



March Birthday's



Sharlene Cornaby
Brenda Baker
Lorraine Baker

March 2nd
March 16th
March 19th

Rose Ann Ritchie
Karen Larsen
Masako Leu

March 20th
March 22nd
March 22nd

Important Information

- We offer a free shuttle service to and from Senior Lunch on Tuesday's & Thursday's. This service is for Salem Seniors who need transportation to lunch. Please call the Recreation Office to be added to our shuttle route. 801-423-1035.
- Senior Day Trip March 27th - Manti Temple Open House. Seats fill quickly! Get yours before they are gone!
- Daylight Savings is March 10th. Don't forget to adjust your clock!
- Free Senior Fitness Classes: Tuesdays @9:30am– Strength Training with Talia. Thursdays @9:30am - Strength Training with Jen. All classes are held at the Salem Activity Center, please join us!

Senior Day Trips:

We host one senior day trip per month.

Day trips are announced at senior lunch as soon as the information has been finalized.

We will also post the information that same day on our website

<http://www.salemcity.org/senior-citizen.htm> and our social media pages.

Instagram (Salem City Recreation) and Facebook (Salem Recreation).

Information will be posted along with the date and time that registration will open.

It will be a quick turnaround; we suggest you check these sources often.

You can register in person or over the phone by calling 801-423-1035.

Due to the popularity of day trips, we do not take a waitlist prior to the date registration opens.

If you have purchased a ticket and are no longer able to attend, you are responsible for selling your ticket.

We may have a list of people wanting to go, but the transaction will be between the two parties. Just give the updated info to the front desk once you have worked it out.

Once the shuttle is full, we will allow some to sign up and follow us in your own vehicle. **YOU MUST REGISTER TO DO THIS SO WE CAN PLAN ACCORDINGLY!** There may or may not be a cost for this depending on the activity.