

**SERVICES AVAILABLE**

Legal Services  
Tim Williams  
2nd Friday

Podiatrist  
Dr. Scott Shelton  
Every other  
4th Wednesday

Massages  
Christine Libbey  
Tuesdays & Thursdays  
10:00-2:00



**MEET OUR DRAPER SENIOR CENTER VOLUNTEERS  
Canyons Transition Academy**

Have you had the opportunity to say hello to Erin, Maddie and Elijah? They are students from Canyons Transition Academy, and they volunteer Thursday mornings at the Center. Students clean tables and help patrons prepare a seasonal craft several times during the year.

Canyons Transition Academy (CTA) is a post high Special Education program for individuals with disabilities who are 18 to 22 years old. Students in the program are working on employment skills, community access and independent living skills.

Carman, a para-educator from CTA, works along side the students to help them improve their social skills and job readiness. Volunteering at the Center gives the students the opportunity to develop an understanding that every job is important, and they can make a difference. Erin enjoys making crafts with the seniors. Maddie does an excellent job staying on task. Elijah is full of energy and loves to socialize.

Thank you for giving our students the opportunity to develop the skills they will need to live a more independent lifestyle.



# Draper Senior Center

**MARCH 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-12:00noon

**Free Transportation**  
available for  
Draper Residents  
Call for pick up times and  
reservations

**Retail Breakfast**  
Monday thru Friday  
8:00am-10:00am  
**Lunch**

Monday thru Friday  
11:30am-1:00pm  
Suggested Donation  
\$4.00 (60+)  
\$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  
**Liz King**  
Center Chef  
**Jerry Pearson**  
**Chuck Bradley**  
Transportation

On-line Calendar:  
slco.org/Draper

**SLCO AGING & ADULT SERVICES  
HEALTH TOPIC FOR MARCH  
HEALTHY EATING & HYDRATION**

Drinking fluids is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain, and muscles. Fluids carry nutrients to your cells, flush bacteria from your bladder, and prevent constipation.

Older adults often don't get enough fluids and risk becoming dehydrated, especially during summer when it's hotter and people perspire more. "Older people don't sense thirst as much as they did when they were younger. And that could be a problem if they're on medication that may cause fluid loss, such as a diuretic," says Dr. Julian Seifter, a kidney specialist and associate professor of medicine at Harvard Medical School. Warning signs of dehydration include weakness, low blood pressure, dizziness, confusion, or urine that is dark in color. To ward off dehydration, it is recommended that healthy people should get 30-50 ounces of water per day (about 1 to 1.5 liters), but not all at once. "An easy way to stay hydrated gradually is by getting fluids at meals, with medicine, and socially," says Dr. Seifter.

If staying hydrated is difficult for you, consider these tips: keep a bottle of water with you during the day; if you don't like plain water, try flavored water such as lemon or mixed berry; drink water before, during and after a workout; when you feel hungry, drink water; and drink water on a schedule.

*Harvard Health Publishing; Harvard Medical School June, 2015*

**HEALTHY EATING & HYDRATION DAY**

**MONDAY, MARCH 5th**  
10:30

**PRESENTER:**  
**Laura Chamberlain, MSN**

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

Accredited by  
National Institute of Senior Centers



**A SPECIAL THANK YOU TO:**

- JuanCarlos Claudio/MindingMotion
- Ballet West
- Assisted Living of Draper
- Doug Tapking
- Millcreek Hospice & Home Health
- Laura Chamberlain/Transitions Primary Care
- Bill Barnhart/Train Conductor
- Canyons Transition Academy Students & Leaders
- Katie Sheen Abbott/Flamenco del Largo
- Westminster Nursing Students
- Humana/Weston Wynn
- Valley Behavioral Health/Vital Aging Project
- Heart & Soul Music & Performing Arts
- SLCO Adult & Aging Services/Health Promotions
- Wentworth at Draper Assisted Living & Memory Care
- Draper Rehabilitation and Care Center
- Symbii Home Health & Hopsice
- Roland Fitts/Honeybee Pharmacist
- Draper Library/Linda Gee
- Maralin Hoff/Earthquake Lady
- Tim Williams/Legal Advisor
- Draper Senior Center Advisory Board Members
- All Our Wonderful Draper Senior Center Volunteers


**LIVE YOUR BEST LIFE**



**The Center is open on Saturdays from 8:00am-12:00pm. Enjoy coming to do your own thing or join classes in Drums Alive, Yoga and/or Line Dancing.**

**See calendar for times and details. Transportation and food service are not available on Saturdays.**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>COMING MARCH 19-MARCH 24 "TRACK THAT" CONDUCTOR: BILL BARNHART</b> Come and enjoy this great train display!</p> 	<p><b>SLCO EVIDENCE-BASED PROGRAMS:</b></p> <ul style="list-style-type: none"> <li>*Enhance Fitness</li> <li>*Walk with Ease</li> <li>*Stepping On</li> <li>*Living Well with Chronic Conditions</li> <li>*Living with Diabetes</li> </ul>	<p><b>COMING IN APRIL THE AGING MASTERY PROGRAM</b></p> <p><b>APRIL 2-JUNE 18 12:30-2:00</b> 11 consecutive weeks Guest experts on 10 topics</p> <p><b>\$30/person \$50/couple</b></p>	<p><b>1 Pie &amp; Coffee Day</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge &amp; Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand &amp; Foot 2:00 Billiards</p>	<p><b>2</b> 9:30 Wii Bowling 10:00 NO Zumba 10:00 Cribbage 11:00 BINGO 11:00 NO Drums Alive 12:30 Texas Hold 'Em 12:45 Enhance Fitness 1:30 Mahjongg 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>3</b> 8:00 Individual Exercise 8:00 Games &amp; Puzzles <b>9:00 Drums Alive</b> 9:00 Personal Pottery <b>10:15 Yoga</b> 10:00 Personal Painting <b>10:45 Line Dancing</b></p>
<p><b>5</b> 9:00 Personal Painting <b>9:00 Minding Motion</b> 9:30 Wii Bowling 10:00 ESL <b>10:30 Healthy Eating &amp; Hydration</b> 10:30 Ballroom Dance 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Billiards&amp;Ping Pong</p>	<p><b>6</b> 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Massages 10:00 Zumba <b>11:30 Flamenco</b> 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 Social Sewing 1:00 Acrylic Painting 1:00 In-Door Pickleball 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p><b>7</b> 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Yoga <b>10:00 Cognasium</b> <b>10:00 Living Well With Diabetes</b> 10:30 Ballroom Dance 11:15 NO Smart Move 12:30 Social Bridge 12:30 Mexican Train 12:45 Enhance Fitness <b>1:00 Advisory Council</b> 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>8 Pie &amp; Coffee Day</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling <b>10:00 Boutique</b> 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge &amp; Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand &amp; Foot 2:00 Billiards</p>	<p><b>9</b> 9:30 Wii Bowling 10:00 NO Zumba 10:00 Cribbage <b>10:00 Boutique</b> 11:00 NO Drums Alive <b>11:00 Free Legal Advice</b> 12:30 Texas Hold 'Em 12:45 Enhance Fitness 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>10</b> 8:00 Individual Exercise 8:00 Games &amp; Puzzles <b>9:00 Drums Alive</b> 9:00 Personal Pottery <b>10:15 Yoga</b> 10:00 Personal Painting <b>10:45 Line Dancing</b></p>
<p><b>12</b> 9:00 Personal Painting <b>9:00 Minding Motion</b> <b>9:30 Healthy Snacks</b> 10:00 ESL <b>10:30 Drugs &amp; Falls</b> 10:30 Ballroom Dance <b>12:00 Young at Heart Book Club</b> 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Billiards&amp;Ping Pong</p>	<p><b>13</b> 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Massages 10:00 Zumba <b>11:30 Flamenco</b> 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p><b>14</b> 9:00 Texas Hold 'Em 9:30 Wii Bowling 10:00 Yoga <b>10:00 Cognasium</b> <b>10:00 Living Well With Diabetes</b> 10:30 Ballroom Dance 11:15 Smart Move 12:30 Social Bridge 12:30 Mexican Train 12:45 Enhance Fitness 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>15 Pie &amp; Coffee Day</b> 9:00 Euchre 9:00 Ballet 9:30 Wii Bowling <b>10:00 Managing Anxiety</b> 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge &amp; Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand &amp; Foot 2:00 Billiards</p>	<p><b>16</b> 9:30 Wii Bowling 10:00 NO Zumba 10:00 Cribbage <b>10:30 Irish Show: Time Steppers</b> 11:00 NO BINGO 11:00 NO Drums Alive 12:30 Texas Hold 'Em 12:45 Enhance Fitness 1:30 Mahjongg 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>17</b> 8:00 Individual Exercise 8:00 Games &amp; Puzzles <b>9:00 Drums Alive</b> 9:00 Personal Pottery <b>10:15 Yoga</b> 10:00 Personal Painting <b>10:45 Line Dancing</b></p>
<p><b>19 Train Exhibit</b> 9:00 Personal Painting <b>9:00 Minding Motion</b> 9:30 Wii Bowling 10:00 ESL 10:30 Ballroom Dance 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Billiards&amp;Ping Pong <b>2:00 BUNCO</b></p>	<p><b>20 Train Exhibit</b> 9:00 Wood Carving 9:00 Euchre 9:30 Wii Bowling 10:00 Massages 10:00 Zumba <b>11:30 NO Flamenco</b> <b>12:00 Surprise Dessert</b> 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p><b>21 Train Exhibit</b> 9:00 Texas Hold 'Em 10:00 Yoga <b>10:00 Cognasium</b> <b>10:00 Fall Prevention</b> <b>10:00 Living Well With Diabetes</b> 10:30 Ballroom Dance 11:15 Smart Move 12:30 Social Bridge 12:30 Mexican Train 12:45 Enhance Fitness 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>22 Train Exhibit Pie &amp; Coffee Day</b> 9:00 Euchre 9:00 Ballet <b>10:00 Stroke Awareness</b> 10:00 Massages 10:00 Clay Class 10:00 Zumba 11:30 Tai chi 12:30 Bridge &amp; Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand &amp; Foot 2:00 Billiards</p>	<p><b>23 Train Exhibit</b> 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 EnhanceFitness 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>24 Train Exhibit</b> 8:00 Individual Exercise 8:00 Games &amp; Puzzles <b>9:00 Drums Alive</b> 9:00 Personal Pottery <b>10:15 Yoga</b> 10:00 Personal Painting <b>10:45 Line Dancing</b></p>
<p><b>26</b> 9:00 Personal Painting <b>9:00 Minding Motion</b> 10:00 ESL <b>10:00 Emergency Preparedness</b> 10:30 Ballroom Dance 12:30 Mahjongg 12:30 Canasta 12:45 Enhance Fitness 1:00 Guitar 2:00 Chess 2:00 Billiards&amp;Ping Pong</p>	<p><b>27</b> 9:00 Wood Carving 9:00 Euchre <b>9:30 Health Screenings</b> 10:00 Massages 10:00 Zumba <b>11:30 Flamenco</b> 12:30 Duplicate Bridge 12:30 Mexican Train 1:00 In-Door Pickleball 1:00 Acrylic Painting 2:00 Chair Yoga 3:00 Floor Yoga</p>	<p><b>28</b> 9:00 Texas Hold 'Em 10:00 Yoga <b>10:00 Living Well With Diabetes</b> <b>10:00 Podiatrist</b> 10:30 Ballroom Dance 11:15 Smart Move 12:30 Social Bridge 12:30 Mexican Train 12:45 Enhance Fitness 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>29 Pie &amp; Coffee Day</b> 9:00 Euchre 9:00 Ballet 10:00 Massages 10:00 Clay Class 10:00 Zumba <b>10:30 Staying Social</b> <b>11:30 Entertainment</b> 11:30 Tai chi 12:30 Bridge &amp; Pinochle 12:30 Mahjongg 1:00 In-Door Pickleball 1:00 Hand &amp; Foot</p>	<p><b>30</b> 9:30 Wii Bowling 10:00 Zumba 10:00 Cribbage 11:00 Drums Alive 12:30 Texas Hold 'Em 12:45 EnhanceFitness 1:30 Mahjongg 2:00 Ping Pong &amp; Wii 2:00 Billiards &amp; Dominoes</p>	<p><b>31</b> 8:00 Individual Exercise 8:00 Games &amp; Puzzles <b>9:00 Drums Alive</b> 9:00 Personal Pottery <b>10:15 Yoga</b> 10:00 Personal Painting <b>10:45 Line Dancing</b></p>

If you're coming for a specific presentation/activity, please call the Center to make sure the event hasn't been cancelled for lack of interest.

**PLEASE SIGN-UP FOR ACTIVITIES & PRESENTATIONS**

**SPECIAL EVENTS**

**March 8 & 9 @ 10:00 Advisory Council Boutique**  
One man's junk is another man's treasure! Come see what treasures you might find at this fundraiser benefiting the enhancement of your Center. Drop off your donations to be sold at the boutique on the 7th.

**March 20 @ 12:00 Surprise Dessert & Raffle**  
Our Community Partner, Wentworth at Draper, visits the Center on the 3rd Tuesday of every month, bringing a surprise dessert and raffle prize.

**March 26 @ 10:00 Emergency Preparedness**  
Are you prepared? "Earthquake Lady", Maralin Hoff, will give a detailed workshop on how to prepare for any emergency.

**HEALTH and WELLNESS CLASSES**

**March 5 @ 10:30 Healthy Eating & Hydration**  
Laura Chamberlain, MSN, NP-C, ACHPN, will expound on the merits of eating healthy and staying hydrated.

**March 7 @ 10:00 Living Well with Diabetes**  
This is a free, evidence-based workshop that meets for 2 1/2 hours, once a week. People with diabetes or pre-diabetes attend together. Two trained leaders facilitate the workshop that is full of activities and educational information. It is a 6 week commitment. Please sign-up.

**March 12 @ 9:30 Healthy Snacks**  
Come make your own healthy snacks & learn how to use fruit to flavor your water. UVU Nursing Students

**March 12 @ 10:30 Drugs & Falls**  
Roland Fitts, Honeybee Pharmacist, will focus on how drugs can lead to falls among the elderly.

**March 15 @ 10:00 Managing Anxiety**  
The purpose of this wellness class is to fully understand what anxiety is, where our anxiety comes from and why we experience it and how we can manage it. Vital Aging

**March 21 @ 10:00 Fall Prevention**  
Draper Rehab's Therapy Team will be at the Center on the 3rd Wednesday of every month to offer tips on how to build strong bodies to aid in prevention falls.

**March 22 @ 10:00 Stroke Awareness**  
Doug Tapping, a stroke survivor and member of the Center, will talk about his experience and offer insight into stroke awareness and stroke prevention.

**March 27 @ 9:30 Health Screenings**  
The Westminster Nursing Students will provide free health screenings which include BP/BS Testing, Artery Disease Screening and Balance & Vision Testing.

**March 29 @ 10:30 Staying Social-How To Do It Right**  
It's important to stay social, but it isn't easy. Learn about the benefits of staying connected to others and strategies that will help you keep a healthy social life. Humana

**ENTERTAINMENT**

**March 16 @ 10:30 Irish Show: Time Steppers**  
These energetic tappers are sure to bring the luck of the Irish to the Center with their St. Patrick's Day performance.

**March 29 @ 11:30 Spring Entertainment**  
Let's celebrate Spring with entertainment provided by the non-profit organization, Heart & Soul. Performers: Pat & Roy; Country, Rock & R&B through the years