



Center Hours

Monday through Friday
8:00 a.m.—5:00 p.m.

Transportation Available

Monday through Friday

Lunch at 12:00 noon

Reservations 24 hours in advance. Alternate meal available daily.

Suggested donation \$2.50
Under 60 fee of \$5.25

Center Staff

Nancy Freeman
Center Supervisor

Lisa Butterfield
Program Assistant

Grace Wickham
Secretary

Katerina Seumanu
Meal Aide

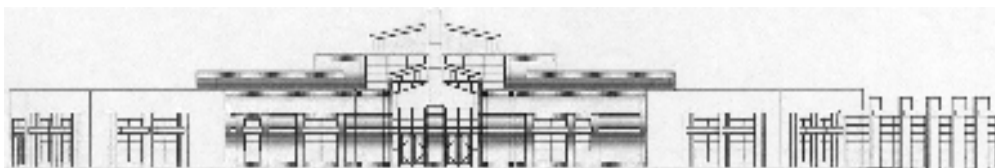
Dal Jorgenson
Meal Aide

David Frederick
Kitchen Aide

Leonard Wright
Custodian

Roger Davis
Computer

Tomas Muir & Ted Itami
Van Drivers



WEST JORDAN SENIOR CENTER

8025 South 2200 West—West Jordan—801-561-7320

www.westjordanseniorcenter.com

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Welcome 2012! Watch for new changes in the center. Check out the newly recovered pool tables back in the pool room. They look sharp. Coming very soon is a big screen television. Our first Movie Tuesday is scheduled for January 17 at 10:00 a.m. Enjoy watching the movie “The Help” complete with snacks.

Volunteer Opportunities:

If you have some free time to volunteer at the center we are in need of volunteers in several areas. We are looking for kitchen help, front desk help and volunteers to drive for Meals on Wheels. If you have a few hours to spare please contact Lisa or Nancy to get signed up.

Democracy Day at the State Capitol: Monday January 30, 2012 from 8:00 a.m. to 1:00 p.m. If you have ever wanted to learn more about the political process, meet your legislatures or tour the capitol, register now for Democracy Day 2012. Special events this year include a mock debate between the Chairmen on Utah’s major political parties, and a keynote speech from Kirk L. Jowers, Director of the University of Utah’s Hinckley Institute of Politics. Admission is free, includes lunch, but space is limited so please register early! For more information and to register call 801-433-3025 or visit: www.caputah.org.

Senior Day at the Legislature is coming on Wednesday, February 1 at the State Capitol. Make your voice heard! More details to follow later.

Advisory Council Elections are coming this month. Election week is January 23 to January 27. Make sure you come in and vote for the people you want to represent you for next year. Last year’s council did a fabulous job and we thank them for all their hard work.

Special Events

Center Closures: The Center is closed on Monday, January 2 for New Year's Day and Monday, January 16 for Human Rights Day. The Center is closing early on Thursday, January 19 at 2:00 p.m. so the staff can attend a meeting.

Entertainment by Kara Lynn Roundy: Join us on Tuesday, January 3 at 11:00 a.m. to enjoy the music of Kara Lynn Roundy.

Self Esteem: How do you view yourself? Discover or rediscover your personal sources for well-being. Our journey will be in the cultivation of self strengthening beliefs as well as how to create an optimistic view of self in meeting life events and challenges. Setting unique personal goals will be created as part of the workshop. Join us for these interactive workshops held on Thursdays beginning January 5, 2012 and continuing through February 23 at 11:00 a.m.

Birthday Monday: Join us on Monday, January 9 at for lunch to celebrate all January Birthdays. Everyone with a January birthday receives lunch free that day compliments of our Advisory Council. Make your reservations early.

Project Linus Quilting: Tuesday, January 10 at 10:00 a.m. Please join us for an hour or just a few minutes if that's all you can spare to help us tie quilts to donate to Project Linus.

Line Dancing: The time for our Line dancing Class changes beginning Monday, January 9 the Beginning Class starts at 9:30 a.m. and the Intermediate class starts at 10:30 a.m.

Change Your Luck Give Away: Join us on Friday the 13th of January for a

Baked Goods Giveaway. This might be your lucky day! Everyone eating lunch will receive a ticket for a Baked Goods Drawing.

AARP Driver Safety: Wednesday, January 18 at 12:30 p.m. Become a safer driver and save money on your car insurance. \$12.00 AARP members and \$14.00 for non-members. Please sign up in advance.

Chase Away The Winter Blues: Tuesday, January 24 at 11:00 a.m. We will have some fun games and prizes to help get you out of the house and enjoy some time at the center. Make sure to sign up for our Meatloaf lunch that day. Stay after and enjoy Bingo with prizes sponsored by Memorial Mortuaries.



Does Health Effect Your Wealth? On Tuesday, January 31st at 11:00AM, we will have a presentation on "Will Your Health Effect Your Wealth", presented by Cliff and Sue Billingslea, with the Retirement Information Group. This presentation will show you ways that you can protect your assets in the event of an emergency or illness. There are several ways that can be used, but there are new ways that are very exciting. In addition, you will learn about new tax laws that effect Seniors, ways that you can insure your 401k and IRAs against loss, and new information about Medicare that you need to know.

Glycerin Soap Making: Friday, Feb 3 at 1:00 p.m.

Beginning Block of the Month: A new Block of the Month Class begins Tuesday, February 21 at 2:00 p.m. Sign up at the desk. Class taught by Diana Jones. This year is the Celebration Sampler.