

MONTHLY CLASSES & ACTIVITIES

Sign up for these classes at the front desk.

Book Club Tuesday, May 15 at 2:00

Facilitated by Crystal Hanley, this month we'll be reading *My Italian Bulldozer* by Alexander McCall Smith. Books available through the library system.

Brain Games Wednesday, May 9 at 1:00 LeeAnn from Peak Home Health & Hospice facilitates this monthly class to engage our participants in different types of brain games. Let's improve our memory!

Computer Class: Downloading eBooks & audiobooks for FREE! Thursday, May 3 at 2:00 New topic each month with Crystal from the Holladay Library. Sign up at the front desk. Topic for this month changed because there were so many requests regarding downloading books! Thanks, Crystal.

Cooking Demo Tuesday, May 8 at 1:00 Sponsored by Cottonwood Place Senior Living, come and learn new recipes, cooking tips, and sample a delicious dish made by a professional chef.

Death Café Express: Funerals of the Famous Tuesday, May 22 at 12:30

This month, David from Memorial will present on the life, career, and death of General John Logan.

Hiking for the Active Participant

On **Monday, May 7**, we will hike 3 1/2 miles on the Bonneville Shoreline Trail from Sunnyside Ave. to the Natural History Museum. On **Monday, May 21**, we will do a 4 1/2 mile hike on the Pioneer Trail from Little Dell Reservoir to Affleck Park. Participants will meet at the center for carpooling and leave promptly at **9:00am**. Sign up at the front desk if you are new to the group.

iPad/iPhone Class Canceled for May

Vital Aging: Self-Esteem: Important for Well-Being Every Friday at 12:30 Discover or rediscover your sources for personal well-being. Cultivate self-strengthening beliefs and create an optimistic view of yourself to better meet life events and challenges. We will do some personal goal setting, so join Cody from the Vital Aging Project every week, new topic every month.

SPECIAL CLASSES & PRESENTATIONS

Please show your interest by **SIGNING UP** at the front desk. Low enrollment may cause cancellation.

The Outlaw Trail Wednesday, May 2 at 12:30

Follow the life of infamous outlaw, Butch Cassidy, from his youth in Circleville, UT to the shoot-out in a remote Bolivian village where he may have been killed. Join us for this short documentary, Barbara Amburn facilitating

Living Well with Diabetes Starting May 3, Thursdays from 12:30 - 3:00 for 6 weeks

This workshop is an evidence-based program for people with diabetes, pre-diabetes, as well as caregivers or family. The class meets for 2.5 hours, once a week, for six weeks. Two trained leaders facilitate the workshop, and at least one facilitator has diabetes themselves, so the information is relatable! Learn about problem solving, meal planning, dealing with stress, dealing with pain and fatigue, healthy eating habits, medications, how to communicate with others and work with your health care provider. Sign up with the front desk for this valuable workshop through SL County Active Aging.

Yellow Dot Driving Safety

Monday, May 7 at 10:00 Zach Robinson will be

here to talk about this Utah program. The goal of this project is to supply first responders with medical information in the event of a vehicle emergency. Join us to hear this very important presentation and get a yellow dot pamphlet for your vehicle today!

Soap Making Wednesday, May 9 at 12:30

Come design and make your own soap bars! Lisa Farmer will be here to help you through the process, and you get to take home 8 bars. Suggested donation is \$10 payable to the instructor. Makes a great Mother's Day gift!

Clear Captions Monday, May 7 at 9:30

Join Chris Kofroth for a short presentation about ClearCaptions phone service. This system enables anyone with hearing loss to communicate easier with one of the most advanced captioning phone systems.

Veteran's Benefits Wednesday, May 9 at 12:30

Stephanie from Salt Lake County Veteran's Benefits will be here to give a presentation and answer questions to veterans, spouses, and caregivers of veterans about all of the services SLCounty can connect you with, including health care and possible financial benefits.!

Dental Health Wednesday, May 16 at 12:30

A dentist from Pinecrest Dental will be here to discuss some great tips, health facts, and the secret to saving smiles as we age. He will also talk about how to minimize your dental expenses while still staying healthy.

Story Crossroads Exhibition Monday, May 21 at 9:30

National Storytellers Billie Jones and Suzanne Hudson will perform HERE as a celebration of the 3rd Annual Story Crossroads Festival held at the Murray City Park on May 23 and South Jordan Community Center. Come join us for a lively presentation.

Senior Tours Wednesday, May 23 at 12:30

Have you ever wanted to travel with an organized group and a designated guide, but didn't really know how? Or have you been traveling with tour groups for years? Come and check out local agency, Senior Tours, to see what adventures they have planned for the year.

Silver Pen Writing Contest First poetry writing workshop **Thursday, May 31 at 2:30**. SLCC community writing center will conduct the workshop.

HEALTH & SERVICES

Sign up for these services at the front desk.

Attorney Wednesday, May 23 from 1:30-3:10

Retired attorney Rick Rappaport will be here to do 20 minute pro bono legal consultations once a month. Sign up at the front desk for this valuable service.

Audiology Monday, May 14 from 1:00-2:30

Brent Fox of Audiology Associates can check and clean your hearing aids, check for ear wax, and answer questions about hearing loss.

Blood Pressure/Glucose Testing Thursday, May 10 from 9:00 - 10:00

Rocky Mountain Care - Cottage on Vine will have a medical staff member here to check blood pressure and blood glucose.

Body Massage Every Tuesday from 9:00-11:30

Come and enjoy a 30 minute massage! Suggested donation is \$15. Sign up at the front desk.

Podiatrist Thursday, May 10 from 8:00-9:45

Dr. Church from Advanced Foot & Ankle Center will be here to trim nails once a month. \$10 donation payable at time of service.



CENTER INFORMATION

1635 E. Murray-Holladay Road
Millcreek, UT 84117
385-468-3130
Slco.org/mtolympus

CENTER HOURS

Monday - Friday
8:00 AM to 5:00 PM

TRANSPORTATION

Monday - Friday

LUNCH

Served Monday - Friday
11:15 AM to 12:15 PM
Suggested donation \$3.00.

CENTER STAFF

Susie Cates
Center Manager

Lara Kandolin
Program Coordinator

Cheryl Hale
Office Specialist

Wieslawa Juszczakiewicz
Kitchen Helper

Razmik Ghukasyan
Custodian

Mike Fondren
Van Driver

Salt Lake County
Aging and Adult Services'
mission is to promote
independence through
advocacy, engagement and
access to resources.



2018

Mount Olympus Center

Birthday Tuesday: May 1 at 11:30

If your birthday is in May, please see the front desk to receive a special lunch ticket! The Advisory Committee will make your lunch donation for you on this day. Background music by the wonderful Soren Green.

Living Well with Diabetes is Starting Thursday, May 3 for 6 weeks From 12:30 - 3:00 Excellent series, please sign up at front desk.

Cinco de Mayo Social Dance on Friday, May 4 from 12:30 - 3:30

Join us for music and a chance to meet some new people! Advisory Committee will sponsor the refreshments. Bart Bartholoma will be playing a variety of music for your listening and dancing pleasure.

Mother's Day Party on Friday, May 11 at 11:30

Enjoy a nice lunch and background music provided by pianist Jennie Floor. We will have a small gift for all the women who attend this lunch, sponsored by Holladay Health Care. Please see the front desk by **May 1** if you would like to join us for this event. Suggested lunch donation is \$3.00.

Wendover Trip on Tuesday, May 15

The Advisory Committee will have a sign up sheet and box available behind the front desk for your payment. Cost is \$20 and payable when you sign up. Bus leaves the center promptly at 8:30 and returns around 6:30. Join the fun!

Yard Sale on Friday, May 18 from 8:00 - 1:00

You can donate your items to the yard sale until May 16. No clothing or furniture please. Then come and rummage on Friday to see if you can find something interesting to take home! This is a fun Advisory Committee fundraiser, so please stop by and check out the variety

Special Lunch on Wednesday, May 23 at 11:30

Join us for brown sugar glazed ham, au gratin potatoes, green bean casserole, macaroni and cheese, and a frosted brownie for dessert! All that good food, and we still only ask a \$3.00 donation for lunch. Sign up at the front desk by **May 15** for this feast. These special lunches are offered only 3 times a year.


Mt. Olympus will be CLOSED on Monday, May 28.

National Senior Health and Fitness Day on Wednesday, May 30 from 1:00-4:00 at Viridian Event Center in West Jordan

"It's Never Too Late..." Live life to the fullest without regards to age. Come out and try some great activities like ballet, tap dancing, art, drums alive, etc.

Accredited by 
National Institute of
Senior Centers

 **SALT LAKE
COUNTY**
AGING & ADULT SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GOLF</p> <p>Starting May 9, meet on Wednesdays at the Meadowbrook Golf Course at 8:30 am, tee time at 9 am. Suggested donation \$15 for the season. Pay your own green fees at the course. Talk to the front desk for more info!</p>	<p>7:45 AARP Smart Driver class 1</p> <p>8:30 Mixed Media</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Canceled)</p> <p>Birthday Tuesday <i>Soren Green</i></p>	<p>8:00 Int. Strength Training 2</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 The Outlaw Trail (Register)</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p>	<p>8:00 Tai Chi 3</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament Living Well w/Diabetes @ 12:30</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Cottonwood Place)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Computer Class (Register)</p> <p>2:00 Pickle Ball</p>	<p>8:00 EnhanceFitness 4</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dance</p> <p>4:00 Guitar Class</p> <p>Social Dance <i>12:30-3:30</i></p>
<p>8:00 EnhanceFitness 7</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Clear Captions (Register)</p> <p>9:30 Tole Painting</p> <p>10:00 Yellow Dot Driving Safety (Register)</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Care Patrol)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 8</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>10:00 Creative Writing</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:00 Cooking Demo (Cottonwood Place)</p> <p>1:30 Chair Yoga</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Canceled)</p>	<p>8:00 Int. Strength Training 9</p> <p>8:00 EnhanceFitness</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 iPad & iPhone Class (Canceled)</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Soap Making (Register)</p> <p>12:30 Veteran's Benefits (Register)</p> <p>1:00 Brain Games</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p> <p>Advisory Committee Meeting at 1:30</p> <p>Ice Cream Social <i>William E. Christoffersen Salt Lake Veterans Home</i></p>	<p>8:00 Tai Chi 10</p> <p>8:00 Podiatrist (Register)</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:00 Blood Pressure/Glucose Testing</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Pacifica)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p> <p>Living Well w/Diabetes @ 12:30</p>	<p>8:00 EnhanceFitness 11</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dancing</p> <p>4:00 Guitar Class</p> <p>Mother's Day Party <i>Jennie Floor</i></p>
<p>8:00 EnhanceFitness 14</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Tole Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Holladay Health Care)</p> <p>1:00 Audiologist (Register)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 15</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chair</p> <p>11:30 Red Hatters (Olive Garden in Sugarhouse)</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 NARFE</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:00 Book Club</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Canceled)</p> <p>Wendover</p> <p>Last Day to sign up for special lunch</p>	<p>8:00 Int. Strength Training 16</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Dental Health (Register)</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p> <p>Pancake Breakfast 8-9:15</p>	<p>8:00 Tai Chi 17</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament in lobby</p> <p>9:30 Alzheimer's & Dementia Support Group</p> <p>10:00 Mahjong in lobby</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Visiting Angels)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics (canceled)</p> <p>2:00 Pickle Ball</p> <p>Living Well w/Diabetes @ 12:30</p>	<p>8:00 EnhanceFitness 18</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting (canceled)</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging (canceled)</p> <p>12:45 Social Dancing</p> <p>4:00 Guitar Class</p> <p>YARD SALE 8:00-1:00</p> <p>Root Beer Floats <i>Humana</i></p>
<p>8:00 EnhanceFitness 21</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Bridge Practice Class</p> <p>9:30 Story Crossroads Exhibition (Register)</p> <p>9:30 Tole Painting</p> <p>10:00 Drums Alive</p> <p>10:00 Advanced Line Dancing</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Bingo (Utah Senior Care Advisors)</p> <p>1:00 Knit & Crochet</p> <p>1:00 French</p> <p>2:00 AF Exercise Program</p>	<p>8:30 Mixed Media 22</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>10:00 Creative Writing</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>12:30 Death Café Express: Funerals of the Famous</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Canceled)</p>	<p>8:00 Int. Strength Training 23</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Senior Tours (Register)</p> <p>1:30 Attorney</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p> <p>Special Lunch Menu</p>	<p>8:00 Tai Chi 24</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Bingo (Jenkins-Soffe)</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p> <p>Living Well w/Diabetes @ 12:30</p>	<p>8:00 EnhanceFitness 25</p> <p>8:00 Int. Strength Training</p> <p>8:30 Spanish: Adv./Beg./Int.</p> <p>8:45 Senior Ballet</p> <p>9:00 Chair Tai Chi</p> <p>9:45 Oil Painting</p> <p>10:00 AF Exercise Program</p> <p>11:00 Mt. Olympus Singers</p> <p>12:00 Duplicate Bridge</p> <p>12:00 Mexican Train Dominoes</p> <p>12:30 Party Bridge</p> <p>12:30 Vital Aging</p> <p>12:45 Social Dancing</p> <p>4:00 Guitar Class</p>
<p>CLOSED</p>  <p>MEMORIAL DAY</p>	<p>8:30 Mixed Media 29</p> <p>8:30 Tai Chi (half hour)</p> <p>9:00 Tai Chi</p> <p>9:00 Body Massage (Register)</p> <p>10:00 Chair Tai Chi</p> <p>10:00 Creative Writing</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 Current Events</p> <p>1:00 Drawing</p> <p>1:30 Chair Yoga</p> <p>2:30 Learn to Dance</p> <p>2:30 Pilates (Class Full)</p>	<p>8:00 Int. Strength Training 30</p> <p>8:00 EnhanceFitness</p> <p>8:30 Advanced Spanish</p> <p>8:45 Senior Ballet</p> <p>9:15 Bridge Clinic</p> <p>9:45 AF Exercise Program</p> <p>10:00 Beginning Spanish</p> <p>10:00 Watercolors</p> <p>10:30 Skip Bo</p> <p>10:45 Chair Exercise</p> <p>11:00 Intermediate Spanish</p> <p>12:00 Mexican Train Dominoes</p> <p>1:30 Table Tennis</p> <p>3:00 Yoga</p> <p>Senior Health & Fitness Day at the Viridian Center 1-4</p>	<p>8:00 Tai Chi 31</p> <p>9:00 Beginning Mandarin Chinese</p> <p>9:00 Flamenco Class</p> <p>9:15 Pinochle Tournament</p> <p>10:00 Mahjong</p> <p>10:00 Yoga</p> <p>10:15 Advanced Line Dancing</p> <p>10:30 Tai Chi 18 Styles</p> <p>10:30 Mindfulness & Stress Release</p> <p>11:00 Chair Yoga</p> <p>12:00 Hand and Foot Card Game</p> <p>12:30 FREE Bingo</p> <p>1:00 Poetry</p> <p>1:30 Ceramics</p> <p>2:00 Pickle Ball</p> <p>Silver Pen Poetry Workshop 2:30</p> <p>Living Well w/Diabetes @ 12:30</p>	<p>Salt Lake Aging & Adult Services hosts an annual community event for National Health and Fitness Day. It will be from 1-4 on Wednesday, May 30 at Viridian Event Center in West Jordan. The theme this year is "It's Never Too Late", so come on out and take advantage of the opportunity to try out some great activities and continue to live life to the fullest without regards to age!</p>