



Murray
Senior Recreation
 Center

2025

Recreation for 55+

December



Like, Oh My Gosh – We're Turning 45!

Friday, December 5

Can you believe it?! The Murray Senior Recreation Center first opened its doors December 6th, 1980 — and now, 45 years later, we're celebrating in totally awesome 80's style!

80's Lunch and Special Bingo Bash!

We're throwing it back with righteous tunes, big hair, and bingo that's, like, totally boss. Come dressed in your most rad 80's gear — think leg warmers, neon, denim jackets, and side ponytails!

Bodacious 80's Menu:

Totally Tubular Cheeseburgers
 Radical Fries
 Kickin' Coleslaw
 Rockin' Root Beer Floats
 Cupcakes to the Max!

So grab your scrunchies and your shoulder pads — it's time to celebrate 45 years of fun, friendship, and good vibes at the Murray Senior Recreation Center. This party's gonna be like, totally gnarly!



A very special thank you to Marci for her many years working for Murray City.

We are grateful to her for sharing her skills and knowledge with the Center staff and participants and building up our fitness offerings. She will be greatly missed!



Apply Now – Personal Training and Circuit Training

The University of Utah's Spring 2026 Semester is **Monday, January 5** through **Tuesday, April 21**

Dates and Times will vary.

Cost is **\$20** per semester. [Apply now.](#)

In order to maximize student learning we are offering these services by application. Ask the Front Desk staff how to apply. **Applications need to be submitted by Friday, December 5.**

Interning students will provide the following:

1. A fitness evaluation prior to starting
2. Weekly one-on-one 60 minute personal training or circuit training workouts (groups of 6)
3. A follow-up fitness evaluation with future fitness activity recommendations

You must agree to attend each session and to fully participate. We will notify all applicants once the students/seniors have been paired. **Payment is due at that time.**

If you have received personal training from the University of Utah students in the past, please apply for Circuit Training and allow other seniors to enjoy the same opportunity for Personal Training.

THE CENTER IS CLOSED

Wednesday, Dec 24
 Thursday, Dec 25
 Christmas



Thursday, Jan 1
 New Years

Monday, Jan 19
 Martin Luther King Jr.

#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

CLASSES

Science: 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.

History: American Mountain Men

Tuesday, December 9

10:00 AM – 11:00 AM

This is a **free** class.

Join us this month as Jim Duignan explores the history of American mountain men, frontiersmen, fur trappers, and guides who ventured into the West in the 1800s. He will cover their origins in the booming fur trade, their role as explorers, their rugged and independent lifestyle, and their significant impact on westward expansion and mapping the region.

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. 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.

Grief Support

Friday, December 12

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.

Theater Lecture Series: Greek and Roman

Tuesday, December 16

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.

Christmas Storytelling

Friday, December 19

10:30 AM – 11:30 AM

This is a **free** class.

Jan Smith – professional storyteller – will regale us with humorous and insightful Christmas stories from her life in Germany as an Army wife as well as more traditional family stories.

Vital Aging: Goal Setting

Friday, December 19

1:00 PM – 2:00 PM

This is a **free** class.

The wellness topic for December will be Goal Setting! Get your mind ready for the New Year! Come learn how to set realistic and attainable goals for yourself to help deepen your sense of purpose and accomplishment.

Life and Legacy of Walt Disney

Thursday, January 8

10:30 AM – 11:30 AM

This is a **free** class.

David White – from Valley View Funeral Home & Memorial Park – will explore the remarkable life and journey of Walt Disney. He was a visionary artist, storyteller, and entrepreneur whose imagination transformed entertainment forever. We will look at his early struggles, groundbreaking successes in film and theme park, and the legacy he built through the Walt Disney Company. This presentation will also touch on his final years, his death in 1966, and how his dream continues to inspire generations around the world.

AARP Smart Driving

Tuesday, January 27

9:30 AM – 2:30 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.

Book Club

***The Man Who Invented Christmas* by Les Standiford**

Tuesday, January 6

1:00 PM – 2:00 PM

Register now for 2026 Book Club – it is **free!!**

MUSIC

Piano Lessons

Monday, December 1, 8, 15, 22, and 29

12:00 PM - 4:00 PM

Cost is **\$3 for 30 minutes.**

Advanced appointments required.

Instructor: Ken Uy

There is no assigned curriculum. If you have a particular piece of music in mind, bring it with you. **NOTE:** Only one appointment per person per day.

Murray Senior Choir

Thursday, December 4

4:00 PM - 6:00 PM

Instructor: Ken Uy

The mission of the Choir is to offer a good choir for public events during the year. Official name of the choir is "The Jeannie Luke Choir at Murray Senior Rec Center."

Choir's Holiday Concert Schedule

Tuesday, December 16 11:00 AM - 12:00 PM

Murray Senior Rec Center's Dining room

Thursday, December 18 4:30 PM - 5:30 PM

Whitmore Public Library Auditorium

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, December 16 and 30

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, December 5, 12, and 19

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

A new session will begin on **Wednesday, January 7** through **Wednesday, February 25.**

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

This is a **free** workshop. Registration begins on Monday, December 22.

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

Murray Library Digital Services

Returning in January!

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	

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 Fit (Moe)

Wednesdays 11:15 AM – 11:45 AM SEATED PASS (\$5)
Fridays 11:15 AM – 11:45 AM SEATED PASS (\$5)

Gentle seated exercise for beginners, those with balance challenges, low energy, or wheelchair users. *Included in \$5 Unlimited Seated Fitness Pass.* 30 minutes (no class on 12/17)

Chair X-ercise (Hal)

Mondays 11:15 AM – 11:45 AM SEATED PASS (\$5)

Seated strength and cardio using bands, weights, and balls. Great for beginners, balance challenges, or wheelchair users. *Included in \$5 Unlimited Seated Fitness Pass.* 30 minutes

Chair Yoga (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 yoga with core-strengthening and lymphatic face yoga—all from a chair. Improves mobility, balance, flexibility, strength, and relaxation. 45 minutes

Chakra Meditation (Barbara)

Mondays 11:15 AM – 1:00 PM \$20 FOR 8-WEEKS

Use meditation, sound, and chakra exercises to raise your vibration, support healing, and promote positivity.
 1 hour 45 minutes – ***Class continues through December 8 then will begin again in January***

Easy Flow Yoga (Wendy)

Thursdays 9:00 AM – 9:45 AM \$5 MONTH

Gentle, slower-paced mat yoga linking simple poses with mindful breathing. Builds flexibility, balance, and strength. *Must be able to get on and off the floor.* 45 minutes

Line Dance, Beginning (Bonnie H.)

Tuesdays 1:15 PM – 1:45 PM \$5 MONTH

Learn basic steps and AB dances with clear, repetitive instruction so you can follow along with confidence.
 30 minutes

Line Dance (Bonnie H.)

Tuesdays 2:00 PM – 3:00 PM \$10 MONTH

Dance in rows to choreographed step sequences. For those familiar with step names, includes 4-wall dances and 24–48 count choreography. 1 hour

Martial Arts – will return in January

Music, Memory, Movement (Delan)

Fridays 10:15 AM – 10:45 AM SEATED PASS (\$5)

MMM is a fun mix of rhythm, music, drumming, and dance for endurance. Seated and standing options available. *Included in \$5 Unlimited Seated Fitness Pass.* 30 minutes

Neuromuscular Integrative Action (Sadie)

Mondays 9:00 AM – 10:00 AM \$15 MONTH

NIA is an expressive movement program that blends dance, martial arts, and mindfulness to improve balance and body awareness. 1 hour

Pop Core (Wendy)

Tuesdays 9:00 AM – 9:45 AM \$5 MONTH

Fun music driven class that blends core-strengthening moves with upbeat, full body toning exercises for a total feel-good workout. Bring a mat. 45 minutes

Qigong and Tapping (Delan)

Wednesdays 10:00 AM – 10:45 AM \$5 MONTH

Wednesdays 12:45 PM – 1:30 PM \$5 MONTH

Combination of the ancient Chinese practice of Qigong which is gentle and mindful movement, meditation, and tapping techniques to help balance life force energy. 45 minutes

Spinning (Lynette)

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

A fun, low-impact indoor cycling class perfect for beginners—go at your own pace while improving fitness, strength, and endurance to upbeat music! 45 minutes

Strength Conditioning (Becky)

Mondays	1:30 PM – 2:30 PM	\$10 MONTH
Thursdays	1:30 PM – 2:30 PM	\$10 MONTH

Build strength, balance, and flexibility through guided resistance training. 1 hour

Tai Chi (Bonnie K.)

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

Gentle “moving meditation” to improve balance, flexibility, coordination, and overall wellness. 1 hour

Triple G – Glutes, Guts, Guns (Becky/Wendy)

Mondays	9:00 AM – 9:45 AM	\$10 MONTH
Fridays	9:00 AM – 9:45 AM	\$10 MONTH

Tone arms, abs, and glutes with a mix of dumbbells and bodyweight training. 45 minutes

TRX (Vanice)

Tuesdays	9:45 AM – 10:15 AM	\$5 MONTH
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TRX (Total Body Resistance Exercise) – Full-body workout using TRX straps for strength, cardio, and posture. 30 minutes

TRX – Advanced (Becky)

Thursdays	8:45 AM – 9:30 AM	\$5 MONTH
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Full-body workout using TRX straps for strength, cardio, and posture. 45 minutes

TRX – Intro/Beginner (Becky)

Thursdays	9:30 AM – 10:15 AM	\$5 MONTH
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Full-body workout using TRX straps for strength, cardio, and posture. 45 minutes

Yoga (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

Ancient practice of movement and breath to strengthen the body and calm the mind. 1 hour

Zumba Gold / Dance Fitness (Jennifer)

Fridays	9:00 AM – 10:00 AM	\$10 MONTH
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A fun, low-impact version of Zumba designed for seniors with easy-to-follow dance moves. 1 hour

Fitness Room

The fitness room is open for daily use. The cost is **\$5** per month, **\$1** for the day, or **free** if you have Silver Sneakers, Silver and Fit, or Renew Active.

Fitness Room Orientation

Wednesdays	10:00 AM – 10:30 AM	Free
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Instruction or assistance using the weight and cardio equipment in our fitness room. Limited to four. [Register now](#). *No orientation on 12/17*

Pickleball Courts (Outdoor)

Available all week during Center's open hours – weather permitting. 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*.

University of Utah Kinesiology Students**Overall Fitness Class**

Tuesdays	1:00 PM – 2:00 PM	Free
Fridays	1:00 PM – 2:00 PM	Free

Group fitness to build endurance, balance, and flexibility. 1 hour (Free for semester) [Register now](#).

Circuit and Personal Training

Small-group or one-on-one training with kinesiology students. Pre-application required. 1 hour (Cost is \$20 per semester) *See first page for more details*.

“ING” Ity-Bity-City Scavenger Hunt

Cost is **\$5**. [Register now](#).

This 3-month challenge began in October and is designed to help you increase your steps and activity level. You control the effort, the length of time, and order to find each 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.

DAILY FITNESS SCHEDULE

DECEMBER



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

FAQ and General Information Sheet
available upon request
at the Front Desk or on our Website.

<p>9:00 NIA (Dining) 9:00 Triple G 9:00 Spinning (East) 10:00 Yoga 10:30 Chair Yoga (West) 11:15 Chair X-ercise (East) 11:15 Chakra Meditation ends 12/8 1:30 Strength Conditioning</p>	<p>9:00 Pop 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>
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 2:00 Movie: A Christmas Story</p>	<p>8:30 Ceramics 11:30 LUNCH: Pork Loin Roast 12:00 Massage 12:30 Canasta 12:45 Crafters</p>
<p>12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 2:00 Movie: Red One</p>	<p>8:30 Ceramics 10:00 History: Mountain Men 10:30 Nutrition: Shocked by Sugar 11:30 LUNCH: Barbecue Chicken 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters</p>
<p>12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:15 Pen Pal Christmas Party 2:00 Movie: Meet Me in St. Louis</p>	<p>8:30 Ceramics 11:00 Choir Holiday Concert 11:30 LUNCH: Baked Potato w/ Chili 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob) 1:00 Theater Lecture</p>
<p>12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 2:00 Movie: Miracle on 34th Street</p>	<p>8:30 Ceramics 11:30 LUNCH: Beef & Cheese Burrito 12:00 Massage 12:30 Canasta 12:45 Crafters</p>
<p>12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 2:00 Movie: Sunset Boulevard</p>	<p>8:30 NO Ceramics 11:30 LUNCH: Fried Chicken 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob)</p>

DAILY FITNESS SCHEDULE

8:30 Yoga 9:00 Spinning (East) 9:30 Yoga 10:00 Qigong and Tapping (East) 10:00 Fitness Room Orientations 11:15 Chair Fit <i>no class 12/17</i> 12:45 Qigong and Tapping (Studio)	8:45 TRX – Advanced 9:00 Easy Flow Yoga (West) 9:30 TRX – Intro/Beginner 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 (East) 10:15 MMM 11:15 Chair Fit 1:00 Overall Fitness
WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:15 Birthday Wednesday 11:30 LUNCH: Pasta and Meat Sauce 12:45 Bingo 1:00 Bridge	3 8:30 Ceramics 10:00 Director's Round Table 10:30 Science of Christmas 11:30 LUNCH: Meatloaf 12:30 Mexican Train 12:30 Chess 12:30 TRIP: Festival of Trees 4:00 Senior Choir 7:00 Evening Social Dance	4 9:00 Tech Help (Ashton) 11:30 LUNCH: Cheeseburger 12:00 Massage 12:45 45th Anniversary Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure Clinic 11:30 LUNCH: Salisbury Steak 12:45 Bingo 1:00 Bridge	10 8:30 Ceramics 10:00 Director's Round Table 11:30 LUNCH: Barbeque Ribs 12:30 Mexican Train 12:30 Chess 12:30 Thursday Quilters 6:00 Christmas Dance 6:45 TRIP: Jingle Jacks / Five Carols 7:00 Evening Social Dance	11 9:00 Tech Help (Ashton) 10:30 Grief Support 11:30 LUNCH: Chicken Fried Steak 12:00 Massage 12:45 Bingo 1:00 Bridge
8:30 Advisory Board Meeting 9:00 Painting 9:15 Pinochle 10:00 Haircuts 11:00 HOLIDAY MEAL 12:45 NO Bingo 1:00 Bridge	17 8:30 Ceramics 10:00 Director's Round Table 11:30 LUNCH: Soup and Salad 12:30 Mexican Train 12:30 Chess 1:00 TRIP: Trees of Diversity 7:00 Evening Social Dance	18 9:00 Tech Help (Ashton) 10:30 Christmas Storytelling 11:30 LUNCH: Baked Ziti 12:00 Massage 12:30 TRIP: Titanic Experience 12:45 Special Christmas Bingo 1:00 Bridge 1:00 Vital Aging: Goal Setting
24 Merry Christmas	25	26 11:30 LUNCH: Baked Ham 12:45 Bingo 1:00 Bridge
9:15 Pinochle 11:30 LUNCH: Pork Pot Roast 12:45 Special New Years Bingo 1:00 Bridge	31	

ARTS AND CRAFTS

Advanced Watercolors

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

A new session begins on **Monday, January 5** through **Monday, May 18**.

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

Cost is **\$117**. *Register now*. Space limited to 20.

Instructor: 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, Dec 1**.

A new session begins on **Monday, January 5** through **Monday, February 23**.

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

Cost is **\$39**. *Register now*. Space limited to 20.

Instructors: John and Joan 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.

Photography – returns in 2026!

Ceramics

Tuesdays and Thursdays

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

Tuesdays

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.

Painting Class

The current session continues thru **Wednesday, Dec 17**.

A new session begins on **Wednesday, January 14** through **Wednesday, March 4**.

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

Cost is **\$40**. *Register now*. Space limited to 18.

Instructor: Jeanette Morris

Jeanette is an experienced teacher and paints in both watercolors and oils; she also has experience with pastels and acrylics. Jeanette welcomes all levels of experience.

Intro to Drawing and Cartooning

Wednesdays, January 7 through February 11

1:00 PM - 2:30 PM (SIX WEEKS)

Cost is **\$30**. *Register now*. Space limited to 15.



Before you paint, you've got to know how to draw—and this is the perfect place to start!

Ready to sketch your way into something fun and creative? Join our Introductory Drawing and Cartooning Class and build the essential drawing skills every artist needs, with a playful twist of cartooning techniques.

Whether you're a total beginner or looking to sharpen your skills, this class offers a relaxed, supportive space to learn the foundations of art—line work, shading, form, character creation, and expressive cartoon style. Because great painting starts with great drawing!

Instructor: Clark Chamberlain

Utah State University – Graphic Design and Illustration Designer and Art Director, with 35+ years of professional experience

Seats are limited—don't miss your chance to learn from a pro and build the skills every artist needs!

Thursday Quilters

Thursday, December 11

12:30 PM - 2:30 PM

This is a **free** group.

Volunteer Lead: Barbara Reynolds and Diane Leary

We will be planning for the next year. Please bring all your ideas for classes. Diane or I have been brainstorming but we want your ideas – this is your group. We will also have a Christmas cookie party!

FUN AND GAMES

Donation based programs. The volunteer lead can answer any questions about the game and will have final say during 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, December 17*

45th Anniversary Bingo Friday, December 5
Christmas Bingo Friday, December 19
New Years Bingo Wednesday, December 31

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: Madeline Coleman

No players accepted after chips drawn at 12:30 PM.

Chess

Thursdays 12:30 PM – 4:00 PM

Volunteer Lead: Ken Uy

Hand and Foot Card Game

Mondays 12:30 PM – 3:30 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.

Monday Movies and Munchies

Mondays

2:00 PM – 4:00 PM

The movies are **free**.

Grab a friend and join us every week as we unwrap a classic Christmas favorite on the big screen. It's festive, it's free, and it's the perfect way to get into the spirit of the season!

Dec 1 – A Christmas Story (1983) – Young Ralphie will stop at nothing to convince every adult he won't shoot his eye out if he gets his dream BB gun for Christmas.

Dec 8 – Red One (2024) – When Santa is kidnapped, Dwayne Johnson and Chris Evans team up for a globe-trotting, candy cane-fueled rescue mission to save Christmas.

Dec 15 – Meet Me in St. Louis (1944) – A heartwarming musical about the Smith family as they experience love, laughter, and change leading up to the 1904 World's Fair.

Dec 22 – Miracle on 34th Street (1947) – A man claiming to be the real Santa lands in court, determined to prove magic is real and restore everyone's Christmas spirit.

Dec 29 – Sunset Boulevard (1950) – A down-on-his-luck writer gets swept into the glittering, slightly bonkers world of a forgotten movie star still dreaming of her Hollywood comeback.

Director's Round Table

Thursdays

10:00 AM – 11:00 AM

This is a **free** discussion.

Join in for a weekly discussion of a topic of Cory's 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.

Evening Social Dance

Thursdays

7:00 PM – 9:30 PM

Cost is **\$5**. Open for those age 45+.

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.

SERVICES AND HEALTH

Massage

Tuesday, December 2, 9, 16, 23, and 30

Friday, December 5, 12, and 19

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, December 3, 10, and 17

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, December 10

10:30 AM – 11:30 AM

This is a **free** service. No appointment necessary.

Provided by: Dignity Home Health and Hospice

Legal Consultation

Tuesday, December 9

12:00 PM – 3:00 PM (30 minutes each)

This is a **free** service. Advanced appointment 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

Spartan Closet / 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.

December Donation Focus: Jerky – Blankets – Sweats

Donations of all kinds are always appreciated.

www.murraychildrenspantry.org

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).

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

Pen Pal Christmas Party

Monday, December 15 at 1:15 PM - 2:30 PM

Both senior and student pen pals will paint ceramic trees. Everyone can enjoy an ice cream treat and cookies.

TRIPS – TOURS – OUTINGS

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.

Jingle Jacks / Five Carols (Dress Rehearsal)

Thursday, December 11

Trip Departure is 6:45 PM – Return is about 10:00 PM

Cost is **\$10 per person.** [Register now.](#)

Join us for a double-bill of festive fun: Cozy up in a Canadian cabin with four lumberjacks chasing online stardom in Jingle Jacks. Travel back to 1954 as five friends named Carol scramble to pull off their Christmas Eve show in Five Carols for Christmas.

Trees of Diversity

Thursday, December 18

Trip Departure is 1:00 PM – Return is about 3:30 PM

Cost is **\$5 per person.** [Register now.](#)

At the Utah Cultural Celebration Center, explore beautifully decorated trees representing countries, cultures, and family traditions from around the world—along with community wreaths, festive décor, and the Nativities from Around the World collection. There is also the Winter Scenes and Holiday Dreams art exhibition, featuring seasonal works by talented Utah artists.

Titanic Experience at South Town Shops

Friday, December 19

Trip Departure is 12:30 PM – Return is about 3:30 PM

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

Embark on an immersive, interactive tour of the Titanic with vast, jaw-dropping recreations of the ship's interior and exterior. Visit the dock from where the Titanic first sailed, explore the galleries and boiler room, take a look inside a millionaire's suite, stroll the exterior promenade deck under a starry night sky, and the Grand Staircase.

Game Show Battle Rooms

Thursday, January 8

Meet at Center 12:30 PM (walk over together)

Return is about 2:30 PM

Cost is **\$17 per person.** [Register now.](#)

[Waiver to be signed prior to participation.](#)

Relive the fun of your favorite classic TV game shows!

From "Family Feud"-style surveys to spin-the-wheel word puzzles, two teams go head-to-head with lights, buzzers, and a lively host. It's an afternoon of laughter, friendly competition, and plenty of nostalgia! *Hot Chocolate and goodies to follow at the Center!*

MEALS – SPECIAL EVENTS

Birthday Wednesday – December 3

Celebrate your birthday month on the first Wednesday of the month and you could win a free lunch (must be present to win). There is a free cupcake and ice cream available from **11:15 AM to 12:15 PM** for everyone to enjoy, too.

Christmas Dance

Thursday, December 11

6:00 PM – 9:30 PM

Cost is **\$10.** [Register now.](#)

Hors d'oeuvres will be served at 6:00 and the dancing begins at 7:00. Tony Summerhays will entertain us.

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, December 3.

DECEMBER LUNCH MENU BY CHEF OMAR LIMON

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 with cash and then go through the lunch line.

Ask at the Front Desk about other payment options.

Daily Menu is subject to change at chef's discretion.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO LUNCH	2 PORK LOIN ROAST Sweet Potato Mash Steamed Veggies Roll	3 PASTA AND MEAT SAUCE Bread Side Salad	4 MEATLOAF Mashed Potatoes Side Salad	5 CHEESEBURGER French Fries Coleslaw 
8 NO LUNCH	9 BARBECUE CHICKEN Baked Beans Cornbread	10 SALISBURY STEAK AND GRAVY Mashed Potatoes Steamed Veggies Roll	11 BARBEQUE RIBS Baked Beans Cornbread Coleslaw	12 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Steamed Veggies Roll
15 NO LUNCH	16 BAKED POTATO Chili and Cheese Side Salad	17 HOLIDAY MEAL  Cost is \$15 Registration Deadline is Wed, Dec 3	18 SOUP OF THE DAY AND SALAD Roll and Crackers	19 BAKED ZITI Bread Side Salad
22 NO LUNCH	23 SMOTHERED GROUND BEEF & CHEESE BURRITO Beans and Rice Fresh Fruit	24 	25	26 BAKED HAM Stuffing and Gravy Steamed Veggies Roll
29 NO LUNCH	30 FRIED CHICKEN Mashed Potatoes and Gravy Cornbread Coleslaw	31 PORK POT ROAST Mashed Potatoes and Gravy Roll		<p>Please bring your own containers to take home leftovers.</p> <p>Do your part to help our planet!!</p> 