

Friendly Neighborhood Senior Center

Promoting independence through advocacy, engagement & access to resources.



CENTER INFORMATION

1992 SOUTH 200 EAST
SALT LAKE CITY, UTAH 84115
PHONE: 385-468-3065
TTY USE 711
OPEN: 8:00am - 2:00pm
MONDAY THROUGH FRIDAY

WWW.SLCO.ORG/FNSC

SENIOR TRANSPORTATION

Pick up begins at 8:00am
Rides Home begin at 12:30pm
Call for more details
Please call 24 hours in advance
Suggested Donation \$1 each way

MORNING TOAST & COFFEE

Toast, coffee, tea & hot chocolate
are available at 8:30am to 10:30am
Donations are greatly appreciated

LUNCH

Lunch is served daily - 11:45am - 12:30pm
Suggested donation of \$3.00 for 60+
Under 60 cost is \$7 pay at front desk

CENTER STAFF

MELINDA CUDNEY
CENTER MANAGER
MCUDNEY@SLCO.ORG

MIKE PROGRAM COORDINATOR
DAISY OFFICE SPECIALIST
CARLOS CUSTODIAN
ERNEST DRIVER
KAMALA KITCHEN
ANNETTE KITCHEN

SL SALT LAKE COUNTY
AGING & ADULT SERVICES

Accredited by 
National Institute of
Senior Centers

Summer Luncheon



Join us for our Summer
Luncheon
Tuesday, June 14th
12:00pm
Sign up for Reservation

Menu:

- BBQ Pulled Pork
- Baked Beans
- Potato Salad
- Fresh Fruit
- Strawberry Shortcake

Entertainment:
Chuck and Dan
10:45am - 11:45am
Dining Room



**Reservations by June 6th guarantees your
lunch ticket!**

Suggested lunch donation \$3.00

Father's Day Luncheon

Friday, June 16th at 11:45am







Entertainment: Calvin Law 10:45am - 11:45am

Lunch at 12pm - Roast Beef w/ Gravy, Whipped Potatoes,
Glazed Carrots, Fresh Melon, Chocolate Cup Cake

**Reservations by June 6th guarantees your
lunch ticket!**

Suggested lunch donation \$3.00



Monday	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="220 129 1131 425" style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <h1 data-bbox="472 147 888 249">Friendly Café</h1> <p data-bbox="428 260 926 405">Serving fresh coffee Monday - Friday 8:30am-11:30am Suggested Donation \$0.50 a cup! Thank You & Enjoy</p> </div>		<p data-bbox="1370 108 1650 139">Advisory Committee</p> <p data-bbox="1240 157 1566 282">President Thomas W. Vice Pres. Marianne H. Treasurer Judy L. Secretary Pauline L.</p> <p data-bbox="1330 314 1690 409">Meetings held the 3rd Monday of every month at 1:00^{pm} Everyone is welcomed to attend</p>	<p data-bbox="1805 96 1836 127">1</p> <p data-bbox="1805 129 2396 284">9:00 Barber Rich 11:45 Lunch (11:45am-12:30pm) 12:30 Movie “Rouge One: A Star Wars Story” PG-13 1:00 Open Pottery</p>	<p data-bbox="2411 96 2442 127">2</p> <p data-bbox="2411 129 2784 249">10:30 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Chess</p>
<p data-bbox="46 489 77 520">5</p> <p data-bbox="46 522 422 733">9:00 Barber Rich 11:00 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi 1:30 Knitting with Kay</p>	<p data-bbox="599 489 630 520">6</p> <p data-bbox="820 479 1034 510" style="text-align: center;">Birthday Tuesday</p> <p data-bbox="599 522 1106 798">8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon 10:45 Entertainment - Sherry Brennan “Balladas of a Lady” 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Wii Bowling 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p> <div data-bbox="1081 637 1168 792" style="float: right;">  </div> <p data-bbox="665 824 1146 854" style="text-align: center;">*Deadline to register for Luncheons*</p>	<p data-bbox="1205 489 1236 520">7</p> <p data-bbox="1205 522 1721 733">10:30 Stretch & Flex 11:00 Looking out for the well-being of yourself and others (Lounge) 11:45 Lunch (11:45am-12:30pm) 1:00 Tai Chi 1:00 Computer Lab (1-3) 6:30 Bingo!</p>	<p data-bbox="1805 489 1836 520">8</p> <p data-bbox="1805 522 2365 768">9:00 Barber Rich 10:00 Blood Pressure Checks w/ Harmony Home Health and Hospice 10:30 “The Return of the Wolves to Yellowstone” by Jill Smith 11:45 Lunch (11:45am-12:30pm) 12:30 Movie “Grumpy Old Men” PG-13 1:00 Open Pottery</p>	<p data-bbox="2411 489 2442 520">9</p> <p data-bbox="2411 522 2784 643">10:30 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Chess</p> <div data-bbox="2576 707 2784 862" style="text-align: center;">  </div>
<p data-bbox="46 878 77 909">12</p> <p data-bbox="46 911 422 1122">9:00 Barber Rich 11:00 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi 1:30 Knitting with Kay</p>	<p data-bbox="599 878 630 909">13</p> <p data-bbox="599 911 982 1157">8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Wii Bowling 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30) 5:00 Sing-a-Long with Jim</p>	<p data-bbox="1205 878 1236 909">14</p> <p data-bbox="1205 911 1783 1157">10:30 Stretch & Flex (LL) 11:00 Looking out for the well-being of yourself and others (Lounge) 10:45 Entertainment - Chuck & Dan 12:00 Summer Luncheon - PRE-REGISTER 1:00 Tai Chi 1:00 Computer Lab (1-3) 6:30 Bingo!</p> <div data-bbox="1613 1064 1790 1199" style="text-align: right;">  </div>	<p data-bbox="1805 878 1836 909">15</p> <p data-bbox="1805 911 2380 1092">9:00 Barber Rich 10:00 Hearing Screening *REGISTER* Connect Hearing *FREE* 11:45 Lunch (11:45am-12:30pm) 12:30 Movie “The Emperor’s New Groove” G 1:00 Open Pottery</p>	<p data-bbox="2411 878 2442 909">16</p> <p data-bbox="2411 911 3033 1056">10:30 Low Impact Exercise 10:45 Entertainment - Calvin Law 12:00 Father’s Day Luncheon - PRE-REGISTER 1:00 Table Tennis 1:00 Chess</p> <div data-bbox="2955 1044 3033 1205" style="text-align: right;">  </div>
<p data-bbox="46 1231 77 1262">19</p> <p data-bbox="46 1264 509 1509">9:00 Barber Rich 11:00 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Advisory Committee Meeting 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi 1:30 Knitting with Kay</p>	<p data-bbox="599 1231 630 1262">20</p> <p data-bbox="599 1264 1199 1540">8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon 11:45 Lunch (11:45am-12:30pm) 12:30 Brain Games w/ LeeAnn Sponsored by Peak in back room of cafeteria 1:00 Table Tennis 1:00 Wii Bowling 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p> <div data-bbox="1013 1477 1190 1592" style="text-align: right;">  </div>	<p data-bbox="1205 1231 1236 1262">21</p> <p data-bbox="1205 1264 1721 1475">10:30 Stretch & Flex (LL) 11:00 Looking out for the well-being of yourself and others (Lounge) 11:45 Lunch (11:45am-12:30pm) 1:00 Tai Chi 1:00 Computer Lab (1-3) 6:30 Bingo!</p>	<p data-bbox="1805 1231 1836 1262">22</p> <p data-bbox="1805 1264 2365 1475">9:00 Barber Rich 10:00 Blood Pressure Checks w/ Harmony Home Health and Hospice 10:00 Yellow Dot Presentation from U of U 11:45 Lunch (11:45am-12:30pm) 12:30 Movie “Bandits” PG-13 1:00 Open Pottery</p>	<p data-bbox="2411 1231 2442 1262">23</p> <p data-bbox="2411 1264 2784 1384">10:30 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Chess</p> <p data-bbox="2452 1536 3017 1566" style="text-align: center;">*Deadline to register for Pool Tournament*</p>
<p data-bbox="46 1614 77 1645">26</p> <p data-bbox="46 1647 422 1858">9:00 Barber Rich 11:00 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi 1:30 Knitting with Kay</p>	<p data-bbox="599 1614 630 1645">27</p> <p data-bbox="599 1647 1131 1923">8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon 11:00 Create a Salad - Food \$ense Demo. 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Wii Bowling 2:00 Tenants Association Meeting 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p>	<p data-bbox="1205 1614 1236 1645">28</p> <p data-bbox="1205 1647 1721 1858">10:30 Stretch & Flex (LL) 11:00 Looking out for the well-being of yourself and others (Lounge) 11:45 Lunch (11:45am-12:30pm) 1:00 Tai Chi 1:00 Computer Lab (1-3) 6:30 Bingo!</p>	<p data-bbox="1805 1614 1836 1645">29</p> <p data-bbox="1805 1647 2380 1858">9:00 Barber Rich 10:30 “The Adult Life of Dr. Seuss” Presentation by Jill Smith 11:45 Lunch (11:45am-12:30pm) 12:30 Movie Fantastic Beasts and Where to Find Them” PG-13 1:00 Open Pottery</p> <div data-bbox="2256 1810 2396 1957" style="text-align: right;">  </div>	<p data-bbox="2411 1614 2442 1645">30</p> <p data-bbox="2411 1647 2971 1798">9:00 Men’s & Women’s Pool Tournament 10:30 Low Impact Exercise 11:45 Lunch (11:45am-12:30pm) 1:00 Table Tennis 1:00 Chess</p> <div data-bbox="2809 1761 3033 1923" style="text-align: right;">  </div>

LUNCH

Lunch is served at
11:45^{am}-12:30^{pm}

Suggested Donation per meal is \$3.00

Lunch tickets are available at 8:00^{am} get your lunch ticket early to guarantee your meal is reserved for that day. If you have not returned to get your meal by 12:15^{pm} it will be given away. Thank you for your donations!



Fun Stuff for June:

- Thursday, June 8th at 10:30^{am} - The Return of the Wolves to Yellowstone
- Thursday, June 29th at 10:30^{am} - The Adult Life of Dr. Seuss
- Tuesday, June 20th at 12:30^{pm}—Brain Games with LeeAnn from Peak Home Health
- Thursday, June 22nd at 10:00^{am} - Yellow Dot Driving Presentation by U of U Health Dept.

Tournaments in July

- Wii Bowling FNCS Tournament - Friday, July 14th at 9^{am} in the Lounge. Register to play in tournament by Tuesday, July 11th.



Movie Showings

Thursday Movie at 12:30^{pm} - Lounge



Looking Out for Well-Being of Yourself and Others

No matter what age we are, it is important to be aware of our emotional and physical well-being. Questions to ask yourself: "Am I in pain?" "Have I experienced a loss?" "Do I feel depressed or lonely?" There is hope for you to feel better! Come learn new ways to take charge of your well-being that can make a big difference.

Join Mike every
Wednesday at 11:00^{am}
in the Lounge

A SALT LAKE COUNTY
AGING & ADULT SERVICES
AND
VALLEY BEHAVIORAL
HEALTH SERVICES INITIATIVE

Center Pool Tournament

Winner advances to the County Tournament to be held at West Jordan Senior Center on Tuesday, July 18th at 9^{am}.



To qualify for the county tournament you must win the FNCS Tournament to be held Friday, June 30th at 9^{am}. If interested, you need to sign up for this qualifying tournament by Friday, June 23rd

There will be a Women's County Tournament on Thursday, July 20th at 9^{am} so we encourage the women players to sign up for the qualifying tournament on June 30th as well.

