



Murray Senior Recreation Center

2026

Recreation for 55+

January

New Year, New Strength — Try a NEW Fitness Class!

2026 is your year to feel stronger, move better, and show yourself what you're capable of. Step into a new class, try something different, and unlock a healthier, happier you — one workout at a time.

As always **Your FIRST class is FREE** (*TRX Advanced excluded*) — based upon space and equipment availability. Whether it's yoga, strength, cardio, or something totally new, this is your chance to challenge yourself, surprise yourself, and **start the year with intention**.

You don't have to be perfect — you just have to begin. Let's make this your best year yet!

Welcome, Wendy!!!



Wendy comes to us with 26 years of experience as a real estate agent and nearly 9 years as a yoga instructor, plus a menagerie of part-time jobs ranging from waitress to actual gunfighter. She loves

theater and stage acting, and it's safe to say she's never met a role she didn't try on.

She's married and has a big, busy family - 5 children, 3 children-in-law, and 9 grandchildren. Being a grandma is her favorite role to date.

Wendy is excited to bring creativity, energy, and a little theatrical flair to the Center, and she's truly looking forward to getting to know everyone and helping make the Center a fun, welcoming place for all.

Walk(ing Club) to Sunny Florida Challenge

Kickoff on Monday, January 5 at 3:00 PM – Fitness Studio
Cost is **\$12** for January – March. [Register now.](#)

This year we're trading snow boots for beach dreams and heading (virtually!) to sunny Florida — together! Join our Walking Club for a group effort to cover roughly 2,360 miles from Murray to the Florida coast between January and March.

Track your steps or miles each day and help move our whole team closer to the beach. Every step counts — around the block, through the grocery store, or even a well-earned victory lap to the fridge.

We'll also host an optional weekly group walk. For January, meet us at **Fashion Place Mall** every **Wednesday at 8:30 AM** at the southeast mall entrance by Dillard's starting January 7th! Look for Crayola Berger — our fearless leader! Plus, watch for text/email invites for fun pop-up walks.

On January 5th, pick up your Walking Club beanie and mile-tracking logs!

We'll celebrate our finish, present individual prizes, and announce our next challenge in April.

Let's stay active, stay warm, and have fun as we head south — one step at a time. Slip on your comfiest shoes... Florida, here we come!

THE CENTER IS CLOSED

Thursday, Jan 1
New Years

Monday, Jan 19
Martin Luther King Jr.



Monday, Feb 16
President's Day

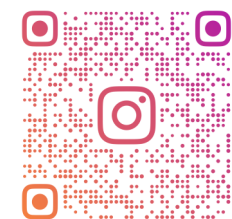
#10 East 6150 South
Murray, UT 84107

801-264-2635

Monday – Friday
8:00 AM – 4:30 PM

Thursday
8:00 AM – 9:30 PM

Saturday – Sunday
Closed



MURRAYSENIORRECCENTER



MurraySeniorRec

CLASSES

Life and Legacy of Walt Disney

Thursday, January 8 at 10:30 AM – 11:30 AM

This is a **free** class.

David White of Valley View Funeral Home & Memorial Park will present "All of our dreams come true if we have the courage to pursue them." This session explores the extraordinary journey of Walt Disney—visionary storyteller and entrepreneur—from his early struggles and groundbreaking successes in film and theme parks to his death in 1966 and his enduring global legacy.

Grief Support

Friday, January 9 and 23 at 10:30 AM – 11:30 AM

This is a **free** class.

Experience a supportive discussion on navigating the personal journey of loss with Suzie Nelsen, a chaplain from Rocky Mountain Care. Whether you are mourning a recent or past loss, this session offers hope and guidance for processing grief at your own pace.

History: Russian Monarchs

Tuesday, January 13 at 10:00 AM – 11:00 AM

This is a **free** class.

This month, Jim Duignan examines the legacies of Ivan the Terrible and Peter the Great—two formidable Russian monarchs who utilized absolute authority to centralize the state. While Ivan (1530–1584) is defined by a ruthless reign of terror, Peter (1672–1725) is remembered for his sweeping Westernization and reforms that transformed Russia into a global power.

New Year, New Story: Record Your Story

Tuesday, January 13 at 1:00 PM – 2:00 PM

This is a **free** class. [Register now.](#) *Space is limited to 20.*

Start the new year by celebrating the most meaningful story of all — your own! Each of us carries a lifetime of memories, experiences, and wisdom worth preserving.

You don't need special skills or expensive tools — just a willingness to share. In this inspiring session, Planted Media will guide you through simple, accessible ways to record your memories using everyday tools like your phone, tablet, computer, or even pen and paper.

Theater Lecture: All About Shakespeare

Tuesday, January 20 at 1:00 PM – 2:00 PM

This is a **free** class.

Join us for a lively and enlightening look into the world of William Shakespeare—the man, the myth, and the timeless storyteller. We'll explore his most iconic works, uncover fun facts about his life and language, and discover why his stories still captivate audiences today. Whether you're a lifelong fan or just Shakespeare-curious, this lecture is the perfect way to dive into classic theater with fresh eyes!

10 Warning Signs of Alzheimer's

Wednesday, January 21 at 10:30 AM – 11:30 AM

This is a **free** class. [Register now.](#) *Space is limited to 12.*

Discover how to spot the early signs of Alzheimer's with Raven Alberson from the Alzheimer's Association. You'll gain practical advice on recognizing symptoms, starting difficult conversations about memory loss, and understanding why early detection matters.

Ask a Nurse: Blood Pressure Monitoring

Friday, January 23 at 10:30 AM – 11:30 AM

This is a **free** class.

Lee Ann Johnson, Nurse Practitioner, will lead a session on blood pressure monitoring—a critical topic for the 70% of Americans over 60 living with hypertension. Attendees will learn how to interpret their readings, manage and minimize medication side effects, and accurately check their blood pressure at home. This informative presentation will also cover how to identify emergencies and explore lifestyle adjustments that may help reduce the need for high-dose medications.

Vital Aging: Boosting Memory & Cognition

Friday, January 23 at 1:00 PM – 2:00 PM

This is a **free** class.

Learn how to identify and manage memory changes in a session with Maria Rodriguez from Valley Behavioral Health. This discussion covers practical strategies for optimizing brain health and adopting daily habits to strengthen your cognitive function.

AARP Smart Driving

Tuesday, January 27 at 9:30 AM – 2:30 PM

Fee is payable day of class.

The course fee is \$20 for AARP members and \$25 for non-members, payable directly to the instructor via cash or check (made out to AARP). Please note that credit cards are not accepted; ensure you bring your valid driver's license and AARP membership card to the session.

Pay online with a credit card at aarpdriversafety.org

Science: Food Chemistry

Thursday, February 5 at 10:30 AM – 11:30 AM

This is a **free** class.

Suzanne Bowe, a retired analytical chemist, will discuss the chemistry of our food. She will cover food in the news, hyperaccumulators of metal ions among food plants, and the truth about opioids in food.

WORKSHOPS

Storytelling Workshop

Thursday, January 15 through Thursday, March 12

10:00 AM - 11:30 AM

This is a **free** workshop. [Register now.](#) *Space limited to 12.*

Professional storyteller and presenter Jan Smith will lead this workshop, guiding you through the art and craft of planning, mapping, and producing compelling narratives. This engaging session offers a creative way to reconnect with your past while teaching you how to write and share impactful family stories that will captivate and inspire your loved ones.

Mind Over Matter Workshop (Women Only)

Friday, January 16 and 30; Friday, February 13

1:00 PM - 3:00 PM

This is a **free** workshop. [Register now.](#) *Space limited to 12.*

Staff from Salt Lake County Aging Services will teach the tools needed to take control of bladder and bowel symptoms. Even if you don't have leakage now, it's never too early or too late to think about your bladder and bowel health.

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, January 6 and 20

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, January 2, 9, 16, 23, and 30

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 begins on **Wednesday, January 7** through **Wednesday, February 25.**

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

This is a **free** workshop. [Register now.](#) *Space limited to 6.*

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

Basic Apple iPhone Class with Wendy

Tuesday, January 27 at 1:00 PM - 2:00 PM

This is a **free** class. [Register now.](#) *Space limited to 15.*

Bring your fully charged phone (yes... fully charged) and learn how to:

- Forward those photos you've been meaning to send
- Search your text history without scrolling for three days
- Log onto Facebook and Instagram (and follow MSRC) without calling a grandchild
- Find your phone when it "mysteriously" disappears in your purse
- Use your calendar so you never miss bingo again

If there's something else your phone is doing (or refusing to do), just tell Wendy—she'll add it to the list! Come ready to learn, laugh, and finally make peace with your iPhone!

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.

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 is January 5 through March 9*

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 transition from floor to feet gradually.

45 minutes

Face Yoga / Lymphatic Drainage (Wendy)

Mondays 11:20 AM – 11:40 AM Free for January

This class uses light, easy movements to help your lymphatic system do what it does best—keep you de-puffed, de-stressed, and moving smoothly. Come give your body a little tune-up! 20 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, it includes 4-wall dances and 24–48 count choreography. 1 hour

Martial Arts (Cory)

Wednesdays 12:00 PM – 1:00 PM \$10 MONTH

Train in Bihonte Martial Arts, blending hand and foot techniques, street kickboxing, and self-defense skills.

1 hour

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 9:30 AM – 10:15 AM \$5 MONTH

Combines mat-based moves, flowing sequences, and upbeat tunes for a low-impact class. 45 minutes

Qigong and Tapping (Delan)

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

Combination of the ancient Chinese practice of Qigong (gentle and mindful movement), meditation, and tapping techniques to help balance life force energy.

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 8:45 AM – 9:15 AM \$5 MONTH

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 – 9:40 AM \$10 MONTH

Full-body workout using TRX straps for strength, cardio, and posture. *Must be able to transition from floor to feet* 55 minutes

TRX – Intro/Basic (Becky)

Thursdays 9:45 AM – 10:15 AM \$5 MONTH

Full-body workout using TRX straps for strength, cardio, and posture. 30 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

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 daily for a fee of **\$1** per day or **\$5** per month. Free for members that have SilverSneakers, Silver & Fit, or Renew Active benefits.

Fitness Room Orientation

Wednesdays 10:00 AM – 10:30 AM Free

We offer personalized instruction on how to safely and effectively use the weight and cardio equipment in our fitness room. To ensure quality guidance, these sessions are limited to four participants. [Register now.](#)

Pickleball Courts (Outdoor)

Outdoor courts are available throughout the week during regular Center hours, weather permitting. Access is open to registered members age 55+; please ensure you scan in at the Front Desk before each play session. This program is donation-based.

ING Ity-Bity-City Scavenger Hunt Awards

Monday, January 5 at 2:45 PM in the Fitness Studio

After three months of hunting and sleuthing, it's time to celebrate! Join us for the official "ING" Ity-Bity-City Scavenger Hunt awards event to honor participant achievements, distribute prizes, and wrap up the challenge in style. Whether you found every clue or just enjoyed the journey, come cheer on your fellow adventurers and celebrate your hard work!

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; January 5 through April 21)

[Register now.](#)

Circuit and Personal Training

Work with kinesiology students for one-on-one or small group training. Sessions are one hour and cost **\$20** per semester. Pre-application is required; please see Moe for availability.

FITNESS PASSES

★ based on equipment and room space availability ★

\$10 – Chair Yoga Pass (Wendy)

Chair Yoga Mondays 10:30 AM – 11:15 AM

Chair Yoga Tuesdays 10:30 AM – 11:15 AM

Chair Yoga Thursdays 10:30 AM – 11:15 AM

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

\$5 – Seated Fitness Pass (Hal/Moe/Delan)

Chair X-ercise Mondays 11:15 AM – 11:45 AM

Seated strength and cardio using bands, weights, and balls. Great for beginners, balance challenges, or wheelchair users. 30 minutes (Hal)

Chair Fit Wednesdays 11:15 AM – 11:45 AM

Chair Fit Fridays 11:15 AM – 11:45 AM

Gentle seated exercise for beginners, those with balance challenges, low energy, or wheelchair users. (Moe)

MMM Fridays 10:15 AM – 10:45 AM

MMM (Music, Memory, Movement) is a fun mix of rhythm, music, drumming, and dance for endurance. Seated and standing options available. 30 minutes (Delan)

\$10 – Spinning Pass (Lynette)

Spinning Mondays 9:00 AM – 9:45 AM

Spinning Wednesdays 9:00 AM – 9:45 AM

Spinning Fridays 9:00 AM – 9:45 AM

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

DAILY FITNESS SCHEDULE

JANUARY



Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

Email: seniorrec@murray.utah.gov

Website: murray.utah.gov

Registration: mcgreg.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.

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 11:20 Face Yoga 1:30 Strength Conditioning		8:45 TRX 9:30 Pop Core 10:30 Tai Chi 10:30 Chair Yoga (West) 11:45 Tai Chi 1:00 Overall Fitness 1:15 Beginning Line Dance (Dining) 2:00 Line Dance (Dining)
MONDAY		TUESDAY
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: Casablanca 2:45 ING Awards Event 3:00 Walk to Florida Challenge	5	8:30 Ceramics 11:30 LUNCH: Pasta and Meat Sauce 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob) 1:00 Book Club
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: Singin' in the Rain	12	8:30 Ceramics 10:00 History: Russian Monarchs 11:30 LUNCH: Char Siu 12:00 Massage 12:00 Legal Consultation 12:30 Canasta 12:45 Crafters 1:00 Record Your Life Story Class
 CENTER IS CLOSED	19	8:30 Ceramics 11:30 LUNCH: Pulled Pork 12:30 Canasta 12:45 Crafters 1:00 Tech Help (Bob) 1:00 Theater Lecture: Shakespeare
9:00 Advanced Watercolors 10:30 BRUNCH: Waffles & Bacon 12:00 Piano Lessons 12:30 Hand and Foot 1:00 Bridge Lessons 1:00 Art Appreciation/Watercolors 2:00 Movie: What's Up, Doc?	26	8:30 Ceramics 9:30 AARP Driver Safety Class 11:30 LUNCH: Bacon Cheese Burger 12:00 Massage 12:30 Canasta 12:45 Crafters 1:00 Basic iPhone Class (Wendy)

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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 12:00 Martial Arts (East)	8:45 TRX – Advanced 9:00 Easy Flow Yoga (West) 9:45 TRX – Intro/Basic 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
	 CENTER IS CLOSED	9:00 Tech Help (Ashton) 11:30 LUNCH: Roast Pork Loin 12:45 Bingo 1:00 Bridge
9:15 Pinochle 10:00 Haircuts 11:15 Birthday Wednesday 11:30 LUNCH: Roast Turkey Breast 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge 1:00 Intro to Drawing/Cartooning 	8:30 Ceramics 10:00 Director's Round Table 10:30 Life and Legacy of Walt Disney 11:30 LUNCH: Smothered Burrito 12:30 Mexican Train 12:30 Chess 12:30 Thursday Quilters 12:30 TRIP: Game Show Battle 4:00 Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10:30 Grief Support 11:30 LUNCH: Chef Salad and Soup 12:00 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 Blood Pressure Clinic 11:30 LUNCH: Shrimp Alfredo 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge 1:00 Intro to Drawing/Cartooning	8:30 Ceramics 10:00 Director's Round Table 10:00 Storytelling Workshop 11:30 LUNCH: Beef Pot Roast 12:30 Mexican Train 12:30 Chess 1:15 TRIP: Machu Picchu VR Tour 4:00 Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 11:30 LUNCH: Fried Chicken 12:00 Massage 12:45 Martin Luther King, Jr. Special Bingo 1:00 Bridge 1:00 Mind Over Matter Workshop
9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 Warning Signs of Alzheimer's 11:30 LUNCH: Jambalaya 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge 1:00 Intro to Drawing/Cartooning	8:30 Ceramics 10:00 Director's Round Table 10:00 Storytelling Workshop 11:30 LUNCH: Chile Verde Pork Stew 12:30 Mexican Train 12:30 Chess 12:30 Thursday Quilters: Sit'n Sew 12:30 TRIP: Loveland Aquarium 4:00 Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 10:30 Grief Support 10:30 Ask a Nurse: Blood Pressure 11:30 LUNCH: Baked Chicken 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 Vital Aging: Boosting Memory
8:30 Advisory Board Meeting 9:00 Painting 9:15 Pinochle 10:00 Haircuts 10:30 TRIP: Tour of Murray 11:30 LUNCH: Salisbury Steak 12:30 Family History Workshop 12:45 Bingo 1:00 Bridge 1:00 Intro to Drawing/Cartooning	8:30 Ceramics 10:00 Director's Round Table 10:00 Storytelling Workshop 11:30 LUNCH: Baked Potato & Chili 12:30 Mexican Train 12:30 Chess 4:00 Senior Choir 7:00 Evening Social Dance	9:00 Tech Help (Ashton) 11:30 LUNCH: Chicken Fried Steak 12:00 Massage 12:45 Bingo 1:00 Bridge 1:00 Mind Over Matter Workshop

ARTS AND CRAFTS

Advanced Watercolors

Monday, January 5 through Monday, May 18

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

Cost is **\$117**. **Class is full.** *Space limited to 20.*

Instructor: John Fackrell

Concepts and techniques are taught at a level of an experienced watercolor painter.

Art Appreciation/Intermediate Watercolors

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 integrates intermediate watercolor techniques with an exploration of diverse artists and mediums. Participants will expand their skills through weekly assignments designed to be completed outside of scheduled class time.

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.

Join our friendly crafting circle to share skills and socialize. Newcomers are welcome—just bring your current project and ideas to work on in a collaborative setting.

Painting Class

Wednesday, January 14 through Wednesday, March 4

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

Cost is **\$40**. **Class is full.** *Space limited to 18.*

Instructor: Jeanette Morris

Jeanette, an experienced artist proficient in watercolors, oils, pastels, and acrylics, welcomes students of all experience levels to her classes.

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.*

Instructor: Clark Chamberlain

Build essential drawing foundations with a playful focus on cartooning techniques in this relaxed, supportive class. Perfect for beginners and experienced artists alike, you'll master line work, shading, and character creation while learning why a strong drawing is the vital starting point for every great painting.

Thursday Quilters

Thursday, January 8 (Class) and January 22 (Sit'n Sew)

12:30 PM - 2:30 PM

This is a **free** group.

Volunteer Leads: Barbara Reynolds and Diane Leary

Kick off 2026 by joining our January meeting! Julie will lead a specialized class on ergonomic exercises designed to protect your back, shoulders, neck, and hands while quilting. We are also launching our new Block of the Month program; come back on the fourth Thursday with your sewing machine to start stitching your first block.

MUSIC

Piano Lessons

Monday, January 5, 12, and 26 at 12:00 PM - 4:00 PM

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

Advanced appointments required.

Instructor: Ken Uy

There is no set curriculum for these sessions, so please bring any specific piece of music you would like to work on. Appointments are limited to one per person, per day.

Murray Senior Choir

Thursday, January 8, 15, 22, and 29

4:00 PM - 6:00 PM

Instructor: Ken Uy

The Jeannie Luke Choir at SRC welcomes new members. Brief audition – must be able to “carry a tune,” match pitches and have some vocal range. The main requirement is commitment to attend practices and being available for performances. See Ken for more info.

FUN AND GAMES

Donation based programs. The volunteer lead can answer questions about the game and will have the final say on 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 for Maceys or Village Inn. **THANK YOU** to *Village Inn* for donating pies each week.

Martin Luther King, Jr. Special Bingo
Friday, January 16

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 – 3:00 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 enjoy a classic favorite on the big screen.

Jan 5 – Casablanca (1942) – A timeless WWII romance where an American expatriate must choose between love and duty. (102 minutes)

Jan 12 – Singin' in the Rain (1952) – A joyful musical comedy about Hollywood's transition to sound, filled with iconic songs and dance numbers. (103 minutes)

Jan 26 – What's Up, Doc? (1972) – A chaotic, fast-paced screwball comedy where identical overnight bags spark hilarious mix-ups. (94 minutes)

Director's Round Table

Thursdays

10:00 AM – 11:00 AM

This is a **free** discussion.

Participate in a weekly open forum where Cory selects the topic for a fluid, unstructured discussion. All perspectives are welcome, provided everyone maintains an environment of mutual respect.

Evening Social Dance

Thursdays

7:00 PM – 9:30 PM

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

Enjoy an evening of dancing to the music of Tony Summerhays every Thursday night. During the intermission, guests can enjoy light refreshments and a chance to win a door prize.

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!!**

Bring your favorite beverage and settle in for good conversation, tasty treats, and all the cozy book-club vibes. **Next book:** *The Hundred-Year-Old Man Who Climbed out the Window and Disappeared* by Jonas Jonasson. (Available for free on Hoopla.)

SERVICES AND HEALTH

Massage

Tuesday, January 6, 13, and 27

Friday, January 9, 16, 23, and 30

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 must be made at least two working days prior to your appointment to be eligible for a refund. To ensure availability for all clients, individuals may register for only one session per calendar month. Note that 60-minute appointments consist of 50 minutes of treatment and 10 minutes for transitioning.

Haircuts

Wednesday, January 7, 14, 21, and 28

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, January 14

10:30 AM – 11:30 AM

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

Provided by: Dignity Home Health and Hospice

Legal Consultation

Tuesday, January 13

12:00 PM – 3:00 PM (30 minutes each)

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

Attorney: Donna Drown

The goal of our volunteer lawyers is to provide advice and referrals to help you navigate your legal issue. They are here solely to assist you and 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

Toenail Clipping

NEW PRICE

Friday, February 20

1:00 PM – 3:00 PM

Cost is **\$22**. Advanced appointments required.

Podiatrist: Dr. Zak Oddone

A special welcome to Zak Oddone, DPM, who has joined the Center to perform toenail clippings, following the departure of Dr. Shelton. Dr. Oddone is a board-qualified foot and ankle surgeon. Born and raised in Salt Lake City, Dr. Oddone is proud to serve his home community.

Spartan Closet / Murray Children's Pantry

Help support homeless students at Murray High School by dropping off donations in our lobby collection barrel. All contributions directly benefit the Spartan Closet and the Murray Children's Pantry. Donations of all kinds are always appreciated. www.murraychildrenspantry.org

January Donation Focus: Canned Food

(they do not take expired food)

Heritage Senior Adults, Inc.

Donations made to the Murray Senior Recreation Center support Heritage Senior Adults, Inc., a 501(c)(3) nonprofit that funds the Center's financial aid program. .

If you need **financial assistance** to participate in any Center program or meal service, please contact Cory Plant to learn more about our Financial Aid program.

Each time you use your rewards card at Smith's grocery stores, we receive donations through the **Smith's Inspiring Donations program**. The Center only earns money if you link your rewards card to the Heritage Center (QV480) organization code online.

PEARLS

PEARLS (Program to Encourage Active, Rewarding Lives) is a free program from Valley Behavioral Health designed to help adults 55+ reduce depression and improve their quality of life. This evidence-based initiative offers eight private, one-hour sessions at our Center over four to five months—no formal diagnosis required.

Ready to start? Email PEARLS@valleycares.com to schedule your first session, or learn more via Valley Behavioral Health.

TRIPS – TOURS – OUTINGS

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!*

Machu Picchu Virtual Reality Tour and Éclair French Pastry Bakery

Thursday, January 15

Trip Departure is 1:15 PM – Return is about 4:00 PM

Cost is **\$30 per person**; *food costs on your own.*

[Register now.](#)

Machu Picchu: Journey to the Lost City is a free-roam virtual reality experience that lets you walk through a stunning 4D reconstruction of the ancient Incan citadel. Using advanced VR technology, it offers an immersive, multi-user journey into Incan history, architecture, and culture. Move freely, interact with key landmarks, and explore the mysteries of Machu Picchu like never before. Explore sacred temples, vibrant plazas, and mythical landscapes brought to life through cinematic storytelling and cutting-edge technology. This isn't just a glimpse into the past—it's a portal.

Loveland Living Planet Aquarium

Thursday, January 22

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

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

Dive into adventure with us as we explore the Loveland Living Planet Aquarium! Meet incredible sea creatures, enjoy hands-on exhibits, and experience the wonder of underwater worlds—all in one unforgettable trip. Don't miss this fun and educational outing!

Tour of Murray and Museum and Lunch at Tea Rose

Wednesday, January 28

Trip Departure is 10:30 AM – Return is about 1:30 PM

Cost is **\$5 per person**; *food costs on your own.*

[Register now.](#)

Join us for a special behind-the-scenes look at Murray! Our very own director, Cory Plant, will lead a fun and informative tour around the city, sharing stories, history, and little gems you may not know. Afterward, we'll explore the Murray Museum to learn even more about the community's past and the people who shaped it. To top it off, we'll enjoy a delicious lunch at Murray's famous Tea Rose Café, known for its flavorful Thai dishes and warm, welcoming atmosphere. Come spend the day discovering, learning, and tasting the best of Murray!

Synchronicities Salt Cave with Breathwork and Visit Memo's Bakery

Thursday, February 5

Trip Departure is 1:15 PM – Return is about 4:00 PM

Cost is **\$30 per person**; *food costs on your own.*

[Register now.](#)

Join us for a relaxing and restorative outing as we unwind in the tranquil Synchronicities Salt Cave, complete with guided breath work to help you reset and rejuvenate. Afterward, we'll head to Memo's Bakery for a delicious treat and a sweet finish to a peaceful day. Come breathe, relax, and enjoy!

MEALS – SPECIAL EVENTS

Birthday Wednesday – January 7

Celebrate your birthday on the first Wednesday of the month! From **11:15 AM to 12:15 PM**, everyone can enjoy free cupcake and ice cream. If it's your birthday month, you could also win a free lunch—must be present to win.

Monday Brunch – January 26

On **Monday, January 26**, there will be brunch from **10:30 AM until 11:30 AM**. The cost is **\$6** for 55+ or **\$8** for those under 55.

JANUARY 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
 <p>Please bring your own containers to take home leftovers.</p> <p>Do your part to help our planet!!</p>			 <p>CLOSED</p>	ROAST PORK LOIN Sweet Potato Mash and Gravy Mixed Veggies Roll
NO LUNCH	PASTA AND MEAT SAUCE Bread Side Salad	ROAST TURKEY BREAST Stuffing and Gravy Green Beans Roll 	SMOTHERED GROUND BEEF BURRITO Rice and Beans	CHEF SALAD Soup of the Day Roll and Crackers
NO LUNCH	CHAR SIU (CHINESE BBQ PORK) Fried Rice Egg Roll Fortune Cookie	CREAMY SHRIMP ALFREDO AND PENNE PASTA French Bread Side Salad	BEEF POT ROAST Mashed Potatoes and Gravy Veggies Roll	FRIED CHICKEN Baked Beans Potato Salad Roll
 <p>CLOSED</p>	PULLED PORK ON HAMBURGER BUN Baked Beans Coleslaw	JAMBALAYA (RICE, SHRIMP, CHICKEN, ANDOUILLE SAUSAGE) Side Salad	CHILE VERDE PORK STEW WITH POTATO AND VEGGIES Side Salad Roll	BAKED CHICKEN AND LEMON PILAF Greek Side Salad Tzatziki Sauce Baklava
WAFFLE WITH STRAWBERRIES Bacon Scrambled Egg Milk and Juice Brunch is 10:30 – 11:30 	BACON CHEESE BURGER Chili Cheese Fries Side Salad	SALISBURY STEAK AND GRAVY Mashed Potatoes Steamed Veggies Roll	BAKED POTATO CHILI AND CHEESE TOPPINGS Side Salad	CHICKEN FRIED STEAK Mashed Potatoes and Gravy Steamed Veggies Roll