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
Vacant……...……. Driver
Ben..…... ….....……...…...…. Kitchen

SALT LAKE COUNTY
AGING & ADULT SERVICES

Accredited by National Institute of Senior Centers

April is Medication Safety Month. Come to this Medication Safety Seminar

Thursday, April 26th at 11:00am

FNSC Lounge

If you take medications you don't want to miss this presentation. Kevin, the pharmacist and owner of the Apothecary Shoppe will be here to give this great seminar on Medication Safety.

If you have medication that you want to dispose of safely you can come to the front desk and get a postage paid disposal bag made especially for safe disposal of expired medications or medications you are not taking anymore.

Drawing with Kaitlyn NEW!!

Tuesdays and Fridays
11:00am to 11:45am

Conference Room in back of Dining Area

Come join Kaitlyn and learn some drawing techniques. All done with pencils. Draw some cool stuff and have fun hanging out with Kaitlyn!

Numbness, Tingling and Neuropathy

Friday, April 6th at 11:00am

FNSC Lounge
Presented by Brio Home Health

Educating you on the disease process to keep you stronger and in your home longer!

Sponges or sponges?

Presented by Jill Smith
Monday, April 23rd at 11:00am

Is a sponge man-made? Or is it a plant or animal? Are they all used the same? Come to this fun presentation and find out! You can check out 10 different types and learn their history!

Test Your Nutrition IQ

Presented by Humana
Monday, April 30th at 11:00am
FNSC Lounge

Food and Nutrition can be confusing. Find out the basics of calories, carbs, proteins and fats.

Check the back page of news letter for more activities and presentations

Monday	Tuesday	Wednesday	Thursday	Friday
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)	**3** Birthday Tuesday 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. **10:00 U of U Exercise Class - Lower Level** **11:00 Drawing Class with Kaitlyn - NEW!!** 11:00 "Looking Out For The Well-Being of Yourself and Others" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30) 	**4** 10:30 Stretch & Flex (LL) 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 6:30 Bingo!	**5** **10:00 U of U Exercise Class - Lower Level** **10:30 Blood Pressure Checks** w/Harmony Home Health and Hospice **12:30 Movie "Fifth Element"** 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 	**6** 10:00 Color Me Calm - Dining Room **11:00 "Numbness, Tingling, and Neuropathy Pain" presented by Brio Healthcare** **11:00 Drawing Class with Kaitlyn - NEW!!** 10:30 Low Impact Exercise (LL) 1:00 Table Tennis 
9 9:00 Barber Stephany 9:00 Open Sewing **9:30 Walk With Ease** 10:30 Low Impact Exercise (LL) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL)	**10** 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sing up for appt. **10:00 U of U Exercise Class - Lower Level** **11:00 Drawing Class with Kaitlyn - NEW!!** 11:00 "Looking Out For The Well-Being Of Yourself and Others" - VAP **12:00 Special Meal - Celebrating those 90 years and older - must register by April 3rd** 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30) **5:00 Sing-a-long with Jim**	**11** **10:00 BRAIN GAMES w/ LeeAnn** 10:30 Stretch & Flex (LL) **11:00 Attorney Consultation - sign up** 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 6:30 Bingo! 	**12** 9:00 Open Sewing **10:00 U of U Exercise Class - Lower Level** **12:30 Movie "Chronical of Narnia"** 1:00 Open Pottery 1:00 Tax Appointments - last day	**13** 10:00 Color Me Calm - Dining Room 10:30 Low Impact Exercise (LL) **11:00 Drawing Class with Kaitlyn - NEW!!** 1:00 Table Tennis **1:00 April Craft - "Lolly-Pom" - sign up** 
16 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**	**17** 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. **10:00 U of U Exercise Class - Lower Level** **11:00 Drawing Class with Kaitlyn - NEW!!** 11:00 "Looking Out For The Well-Being Of Yourself and Others" - VAP 1:00 Table Tennis 1:00 Wii Sports 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30)	**18** 10:30 Stretch & Flex (LL) 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 6:30 Bingo!	**19** **10:00 U of U Exercise Class - Lower Level** **10:30 Blood Pressure Checks** w/Harmony Home Health and Hospice **11:00 Attorney Consultation - sign up** **12:30 Movie "Crouching Tiger, Hidden Dragon"** 1:00 Open Pottery 	**20** 10:00 Color Me Calm - Dining Room 10:30 Low Impact Exercise (LL) **11:00 Drawing Class with Kaitlyn - NEW!!** 1:00 Table Tennis
23 9:00 Barber Stephany 9:00 Open Sewing **11:00 "Sponge or sponge" presented by Jill Smith** 10:30 Low Impact Exercise (LL) 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 	**24** 8:30 Hair - Beauty Salon 9:00 Nails - Beauty Salon - sign up for appt. **10:00 U of U Exercise Class - Lower Level** **11:00 Drawing Class with Kaitlyn - NEW!!** 11:00 "Looking Out For The Well-Being Of Yourself and Others" - VAP 11:00 **FOOD $ENSE** - Create a Wrap/Sandwich 1:00 Wii Sports 1:00 Table Tennis 2:00 Tenants Association Meeting 3:30 Bingo! Dining Room 5:00 Computer Lab (5-7:30) 	**25** 10:30 Stretch & Flex (LL) 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 6:30 Bingo! 	**26** **10:00 U of U Exercise Class - Lower Level** **11:00 "Medication Safety Seminar"** presented by the pharmacist of the Apothecary Shoppe **12:30 Movie "The Dark Knight"** 1:00 Open Pottery 	**27** 10:00 Color Me Calm - Dining Room 10:30 Low Impact Exercise (LL) **11:00 Drawing Class with Kaitlyn - NEW!!** 1:00 Table Tennis
30 9:00 Barber Stephany 10:30 Low Impact Exercise (LL) 11:00 **"Test Your Nutrition IQ" presented Humana** 1:00 Open Pottery 1:00 Computer Lab (1-3) 1:00 Tai Chi (LL) 	**April Craft: "Lolly-Pom"** - April 13th at 1:00pm **FREE - Limited to the first 6 people that sign up!** 		Friendly Neighborhood Senior Center Is on Facebook Follow us and give us a like!	

Blood Pressure - Thursdays - April 5th at 19th at 10:30am

U of U Class - Tuesday and Thursday at 10:00am (LL)
Low Impact Exercise - Monday at 10:30am (LL)
Stretch and Flex - Wednesday at 10:30am (LL)
MINDing MOTION - Wednesday at 10:30am (Lounge)
~~Tai Chi - Monday & Wednesday at 1:00pm (LL)~~

Donna - Hair Dresser (801) 440-1413
Stephany - Barber (801) 651-4728

Barber - Monday at 9:00am
Hair - Tuesday at 8:30am
Nails - Tuesday at 9:00am - Sign up for appointment

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. Come join Cody from the Vital Aging Project during the month of April for this interactive class.

Join Cody on TUESDAYS at 11:00pm in The Lounge

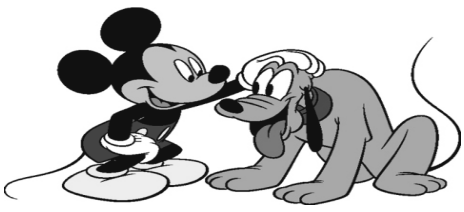
A SALT LAKE COUNTY AGING & ADULT SERVICES AND VALLEY BEHAVIORAL HEALTH SERVICES INITIATIVE

More Activities and Presentations going on at FNSC!

Special Birthday Meal - Honoring those 90 and Over

Tuesday, April 10th at 12:00pm

Must have pre-registered for this meal. At this special birthday meal we'll celebrate those individuals that are 90 years and over, along with the those born in April.



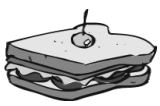
Play Some Games!

Presented by Peak Specialty Group
NEW TIME!

Wednesday, April 11th at 10:00am
In the Dining Room

Food $ense - Wrap/Sandwich

Tuesday, April 24th at 11:00am
Conference Room in Dining Area
FREE SAMPLES!



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