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) 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
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WEDNESDAY	THURSDAY	FRIDAY	
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:15 Birthday Wednesday 11:30 Lunch: Pork Pot Roast 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge 	5 8:15 TRIP: Wendover 8:30 Ceramics 10:00 Director's Round Table 10:30 Nitrogen, Lithium, Gold Class 11:30 Lunch: Pasta and Meat Sauce 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 6:45 TRIP: Forever Plaid 7:00 Evening Social Dance	6 10:30 Grief Support Class 11:30 Lunch: Baked Ham 12:00 Massage 12:45 Special Veterans Bingo 1:00 Bridge 1:00 Climbing the Peaks Class	7
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure Clinic 11:30 Lunch: Chef Salad 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge	12 8:30 Ceramics 10:00 Director's Round Table 11:30 Lunch: Smothered Pork Burrito 12:30 Mexican Train 12:30 Chess 12:30 Thursday Quilters 12:30 TRIP: State Hospital Museum 2:15 Learn to Make a Bow 4:00 Senior Choir 7:00 Evening Social Dance	13 9:00 Tech Help (Ashton) 10:30 Declutter Class 11:30 Lunch: Chili Baked Potato 12:00 Massage 12:45 Bingo 1:00 Bridge	14
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:00 THANKSGIVING MEAL 12:30 Family History Workshop 12:45 NO Bingo 1:00 Bridge	19 8:30 Ceramics 10:00 Director's Round Table 10:30 Better Health Through Color 11:30 Lunch: Fried Chicken 12:30 Mexican Train 12:30 Chess 3:30 TRIP: Sound Healing 4:00 Senior Choir 7:00 Evening Social Dance	20 9:00 Tech Help (Ashton) 10:30 Grief Support Class 11:30 Lunch: Salisbury Steak 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 Maximize Your Retirement	21
9:00 Painting 9:15 Pinochle 11:30 Lunch: Chicken Fried Steak 12:45 Special Thanksgiving Bingo 1:00 Bridge	26 	27 	28

SPECIAL



Ask at the Front Desk about special pricing for Murray Theater ticket purchases made through the Center.

Family Night Concerts
on hiatus until February

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.



Birthday Wednesday – November 5

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.

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.

Special Event: Holiday Meal



Wednesday, December 17

11:00 AM – 1:00 PM

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

[Register now.](#)

Join us for our Holiday Meal and celebrate the season with friends. Tony Summerhays will entertain us beginning at 11:00. The meal will follow at 11:30. Up to six tickets (a table) may be purchased by an individual.

The menu includes ham, scalloped potatoes, stuffing, veggies, side salad, roll, and cheesecake.

Deadline: No reservations or cancellations for refunds may be made after Wednesday, Dec 3.



Monday Movies and Munchies

2:00 PM - 4:00 PM

The movies are **free**.

Join us each Monday afternoon for classic films, holiday favorites, and timeless musicals. Mark your calendars—here's what's coming up:

November 3 – Rear Window (1954)

Alfred Hitchcock's suspense masterpiece starring James Stewart and Grace Kelly. A photographer, confined to his apartment, believes he has witnessed a murder from his rear window.

November 10 – South Pacific (1958)

Rodgers & Hammerstein's beloved musical set during WWII. A young nurse and a French plantation owner find romance while war looms, filled with unforgettable songs.

November 17 – You've Got Mail (1998)

Two business rivals unknowingly fall in love through anonymous online correspondence. Starring Tom Hanks and Meg Ryan.

November 24 – Holiday Inn (1942)

Bing Crosby and Fred Astaire shine in this musical about a country inn open only on holidays. Features the first performance of Irving Berlin's "White Christmas."

Popcorn and good company included—bring a friend and enjoy the show!



Director's Round Table

Thursdays

10:00 AM - 11:00 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.

Book Club – Our First Chapter!

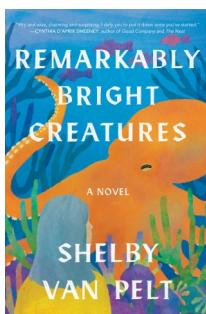
Tuesday, November 4

1:00 PM - 2:00 PM

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



We're cracking open our very first Book Club in November! We'll be diving into *Remarkably Bright Creatures* by Shelby Van Pelt—a charming tale



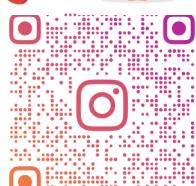
featuring friendship, forgiveness, and one unforgettable octopus. Light refreshments will be served as we chat about the book and choose our December read. This kickoff meeting is for those who signed up—thanks for helping us start this new story together!

Benefits of Socialization

- ◆ Delays cognitive decline
- ◆ Sharpens memory skills
- ◆ Improves mental health and self-esteem
- ◆ Gives sense of purpose and belonging
- ◆ Reduces risk of chronic illnesses
- ◆ Lowers stress levels



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MURRAYSENIORRECCENTER

Massage

Tuesday, November 4, 18, and 25

Friday, November 7, 14, and 21

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, November 5, 12, and 19

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, November 12

10:30 AM - 11:30 AM

This is a **free** service.

No appointment necessary.

Provided by: Dignity Home Health and Hospice



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!!



Legal Consultation

Tuesday, November 4

12:00 PM - 3:00 PM

(30 minutes each)

This is a **free** service.

Advanced appointments required.

Attorney: Donna Drown

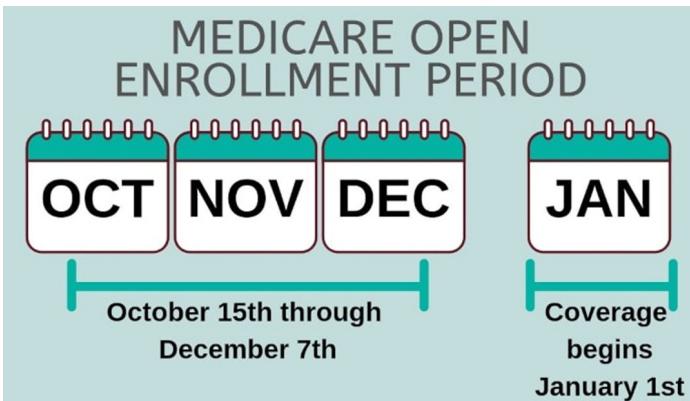


The volunteer lawyer will consult with you, advise you, or refer you to other resources for help, but will not solicit your business.

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



- 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.

No Bingo on Wednesday, November 19.

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, November 3, 10, 17, and 24

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."

Bridge Tournament Winners

1st – Char Watson

2nd – Bob Gordon

3rd – Tessie Watkins



Thank you to all those that participated in our Fall Bridge Tournament.

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, November 13

12:30 PM - 2:30 PM

This is a **free** group.

Volunteer Lead: Barbara Reynolds

Thanks to all that helped make the boutique a success. The funds earned at the Boutique are used to purchase our quilt supplies.

The meeting this month will be a group discussion of ruler work methods for quilting designs. If you currently do ruler work, bring your favorite ruler.

Happy sewing!



Learn to Make a Bow

Thursday, November 13

2:15 PM - 4:00 PM

Cost is **\$6**. [Register now](#). Space limited to 12.

Learn the timeless skill of creating beautiful, handmade bows for any occasion from Pat Bell. In this fun and creative class, you will master various techniques for crafting decorative bows for wreaths, gifts, holiday trees, and more. *All supplies are included.*



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, November 3 Show and Tell

1:00 PM - 3:00 PM in the **Board Room**

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

Please print 3 to 5 pictures you would like to share.

Monday, November 17 Learn Equipment

1:00 PM - 3:00 PM in the **Board Room**

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

Discuss camera, cell phones, tips, and answer attendee's questions. Newcomers are invited. This is a great time to learn new skills.

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

Advanced Watercolors

The current session continues through **Monday, December 1**.

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

Cost is **\$74**. [Class is Full](#). Space limited to 20.

Instructor: John Fackrell

Art Appreciation / Intermediate Watercolors

The current session continues through **Monday, December 1**.

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

Cost is **\$37**. [Class is Full](#). Space limited to 20.

Instructors: John and Joan Fackrell

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, December 17.](#)

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 (QV480).

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.

NOVEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO LUNCH	4 SLOPPY JOE ON HAMBURGER BUN Green Beans Scalloped Potatoes	5 PORK POT ROAST Scalloped Potatoes Roll 	6 PASTA AND MEAT SAUCE Bread Side Salad	7 BAKED HAM Stuffing and Gravy Steamed Veggies Roll
10 VETERANS BRUNCH  Cost is \$1 / \$6 Registration deadline is Friday, Oct. 31	11  CLOSED	12 CHEF SALAD Soup of the Day Roll and Crackers	13 SMOTHERED CHILE VERDE PORK BURRITO Beans and Rice Fresh Fruit	14 BAKED POTATO Chili and Cheese Side Salad
<p>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</p> <p>THE CENTER IS GOING GREEN – Please bring your own containers for leftovers </p> <p>Daily Menu is subject to change at chef's discretion</p>				
17 NO LUNCH	18 CRISPY CHICKEN PARM SANDWICH Bag of Chips Side Salad	19 THANKSGIVING MEAL  Cost is \$15 Registration deadline is Friday, Nov. 7	20 FRIED CHICKEN Mashed Potatoes and Gravy Corn Bread Coleslaw	21 SALISBURY STEAK AND GRAVY Mashed Potatoes Steamed Veggies Roll
24 NO LUNCH	25 CHEESEBURGER Mac and Cheese Green Beans	26 CHICKEN FRIED STEAK Mashed Potatoes and Gravy, Roll Steamed Veggies	27  CLOSED	28 CLOSED