



FARR WEST SENIOR CENTER

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

1896 N 1800 W
801-782-3497
Jean Branch, Director
DECEMBER 2017

NOTE: The Farr West Senior Center will be CLOSED December 25th through January 1st

HAPPY December BIRTHDAYS

Donna Cody Albert Eakins
Ilene Gill Nita Ortiz
Maul Merlin Edwin Rowe
Clenn Talbot

ACTIVITIES

- ❖ **Power Walking Exercise** – 8:30 am
Mondays – December 4, 11, 18
Tuesdays – December 5, 12, 19
Thursdays – December 7, 14, 21
- ❖ **Quilting** – 9:00 am
Mondays – December 4, 11, 18
>>> 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 – December 4, 11, 18
- ❖ **Bingo** – 12 noon - \$1.00 per card
Mondays – December 4, 11, 18 Great Prizes!
- ❖ **Wii Bowling** – 10:30 am
Tuesdays – November 7, 14, 21, 28



Christmas DINNER & Sing-a-long

Wednesday evening – December 6th at 5:00 pm
The **City Council** will provide us a Turkey Brisket dinner, during which **Terry Hellstrom** will play the piano. Afterward, he'll lead us in a Christmas Sing-a-Long. A great way to begin this joyful season!

movie night

Tuesday, December 19th at 5:00 pm
"National Lampoon's Christmas Vacation"

CLINICS

- ❖ **Stained Glass Class** – 9:00 am
Wednesdays – December 6, 13, 20
- ❖ **Ceramics** – 9:00 am to noon – Sign up
EVERY Wednesday, December 6, 13, 20
See **Shirley Alatsas** for any questions
- ❖ **Wood Creations** – 1:00 pm
Wednesday, December 6th - 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.

Foot Clinic – Now is **Second** Monday of every month at 8:30 am, with **Kathy Mumma**, Pedicurist, beginning **November 13**. You will need to sign-up. **Marie Richans** has left due to back problems. We wish her the best and thank her for the years of service she has provided. Kathy has her own business, called "Happy Feet."

Blood pressure, oxygen, heart-rate and respiration – **Second** (*note change*) 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 \$7.00. 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 \$7.00; no other fee. Bring your own paddle. Rec Center phone number is **801-409-0077**.

notice's

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.

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

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.

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.

December 4

Pulled Pork Sandwich
Crispy Cube Potatoes
Harvard Beets
Carrifruit Salad
Chilled Pineapple
Bun

December 11

Beef Enchilada
Black Beans
Spinach with Lemon
Shredded Lettuce with Diced
Tomatoes & Hard Boiled Egg
Holiday Fruit Cup
Cornmeal Roll

December 18

Brunswick Stew
Whole Potatoes
Mexican Bean Salad
Tapioca Pudding with Fruit
Buttermilk Biscuit
Candy Cane

FREE LEGAL ADVICE

This welcome service went well in October, and will be scheduled again in January. See sign-up sheet.

THEATRE GROOP

Join our Theatre Group for the Terrace Plaza Playhouse. The 2018 seasons starts with "Forever Plaid" – December 30th to February 10th. See the Sign-Up Sheet at the Center.

