

Salt Lake County
Aging & Adult
Services
OUR MISSION:
*Promoting independence
through advocacy, en-
gagement and access to
resources.*

Draper Senior Center

OCTOBER 2018

Draper Senior Center
1148 E. Pioneer Rd.
Draper, Utah 84020
(385) 468-3330
TTY call 711

Center Hours:
Monday-Friday
7:00am-5:00pm
Saturdays
8:00am-12:00 noon

Free Transportation
available for Draper
Residents
Call for reservations

Retail Breakfast
Monday thru Friday
8:00am-10:00am
Lunch
Monday thru Friday
11:30am-1:00pm
Suggested Donation
\$4.00 (60+)
Retail \$3.95 + tax
59 & younger

Center Staff
Cyndi McCarty
Manager
Karen Smith
Program Coordinator
Lisa Campbell
Office Specialist
FeliAnne Hipol
Asst. Office Specialist
David Lopez
Maintenance
Leticia Avila
Center Chef
Jerry Pearson
Chuck Bradley
Transportation

On-line Calendar:
sloco.org/Draper

 **SALT LAKE COUNTY**
AGING & ADULT SERVICES
Accredited by 
National Institute of
Senior Centers

TUESDAY, OCTOBER 2nd-CENTER CLOSSES AT 1:00
LUNCH SERVED FROM 11:30-12:30

SPECIAL EVENTS

October 3 @ 10:00 **Candidates Day**
Meet, greet, and listen to the platforms of the candidates. There will be time after for questions and to chat with the candidates.

October 4 & 5 @ 9:00am-7:00pm **Senior Expo**
Lots of senior activities and health screenings held at the South Towne Expo Center. Get answers, attend classes and explore activities. Free

October 11 & 12 @ 10:00 **DSC Advisory Council Boutique**
One man's junk is another man's treasure! Come find your treasures during this 2-day fundraiser for the Center. Donations accepted on October 10th.

October 18 @ 11:30 **Breast Cancer Awareness Day**
Breast Cancer is still tearing apart the lives of families and taking the lives of the women we love on a heartbreaking scale. Wear **PINK** today to show support for those women and families and for being rid of cancer forever. Great entertainment at 11:30 to honor the day.

October 24 @ 10:00 **Soap Making**
Get ready for holiday gifts by making fragrant soap bars for \$10 per pan/ 8 bars per pan.

October 26 @ 10:30 **Mosquito Education**
Dan McBride from West Nile Services will educate seniors about mosquitos and what they should be aware of concerning these pesky insects.

October 30 @ 12:30-3:00 **Eyeglass Cleaning**
As a humanitarian project, The Wasatch Women's Organization will be cleaning eyeglasses for a service to seniors.

October 31 @ 10:00 **Halloween Costume Party**
Sponsored by the DSC Advisory Council, wear your spookiest Halloween costume, see if you can win a prize and enjoy fun & refreshments.

HEALTH and WELLNESS CLASSES

October 4 @ 9:30 **Health Screenings**
Westminster Nursing Students will offer BP/BS Testing, Balance/Vision Testing, and Artery Disease Testing.

October 17 @ 9:30 **Health Screenings**
Utah Valley University Nursing Students will offer various health screenings.

October 22 @ 10:30 **Senior Health: Pain Management**
Roland Fitts, Honeybee Market Pharmacist, will offer tips on bringing pain under control.

October 26 @ 10:00 **Adjusting to Changes & Losses**
Transition brings about changes. Discover your talents and strengths.

ENTERTAINMENT

October 18 @ 11:30 **Mixed Nuts**
Brought to us by Heart & Soul, Mixed Nuts will help us honor Breast Cancer Awareness Day with music to lift spirits and bring smiles to faces.



ACTIVITY/ CLASS	INSTRUCTOR	DAY	TIME	DESCRIPTION
Acrylic Painting	Leo Platero	Tuesdays	1:00	Bring out your creativity when using acrylics to paint a favorite picture.
Advisory Council	Donald Hafen/President	1 st Wednesday	1:00	This meeting is open to everyone – new ideas welcome!
Ballet	Ballet West/Trisha Wilstead	Thursdays	9:00	Beginning ballet for guys and gals.
Ballroom Dance	Bill Johnson & Carolyn Milne	Mondays Wednesdays	10:30 10:30	Learn various social dances with set moves put together with some terrific dance music.
Bingo	Assisted Living of Draper Draper Rehab	1 st Friday 3 rd Friday	11:00 11:00	Be the first person to yell “Bingo” and win a prize – maybe even the black-out prize!
BP/BS Testing	Draper Rehab	3 rd Friday	10:00	Have your blood sugar and blood pressure tested.
Bridge	Chuck Wright	Tuesdays Thursdays	12:30	Tuesdays – Duplicate Bridge Thursdays – Duplicate Bridge
Bunco	Lisa Campbell	3 rd Monday	2:00	A popular game played in teams with dice and a whole lot of luck!
Canasta	Helen Fitzgerald	Mondays	12:30	A card game where you try to be the first player to get the most points.
Chair Yoga	Mary Gist	Mondays	10:00	Chair yoga is a gentle form of yoga that is practiced sitting in a chair.
Chess	Open Play	Mondays	2:00	Can you check-mate your partner first? In-door and out-door game.
Clay Class (Pottery)	Lorraine Kuraitis	Thursdays	10:00	Make a cup on the pottery wheel, hand build a sculpture, make coil pots & bowls, or make beads for jewelry – beginners to advanced.
Cognasium	Wentworth Senior Living/ Kara Melvin	1 st & 2 nd Wednesdays	9:00	Gym for the brain – activities that help your brain stay active & alert.
Creating with Clay	Bob Reed	Fridays	10:00	For Beginners to Intermediates – come learn all aspects of clay, get your fingers into it, and “throw a pot”!
Cribbage	Open Play	Fridays	10:00	A fun card game with the objective to play your cards so that the value of one’s cards reaches exactly 15 or 31.
Dominoes Mexican Train	Larry Engel	Tuesdays Wednesdays	12:30 12:30	The aim of Mexican Train Dominoes is for a player to play all his/her dominoes on one or more chains (trains) before other players.
Drums Alive	Victoria Dyatt Yolanda Brown	Fridays Saturdays	11:00 9:00	An energetic class that is unique and different from every other workout you’ve ever tried before involving exercise balls & drum sticks.
Enhance Fitness	SLCO Aging & Adult Services	M, W & F	12:30	Moderate to high level exercise workout incorporating warm-up, cardio, weight strengthening, and stretching.
Euchre	Vern Rosenstiel	Tuesdays & Thursdays	9:00	A trick-taking card game most commonly played with 4 people in 2 partnerships. Beginning Euchre lessons available upon request.
Flamenco Dance	Katie Sheen Abbott/ Flamenco del Lago	Tuesdays	11:30	Cover the basics of this Spanish artistry – footwork, body placement and choreography.
Guitar Lessons	Brent Wilde	Mondays	1:00	Guitar for all levels – learn fun songs with an opportunity to perform.
Hand & Foot	Open Play	Thursdays	1:00	A card game played with 2 to 6 players either individually or as teams with the objective to be the first ones out of all cards.
Legal Advice	Tim Williams	2 nd Friday	11:00+	Obtain free legal expertise from our Center attorney.
Line Dancing	Miyako Uehara	Saturdays	10:45	Learn fun, easy line dances while getting a great workout!
Mahjongg Mahjongg	Anne Labelle Wasatch Women	M, TH F (every other)	12:30 1:30	Played by 4 people with 144 domino-like tiles with the aim of collecting sets of tiles based on the face of each tile.
Massages	Christine Ouellette	T & TH	10:00+	15 minute chair or table massage – please make an appointment.

Minding Motion	JuanCarlos Claudio	Mondays	9:00	This is a preventative, regenerative and transformative creative movement program that targets issues related to aging.
Personal Pottery Personal Painting		Saturdays	9:00	Bring your personal projects to work on – no instruction.
Pickleball (Out-Door)	Seasonal	Monday-Friday Saturdays	8:00-5:00 8:00-12:00	The latest "senior craze": a combination of tennis, paddleball, badminton, and ping pong played on a smaller version tennis court with an over-sized paddleball paddle and a whiffle ball.
Pickleball (In-Door)	Open Play	Tuesdays Thursdays	1:00-5:00 1:00-5:00	
Ping Pong	Open Play	M, W & F	2:00	Come and try out your skills in a friendly game of ping pong – no pressure & no stress – just fun, fun, fun!
Pinochle	George & Yetta Katsos	Thursdays	12:30	The goal of this card game is to win tricks, meld combinations, and get the highest points.
Podiatrist	Scott Shelton	Every Other 4 th TH	10:00+	Toenail cutting – please make an appointment.
Red Hat Society	Lynn Bench	1 st Wednesday	1:00	Make new friends and discover the joy of getting together with other women for the express purpose of having fun!
Senior Health	Roland Fitts/Pharmacist	3 rd Monday	10:30	A different topic presented each month related to senior health issues.
Social Bridge	Open Play	Wednesdays	12:30	Visit, laugh and talk story while playing this trick-taking card game.
Social Sewing	Anne Denk	1 st Tuesday	1:00	A group of women getting together for service projects and personal projects – a time to talk, laugh and sew!
Tai chi	Vicki Arcado	Thursdays	11:30	Tai chi is a form of moving meditation that can increase awareness and cultivate a calm mind.
Texas Hold 'Em	Larry Engel Larry Cockrell	Wednesdays Fridays	8:30 12:30	Basic introduction, intermediate and advanced variation of poker.
Vital Aging Project	Valley Behavioral Health	4 th Friday	10:00	This class will cover maintaining a healthy mind, body, and soul.
Wood Carving	Glen Rolfson	Tuesdays	9:00	Learn the basic techniques of wood carving.
Yoga (floor)	Mary Gist Mary Gist Karen Walker	Wednesdays Fridays Saturdays	10:00 9:30 10:15	This fitness class is designed for seniors who are desirous to experience renewed health and increased vitality of body and mind.
Young at Heart Book Club	Linda Gee/Draper Library	2 nd Monday	12:00	In partnership with the Draper Library, this group of active readers chooses books that grandchildren/great grandchildren are reading and get together to critique the books.
Zumba	Nicka Hiramoto Nicka Hiramoto Victoria Dyatt	Tuesdays Thursdays Fridays	10:00 10:00 10:00	A dance exercise class performed to lively Latin salsa music! Can be modified to Chair Zumba, as well.