



FARR WEST SENIOR CENTER

1896 N 1800 W
801-782-3497
Jean Branch, Director
January 2018

HOURS ARE:

Mondays – 8 am – 2 pm
Tuesdays – 8 am – 1 pm
Wednesdays – 8 am – 1 pm
Thursdays – 8 am – 12 noon
Bingo is every Monday at noon

ACTIVITIES

- ❖ **Power Walking Exercise** – 8:30 am
Mondays Tuesdays Thursdays
- ❖ **Quilting** – 9:00 am
 - Mondays –
- ❖ >>> **Come quilt with us!** – no charge. Or if you want us to do it for you, come in for a consultation. Also, if you have cotton fabric to donate for charity quilts, we'd be very grateful.
- ❖ **Lunch** – 11:30 am
 - Mondays only –
- ❖ **Bingo** – 12 noon - \$1.00 per card
 - Mondays Great Prizes!
- ❖ **Wii Bowling** – 10:30 am
 - Tuesdays –

CRAFTS

- ❖ **Stained Glass Class** – 9:00 am
Wednesdays – January 3, 10, 17, 24, 31
- ❖ **Ceramics** – 9:00 am to noon – Sign up
EVERY Wednesday in January
See **Shirley Alatsas** for any questions
- ❖ **Wood Creations** – 1:00 pm
Wednesday, - Open projects
- ❖ **Wood Working** – The woodshop is open! Available
equipment includes: table saw, scroll saw, miter
saw, drill press, router, spindle sander, belt sander...
everything you need for small wood projects.

THEATRE GROOP

Terrace Plaza Playhouse

“THOROUGHLY MODERN MILLIE”

HAPPY FEBRUARY Birthdays

Elaine Jensen
Chuck Massey
Sydney Massey
Carol Southworth

Playhouse tickets (Cont.)

See the Sign-Up Sheet at the Center.

Purchase before Feb 22 \$13; After that they
are going up to \$16

THIRD WEDNESDAY

February 21 5 PM

Dinner furnished by Barrington Place

Entertainment by

Farr West Barbershop Quartet

Sign-Up Sheet on the table

movie night

February 27 @ 6 PM

“Hidden Figures”

clinics

Balance and Falls Presentation Frank Romney, Physical Therapist 11 am

Happy Feet Foot Clinic – Second Monday of every month at 9:00 am with **Kathy and Roberta**. You will need to sign-up.

Blood pressure, oxygen, heart-rate and respiration – Second Monday of every month at 10:00 am with **Alena**, from **Brighton Home Health**.

EXERCISE EQUIPMENT

A Farr West Resident Senior's Discount/Lifetime Membership is just \$7.50. Get your key at the Rec Center. You'll have full access to the workout room, bicycles, treadmills, and weights. Mick Holmes will give you some basic training. Rec Center phone is 801-409-0077.

PICKLE BALL OPEN PLAY

At the Recreation Center – 1896 N 1800 W in Farr West. Admission for Open Play is \$2.00. Punch passes are available. Farr West residents can get a Senior Lifetime Membership for \$7.50; no other fee. Bring your own paddle. Rec Center phone number is **801-409-0077**.

notices

1. Be sure to check out all the great activity listings on the table. There are lots of things to see and do, and most are free!
2. If you would like to receive the Farr West Senior Center **Newsletters by email**, please give your email address to Jean, and they will come to you directly, until you tell her otherwise.

SPECIAL NOTICE

Your Emergency Contacts – Please make sure your Emergency Contact Phone Numbers, on your Membership Card, are current. If we don't have a good phone number, the call would be *futile!*

Please see Jean Branch ASAP! A card is needed for each and every one who attends Farr West Senior Center activities.

Free classes

Classes offered at the Roy Library for:
"Gentle Movements" Tuesdays at 10:30 am
"Tai Chi" Saturdays at 10:00 am
You might try this until we find an instructor.

LIBRARY

Our library is *overflowing* with wonderful items, and our librarian needs to give stuff away. Videos will be set out on the table, so first-come/first-served. Please come take what you'd like, and share it with others as you wish. More items will follow, so watch this space...

MONDAY LUNCH MENU'S

Served every Monday at 11:30 am
*Cost is \$3.00 – **Sign up** is needed*
Take-outs are available after all are served.

February 5

Teriyaki Cube Steak

Fried Rice
Buttered Corn
Tomato Wedges/French Dressing
Peach Pie
Whole Wheat Roll

February 12

Chicken Strips and Ranch Dip

Candied Sweet Potatoes
Zucchini and Yellow Squash
Cucumber & Tomato w/ Dressing
Lemon Cream Fruit Cup
Dinner Roll

February 19

CLOSED FOR PRESIDENTS' DAY

February 26

Smothered Cube Steak

Whipped Potatoes and Gravy
Cauliflower/Bacon/Diced Red Peppers
Tossed Salad/Mandarin Oranges & Dressing
Chocolate Chip Cookie
Whole Wheat Roll