

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: 8:00^{am} - 2:00^{pm}
MONDAY THROUGH FRIDAY

WWW.SLCO.ORG/FNSC

SENIOR TRANSPORTATION

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

MORNING TOAST & COFFEE

Coffee is available from
8:30^{am} to 10:30^{am}
Donations are greatly appreciated

LUNCH

Lunch is served daily - 11:45^{am} - 12:30^{pm}
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
BEN..... KITCHEN
ANGELICA..... DRIVER
REBECCA.....YOUTH INTERN

SL SALT LAKE COUNTY
AGING & ADULT SERVICES

Accredited by National Institute of Senior Centers

Birthday Bingo!



Tuesday, July 10th at 10:00^{am} to 11:00^{am}
In the Dining Area
July Birthdays get 2 free bingo cards!
.25 cents a card - 4 card limit

Do you have a dog?



Do you love animals?

Monday, July 9th at 11:00^{am}
FNSC Lounge
Presented by Salt Lake County
Animal Services

Come to this great presentation and learn about Microchips, vaccinations, fostering an animal, adopting, and a whole bunch of other information for your pet!

Positive Thinking:



When life gives you lemons....

Thursday, July 12th at 12:00^{pm}
FNSC Lounge
Presented by Humana

Positive thinking is powerful! It can turn a difficult situation into one that's manageable and sometimes enjoyable. Learn how to look on the bright side and bring more happiness, connection, and gratitude to your life.

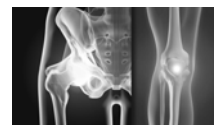
The Wonder of Yellowstone

Friday, July 27th at 11:00^{am}
FNSC Lounge



Presented by Jill Smith
The changes...geologically, fire, and man.
Come share and learn about times in Yellowstone!

Knee and Hip Replacement



Before and After Care

Friday, July 6th at 11:00^{am}
FNSC Lounge
Presented by Brio Health

If you had a knee or hip replacement or you might have one down the road, make sure you come to this informative presentation.

Skin Cancer Prevention and Sun Safety



Monday, July 16th at 11:00^{am}
FNSC Lounge

Presented by Huntsman Cancer Institute
It's summer time and we all need to be aware about the sun and what it can do to our skin. Even if the sun isn't out the UV rays can still damage our skin. Come to this presentation and be prepared for the summer.














Fortis College Nursing Students Health Screenings



Wednesday, July 18th at 11:00^{am}
FNSC Lounge

Sign up for Blood Pressure, Blood Glucose, and Senior Fitness Testing!

Check the back page for more activities and presentations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)</p>	<p>3 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. 11:00 Chair Yoga 11:00 "Letting Go of Clutter" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p>	<p>4 Happy July 4th Center Closed </p>	<p>5 9:00 Open Sewing 9:30 Blood Pressure - provided by BrightStar Care 11:00 Chair Yoga 12:30 Movie "Iron Man" 1:00 Open Pottery</p> 	<p>6 10:00 Color Me Calm - Dining Room. 11:00 Knee & Hip Replacement: Before/After Care. Presented by Brio Healthcare 10:30 Low Impact Exercise (LL) presented by Brookdale Senior Living 1:00 Table Tennis</p> 
<p>9 9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 11:00 Salt Lake County Animal Services Presentation 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)</p> 	<p>10 Birthday Tuesday 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sing up for appt. 10:00 BIRTHDAY BINGO - Come play!! 11:00 Chair Yoga 11:00 "Letting Go of Clutter" - VAP 11:00 Drawing Class with Kaitlyn 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p> 	<p>11 10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 1:00 Tai Chi 1:00 Computer Lab (1-3) 6:30 Bingo!</p>	<p>12 9:00 Open Sewing 11:00 Chair Yoga 11:00 Positive Thinking: when life gives us lemons Presented by Humana 12:30 Movie "Iron Man 2" 1:00 Open Pottery</p> 	<p>13 10:00 Color Me Calm - Dining Room 10:30 Low Impact Exercise (LL) presented by Brookdale Senior Living 11:00 Drawing Class with Kaitlyn 1:00 Table Tennis</p>
<p>16 9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 11:00 <u>Drawing Class with Kaitlyn</u> 11:00 Skin Cancer Prevention and Sun Safety presented by Huntsman Cancer Institute 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)</p> 	<p>17 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. 11:00 Chair Yoga 11:00 "Letting Go of Clutter" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p>	<p>18 8:30 Fortis College Nurses - Health Screenings 10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 1:00 Tai Chi (LL) 1:00 Computer Lab (1-3) 6:30 Bingo!</p> 	<p>19 9:00 Open Sewing 9:30 Blood Pressure - provided by BrightStar Care 11:00 Chair Yoga 12:30 Movie "Thor" 1:00 Open Pottery</p> 	<p>20 10:00 Color Me Calm - Dining Room 10:30 Low Impact Exercise (LL) presented by Brookdale Senior Living 1:00 Table Tennis</p>
<p>23 9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 1:00 Advisory Committee Meeting</p>	<p>24 Pioneer Day Center Closed </p>	<p>25 10:30 Stretch & Flex (LL) 10:30 MINDing MOTION Class 1:00 Tai Chi (LL) 1:00 Computer Lab (1-3) 6:30 Bingo!</p>	<p>26 9:00 Open Sewing 11:00 Chair Yoga 12:30 Movie "Captain America" 1:00 Open Pottery</p>	<p>27 10:00 Color Me Calm - Dining Room 10:30 Low Impact Exercise (LL) presented by Brookdale Senior Living 11:00 The Wonder of Yellowstone presented by Jill Smith 11:00 <u>Drawing Class with Kaitlyn</u> 1:00 Table Tennis 1:00 July Craft - "Aloe & Friends"</p>
<p>30 9:00 Barber Stephany 9:00 Open Sewing 10:30 Low Impact Exercise (LL) 11:00 <u>Drawing Class with Kaitlyn</u> 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)</p>	<p>31 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. 11:00 FOOD \$ENSE - Create a Smoothie 11:00 Chair Yoga 11:00 "Letting Go of Clutter" - VAP 1:00 Table Tennis 1:00 Wii Sports 2:00 Tenants Association Meeting 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)</p> 	<div data-bbox="1274 1582 2268 1945" style="border: 2px solid black; padding: 10px;"> <p>JULY CRAFT Friday, July 27th at 1:00^{pm} In the Dining Room Limited to the first 6 people that sign up</p>  </div> <div data-bbox="2284 1582 3030 1945" style="text-align: right; padding-right: 20px;"> <p>Marvel Super Hero Movies!! Every Thursday in July 12:30^{pm} in the Lounge</p>  </div>		



Blood Pressure - 9:30^{am} Thursday - July 5th & July 19th



Low Impact Exercise - Monday & Fridays at 10:30^{am} (LL)

Stretch and Flex - Wednesday at 10:30^{am} (LL)

MINDing MOTION - Wednesday at 10:30^{am} (Lounge)

Tai Chi - Monday & Wednesday at 1:00^{pm} (LL)



Donna - Hair Dresser (801) 440-1413

Stephany - Barber (801) 651-4728

Blanca - Nails (801) 654-2258

Barber - Monday at 9:00^{am}

Hair - Tuesday at 8:30^{am}

Nails - Tuesday at 9:00^{am} - Call for an appointment



Letting Go Of Clutter

Do you find yourself holding on to items that you don't need but which you think you might muse "someday"? Learn what you can do to promote a more comfortable and uncluttered living environment, as well as find ways to increase your well-being and reduce your stress level. Join Cody from the Vital Again Project on Tuesdays at 11:00^{am} in the FNCS Lounge for this informative discussion.

Join Cody on
TUESDAYS at 11:00^{pm}
in the Lounge

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

Food \$ense - Create a Smoothie

Tuesday, July 31st at 11:00^{am}

Conference Room in Dining Area

FREE SAMPLES!



Learn how to cook healthy meals on a budget and prepare whole foods, read labels, practice safety in the kitchen.

Blood Pressure is back!

Starting July 5th at 9:30^{am}

In the Dining Room

Provided by BrightStar Care



BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard

Drawing with Kaitlyn

July 10th, July 16th, July 27th
and July 30th

11:00^{am} to 11:45^{am}



Conference Room in Dining Room

Class is every other week so make sure you check the calendar!

Learn some drawing techniques, all done with pencils.

Draw some cool stuff and have fun hanging out!

Stepping On Falls Prevention Program

Every Thursday August 2nd to September 13th
9:30^{am} to 11:30^{am}

REGISTER for this 7 week workshop where you'll learn exercises and strategies to help prevent you from falling.

Stepping On