

MT. OLYMPUS SENIOR CENTER July 2026

Conversational Spanish

Wednesdays & Fridays | 10:30 AM-12:30PM

Hola! cómo estás? Learn conversational Spanish from a native speaker! Practice real-life dialogue, build practical vocabulary and get comfortable expressing yourself in everyday situations. Its all about communication, connection, and having fun while your fluency grows.

Fraud and Scam Prevention

Wednesdays July 29th | 11:30 AM

Scams are getting more sophisticated, and seniors are often in the crosshairs. In this presentation we will talk about today's most common scams, how to recognize them, and how to protect yourself.

JOIN US FOR LUNCH!

M-F | 11:30am-12:15pm | *Suggested Donation of \$4.00*

First come, first served.

BIRTHDAY TUESDAY

Second Tuesday of the month at 11:30AM

Come celebrate your birthday, eat lunch, and get a tasty birthday treat.
Featuring Band in a Can– Frank Shaw.

TRANSPORTATION

Rides to and from the senior center are available Monday-Friday.
Pre-registration is required. Contact the front desk to learn more!

CENTER INFORMATION

HOURS

Monday - Friday
7:00AM - 4:00PM

CONTACT

385.468.3130

STAFF

Manager: Isabel Dominguez
Programs: Darcy Dockery
Office: Cindy Riggs
Kitchen: Maryann Miller
Custodian: Jason Hill
Driver: Lester Widener

ADDRESS

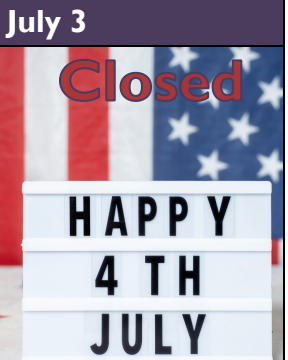
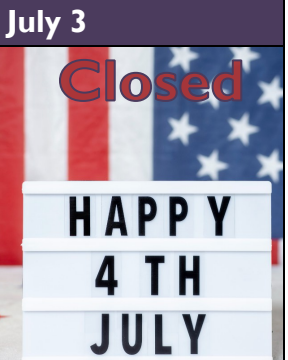
1635 E Murray Holladay Road,
Millcreek, UT 84117

WEBSITE

saltlakecounty.gov/aging-adult-services/



SL
**SALT LAKE
COUNTY**
**AGING & ADULT
SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
	Happy Pioneer Day 	July 1 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:30...Vital Aging 10:30...Painting for Pleasure 11:30...Lunch 12:00...Table Games 12:30...Coloring Club 12:15...Bingo 1:45...Table Tennis	July 2 8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...The Senior Connection 11:00...Get U Moving 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:00...Mahjong 1:45...Table Tennis	July 3 
July 6 7:30...EnhanceFitness* 8:45...EnhanceFitness* 9:00...Chair Yoga 10:00...AFEP* 11:00...Balance & Fall Prevention 11:30...Cornhole Game 11:30...Lunch 12:00...Duplicate Bridge 12:15...Bingo 1:00...Knitting 1:00...Card Games	July 7 8:30...Tai Chi 9:00...Dance & Mindfulness Practices 10:00...Line Dancing 10:30...Stretch Yoga 11:00...Get U Moving 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	July 8 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:30...Painting for Pleasure 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 12:00...Ice Cream Social 12:15...Bingo 12:30...Coloring Club 1:45...Table Tennis	July 9 8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...The Senior Connection 11:00...Get U Moving 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:00...AAUW Book Group* 1:30...Mahjong 1:45...Table Tennis	July 10 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:00...Intro to Social Dance 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dance 12:30...Party Bridge
July 13 7:30...EnhanceFitness* 8:45...EnhanceFitness* 9:00...Chair Yoga 10:00...AFEP* 11:00...Balance & Fall Prevention 11:30...Cornhole Game 11:30...Lunch 12:00...Duplicate Bridge 12:15...Bingo 1:00...Knitting	July 14 8:30...Tai Chi 8:30...Pancake Breakfast 10:00...Line Dancing 10:30...Stretch Yoga 11:00...Get U Moving 11:30...Birthday Tuesday Lunch/Band in a Can - Frank Shaw 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	July 15 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:30...Vital Aging 10:30...Painting for Pleasure 11:30...Lunch 12:00...Table Games 12:15...Bingo 12:30...Coloring Club 1:45...Table Tennis	July 16 8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...The Senior Connection 11:00...Get U Moving 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:30...Mahjong 1:45...Table Tennis	July 17 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:00...Intro to Social Dance 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dance 12:30...Party Bridge
July 20 7:30...EnhanceFitness* 8:45...EnhanceFitness* 9:00...Chair Yoga 10:00...AFEP* 11:00...Balance & Fall Prevention 11:30...Cornhole Game 11:30...Lunch 12:00...Duplicate Bridge 12:15...Bingo 12:30...Bridge 1:00...Knitting	July 21 8:30...Tai Chi 9:00...Dance & Mindfulness Practices 10:00...Line Dancing 10:30...Stretch Yoga 11:00...Get U Moving 11:30...Lunch/Piano by Maureen 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	July 22 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:30...Painting for Pleasure 11:30...Lunch 12:00...Table Games 12:15...Bingo 12:30...Coloring Club 1:45...Table Tennis	July 23 8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...The Senior Connection 11:00...Get U Moving 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:30...Mahjong 1:45...Table Tennis	July 24  Pioneer Day Center Closed
July 27 7:30...EnhanceFitness* 8:45...EnhanceFitness* 9:00...Chair Yoga 10:00...AFEP* 11:00...Balance & Fall Prevention 11:30...Cornhole Game 11:30...Lunch 12:00...Duplicate Bridge 12:15...Bingo 1:00...Knitting	July 28 8:30...Tai Chi 9:00...Dance & Mindfulness Practices 10:00...Line Dancing 10:30...Stretch Yoga 11:30...Lunch/Piano by Maureen 12:00...Table Games 12:30...Chair Tai Chi 12:30...Current Events 1:45...Table Tennis	July 29 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:30...Painting for Pleasure 11:30...Lunch 12:00...Table Games 12:15...Bingo 12:30...Coloring Club 1:45...Table Tennis	July 30 8:30...Tai Chi 9:00...Pinochle 9:45...Mat Strength Yoga 10:00...Line Dancing 10:30...The Senior Connection 11:30...Lunch 12:00...Table Games 12:30...Chair Tai Chi 1:30...Mahjong 1:45...Table Tennis	July 31 7:30...EnhanceFitness* 8:00...Strength Training 8:45...EnhanceFitness* 9:00...Ballet 10:00...AFEP* 10:00...Conversational Spanish 10:00...Intro to Social Dance 11:30...Lunch 12:00...Table Games 12:00...Duplicate Bridge 12:30...Canasta 12:30...Social Dance 12:30...Party Bridge