

Magna Kennecott

SENIOR CENTER



March 2023

Important Dates

Spring Boutique– Tuesday, March 28th 8:00-1:00

Magna is talented! Stop by the Magna Kennecott Senior Center to see what awesome things are locally made. *Open to the public*

Intergenerational Easter Egg Hunt- Friday April 7th

Join us at the Magna Kennecott Senior Center for an Intergenerational Easter Egg Hunt. Bring your grandkids! Ages 60+ at 11:00, ages 0-4 at 2:00, ages 5-12 at 2:15. Please bring a basket for the Easter Egg Hunt.

Upcoming Classes

Living with Chronic Pain– April 7th 9:00-11:30

Learn self-management techniques and skills needed in the day to day management of any type of chronic pain condition in this 6 week class. Effective with Caregivers.

Aging Mastery Program– April 11th 12:30-2:00

Learn how to navigate living longer in this 10 week class. Guest experts will teach you about sleep, exercise, healthy eating, relationships, finances, falls prevention, medication management & community engagement.

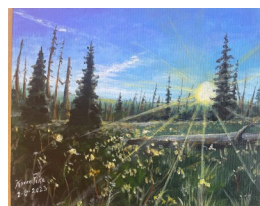
Make-and-Take Craft– March 17th 1:00-2:00

This festive gnome is sure to sham-rock your socks off! It's a simple, fun, and cute make-and-take craft. Please RSVP by March 3rd at the front desk, or call 385-468-3000. Let the shenanigans begin! \$2 suggested donation.



Follow Me Paint– March 22nd 8:00-9:00

This course is for beginner painters who are ready for more of a challenge than a typical Sip & Paint. This 3 week course will teach you how to paint a beautiful meadow in the early summer morning. Supplies provided, \$5 suggested donation.



Center Information

HOURS

Monday - Friday

7:00 AM - 4:00 PM

CONTACT

(385)468-3000

dlobato@slco.org

Manager: Dee Dee Lobato

Programs: Darcy Dockery

Office: Bertha Lopez

Kitchen: Corinne Campbell

Custodian: Elias Hicks

Driver: Becci Saxton

Driver: Eileen Manning

ADDRESS

9228 West 2700 South

Magna, Utah 84044

WEBSITE

slco.org/magna-kennecott



Monday	Tuesday	Wednesday	Thursday	Friday
Vital Aging	Open Counseling	1.	2. Dr. Seuss Day	3. Root Beer Float Day
March 10th 1:30-2:30 Vital Aging Wellness Class specifically designed to support seniors and to promote mental well being.	March 24th 1:30-2:30 Monthly open counseling sessions with Jesse (CMHC). Reserve a time slot to ensure your one-on-one session.	9:00 Painting w/Karen 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 12:30 Advancing Guitar 12:30 iPad Class 1:00 Pottery 1:00 U of U Exercise Class	9:30 Strength/Tai Chi Form 9:30 Arthritis Exercise 11:00 Yoga 11:00 Reading of "You're Only Old Once" by Dr. Seuss" Owen Edwards 11:30 Dine-In Lunch	10:00 Line Dancing 11:00 Dance Flow 11:00 Root Beer Floats 11:30 Dine-In Lunch 12:30 Bingo 1:00 Beginner 3D Art
6.	7. Birthday Tuesday	8.	9. I Have a Story	10.
11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Beginning Guitar 12:30 Kumihimo Beading 12:30 iPad Class 12:30 Afternoon Movie: The Pagemaster (1994, 75minutes)	9:00 Sew-N-Sews 9:30 Arthritis Exercise 11:00 Entertainment Larry Turner 11:30 Dine-In Lunch 12:00 Strength/Tai Chi Form 12:30 Leather Craft	9:00 Painting w/Karen 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 12:30 Advancing Guitar 12:30 iPad Class 1:00 Pottery	9:30 Strength/Tai Chi Form 9:30 Arthritis Exercise 11:00 Yoga 11:30 Dine-In Lunch 1:00 Pottery	10:00 Line Dancing 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 1:30 Vital Aging 1:00 Beginner 3D Art
Spring Break– U of U Classes will resume on 2.13. Thank you for your understanding				
13.	14. Pie Day 3.14	15.	16.	17.
9:30 Men's Shed 11:00 Dance Flow 11:30 Dine-in Lunch 12:30 Beginning Guitar 12:30 Kumihimo Beading 12:30 iPad Class 12:30 Afternoon Movie: Rundown (2003, 1 hour 45minutes) 1:00 U of U Exercise class	9:00 Sew-N-Sews 9:30 Arthritis Exercise 11:00 Pie Day Party 11:30 Dine-In Lunch 12:00 Strength/Tai Chi Form 12:30 Leather Craft	8:00 Sip & Paint 9:00 Painting w/Karen 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 12:30 Advancing Guitar 12:30 iPad Class 1:00 Pottery 1:00 U of U Exercise Class	9:30 Strength/Tai Chi Form 9:30 Arthritis Exercise 11:00 Yoga 11:30 Dine-in Lunch 12:30 Social Coloring 1:00 Pottery 1:30 Utah Food Bank	10:00 Line Dancing 11:00 Dance Flow 11:00 Entertainment B.D. Howes 11:30 Holiday Meal 12:30 St. Patrick's Day Bingo 1:00 Beginner 3D Art 1:00 Make-and-Take Craft
20.	21. World Poetry Day	22. Goof Off Day	23.	24.
11:00 Dance Flow 11:30 Dine-in Lunch 12:30 Beginning Guitar 12:30 Kumihimo Beading 12:30 iPad Class 12:30 Afternoon Movie: Australia (2008, 165minutes) 1:00 U of U Exercise Class	9:00 Sew-N-Sews 9:30 She Shed 9:30 Arthritis Exercise 10:30 Poetry Readings 11:30 Dine-In Lunch 12:00 Strength/Tai Chi Form 12:30 Leather Craft	8:00 Follow Me Paint 8:30 Pancake Breakfast 9:00 Painting w/Karen 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 12:30 Advancing Guitar 12:30 iPad Class 1:00 Pottery 1:00 U of U Exercise Class	9:30 Strength/Tai Chi Form 9:30 Arthritis Exercise 11:00 Yoga 11:30 Dine-in Lunch 1:00 Pottery REMINDER! Sign up for Living with Chronic Pain and Aging Mastery workshops.	10:00 Line Dancing 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 1:00 Beginner 3D Art 1:30 Open Counselling w/ Jesse CMHC
27.	28. Spring Boutique	29.	30. Virtual Vacation Day	31.
11:00 Dance Flow 11:30 Dine-in Lunch 12:30 Beginning Guitar 12:30 Kumihimo Beading 12:30 iPad Class 12:30 Afternoon Movie: 27 Dresses (2008, 111 minutes) 1:00 U of U Exercise Class 2:00 Salvation Army	8:00 Spring Boutique 9:00 Sew-N-Sews 9:30 Arthritis Exercise 11:30 Dine-In Lunch 12:00 Strength/Tai Chi Form 12:30 Leather Craft	8:00 Follow Me Paint 9:00 Painting w/Karen 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 12:30 Advancing Guitar 12:30 iPad Class 1:00 Pottery 1:00 U of U Exercise Class	9:30 Strength/Tai Chi Form 9:30 Arthritis Exercise 11:00 Yoga 11:30 Dine-in Lunch 1:00 Pottery Rummage Sale– Saturday April 15th 8:00-2:00 *Open to Public* Lunch from 11:30-12:30 \$4 for a hot dog, chips, and drink!	10:00 Line Dancing 11:00 Dance Flow 11:30 Dine-In Lunch 12:30 Bingo 1:00 Beginner 3D Art
Classes/Activities offered once a month	New Class	One Time Event	Health Promotion Evidence Based	