

CLASSES & ACTIVITIES

Book Club will be discussing *The Underground Railroad* by Colson Whitehead. **Tuesday, May 16 at 2:00.** A Salt Lake County librarian leads this discussion. Books available through library systems.

Brain Games Tuesday, May 23 at 2:00. Did you know that brain games can improve memory by 58%? LeeAnn from Peak Home Health & Hospice is returning to share with us the most recent studies in memory, and involve participants in different types of brain games.

Canyon Hiking for the Active Participant On Monday, May 8th, we will hike 3 ½ miles on the Bonneville Shoreline Trail from Sunnyside Ave. to the Natural History Museum

On **Monday, May 22nd,** we will do a 4 ½ mile hike on the Pioneer Trail from Little Dell Reservoir to Affleck Park. For all hikes, participants meet at the Mt. Olympus Center for carpooling and leave promptly at 9:00 AM. Sign up at the front desk! Dress appropriately for hiking!

Cooking Demo Class by Cottonwood Place-Wednesday, May 17 at 1:00. Chase Brittner returns to share one of his wonderful recipes with us.

IPad Class Thursday, May 11 at 11:00. Frank Barton with Right at Home Care and Assistance will be teaching this class

Vital Aging: Money Smart for Older Adults
Money Smart for Older Adults: Older Adults can be prime targets for financial exploitation both by persons they know and trust and by strangers. During this class, you will learn important points to consider in planning for a more secure financial future, how to guard against identity theft and financial exploitation, as well as ideas about how to prepare financially for unexpected life events. Come join Mike from the Vital Aging Project on Fridays in May at 1:00.

SPECIAL CLASSES & PRESENTATIONS

If you want to attend a presentation, sign up at the front desk. Low enrollment may cause cancellation.

Yellow Dot Driver Safety Class on Monday, May 1 at 9:00. Come for this educational class presented by health professionals from University of Utah Health.

The Mediterranean Wednesday, May 3 at 12:30. Reese Stein is back from another great adventure. He would like to share his amazing photos and experiences with us regarding his visit to the Mediterranean.

Mandarin Chinese Starting Thursday, May 4 at 9:00. Mt. Olympus is now offering a new language class that will be taught by Johnson Wong.

Calisthenics Thursdays at 10:15 starting May 4. Ready to achieve body fitness and grace of movement? Increase your balance, flexibility, strength and muscle tone? Try this NEW class!

Sahaja Meditation Fridays in May at 10:00. Sahaja Meditation is a simple, time-honored technique. It helps reduce stress and increase wellbeing. Meditation brings clearer focus and helps people become more centered and balanced. Anyone can do it. Join us for this 4 week series!

Mexico: A Royal Tour Friday, May 5 at 2:00. Peter Greenberg joins Mexican President Felipe Calderón, one of the world's most dynamic heads of state, to showcase Mexico in a way no visitor has ever seen the country before. 56 min.

Theatre Tuesday Tuesdays in May at 2:00.

A Man Called Ove: Tues. May 9. 1 hr. 56 min.

Grace of Monaco: Tuesday, May 16. 1 hr. 42 min.

The Man from Snowy River: Tuesday, May 23. 1 hr. 44 min.

The Impossible: Tues. May 30 hr. 53 min

History of the Goddess on Wednesday, May 10 at 12:30. U of U professor of Classical Mythology, Margaret Toscano, will be presenting on this fascinating topic. What is the history behind the supernatural powers or attributes, believed in and worshipped?

Rocks Friday, May 12 at 2:00. This class is for all you rock hounds! Vern Rosenstiel, President of the R.O.C.K. organization, will be presenting on rocks and will even let you take one home as a souvenir. Don't miss it!

Healing with Essential Oils Tuesday, May 16 at 10:00. Sue Burdett will be here! Essential oils have many natural healing properties. Come see if they can help you!

Wolves of Yellowstone on Wednesday, May 24 at 12:30. Jill Smith will be back again; this time with a presentation on wolves.

Managing Chronic Diseases on Thursday, May 25 at 10:00. A nurse from Legacy Village will be here to teach us how we can manage our chronic diseases.

Death Café Express: "The Final Playlist" Music and the Funeral. **Friday, May 26 at 2:00.** This is a new monthly class presented by Memorial. They will have informational presentations and provide refreshments.

Tarot Guidance Presentation & Readings

Wednesday, May 31 at 12:30. Sandra, one of our new participants with many intriguing talents, will give a brief presentation on Symbolism of the tarot cards. She will also do 15 minute one-one-one tarot guidance readings. Must sign up for a one-on-one, \$5 donations are appreciated.

HEALTH & SERVICES

Audiology on Monday, May 8 from 1:00-2:30. Brent Fox of Audiology Associates will be available to check your hearing aids. Register.

Attorney Mike Jensen will be here on **Monday, May 15 from 11:00 to 1:00.** Register for a 20 minute session at the front desk.

Medicare Specialist Stephanie from Salt Lake County is available for one-on-one appointments. Call the center to make an appointment.

Massages We offer massages every Tuesday. Sign up for a 30 min. massage between 9:00 to 12:00. Suggested donation is \$10.00.

Podiatrist Thursday, May 11 from 8 to 10. Sign up for an appointment. \$10 Donation payable to Dr. Church.

Computers-Don Bricker, our computer specialist, has taken an extended leave of absence.



Slco.org/mtolympus

CENTER INFORMATION

1635 E. Murray-Holladay Road
Salt Lake City, UT 84117
385-468-3130

CENTER HOURS

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

TRANSPORTATION

Monday - Friday

LUNCH

Served Monday - Friday
11:30 AM to 12:15 PM
Suggested donation for lunch is \$3.00
No reservation needed

CENTER STAFF

Susie Cates
Center Manager

Kaylie Sager
Program Coordinator

Cheryl Hale
Office Specialist

Terry Winget
Kitchen Helper

Razmik Ghukasyan
Custodian

Mike Fondren
Van Driver

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

May 2017

Mount Olympus Center

CLOSED on Monday May 29 for Memorial Day

Cinco De Mayo Party on May 5 at 11:30

Join us as we celebrate Mexico's Independence Day and enjoy delicious Mexican food. See Cheryl by Tuesday, April 25th if you would like to attend..

Mother's Day Party will be on Friday, May 12 at 11:30

Enjoy a wonderful lunch and entertainment provided by Heart & Soul. A lovely flower will be given to all the women who attend this lunch (Donated by Cottonwood Place) See Cheryl if you would like to join us for lunch by May 2nd. Suggested lunch donation is \$3.00. Please donate what you can.

Wendover Trip is Tuesday, May 16

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

Bi-Annual Yard Sale on Friday, May 19 from 8:00-2:00

This event is a fundraiser for our Advisory Committee, so your participation is greatly appreciated! Thanks to all our donors and purchasers! Treasures available at great prices. Drop in for a look.

Short Trip to Natural History Museum, May 25 from 10:30-1:30

The van will leave here at 10:30. Museum entry fee is \$10.00 with van transportation \$2.00. This is payable at the front desk when you sign up. There are only 11 seats available. There is a café at the museum for those who care to purchase lunch.


Live Life in the Moment and Reduce Stress, every Thursday at 11:00

Ralph Morelli provides the skills to help you manage stressors in your life. Give yourself the gift of 1 hour a week to de-stress and relax. Stress puts you at increased risk for numerous health problems.

Accredited by 
National Institute of
Senior Centers

 **SALT LAKE
COUNTY**
AGING & ADULT SERVICES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 EnhanceFitness 9:00 Beginning Line Dancing 9:00 Yellow Dot Driver Safety Class (Register) 9:00 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Chair Yoga 10:00 Advanced Line Dancing 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo (Cafe Patrol) 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball	*7:45 AARP Smart Driver 8:30 Mixed Media 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Current Events 1:00 Drawing 2:30 Learn to Dance 2:30 Pilates	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv/Beg/Int 9:00 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 The Mediterranean (Register) 1:00 Good Ol' Boys (class full) 1:30 Table Tennis 3:00 Yoga	8/9 Tai Chi/Chair Tai 9:00 Beginning Mandarin Chinese (Register) 9:15 Pinochle Tournament 9:00 Calisthenics (Register) 10:00 Mahjong: Beginning 10:15 Calisthenics (Register) 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Bingo (Cottonwood Place) 12:30 Stepping On (Register) 1:00 Poetry 1:30 Ceramics 1/2:00 Beginning/Chromatic Harmonica	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting 9:00 Senior Ballet 9:00 Chair Tai Chi 10:00 Sahaja Meditation (Register) 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:30 Mexican Train Dominoes 12:30 Party Bridge 12:30 Social dance open to all today 2:00 Mexico: A Royal Tour 1:00 Vital Aging 4:00 Guitar Class
8:00 EnhanceFitness 9:00 Beginning Line Dancing 9:00 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Chair Yoga 10:00 Advanced Line Dancing 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo (Holiday Health Care) 1:00 Audiologist (Register) 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball	8:30 Mixed Media 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 10:00 Creative Writing 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Current Events 1:00 Drawing 2:00 A Man Called Ove (Register) 2:30 Learn to Dance 2:30 Pilates	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 History of the Goddess (Register) 1:00 Good Ol' Boys (class full) 1:00 Advisory Committee Meeting 1:30 Table Tennis 3:00 Yoga	8:00 Podiatrist 8/9 Tai Chi/Chair Tai Chi 9:00 Beginning Mandarin Chinese (Register) 9:15 Pinochle Tournament 10:00 Mahjong: Beginning 10:15 Calisthenics (Register) 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 11:00 iPad (Register) 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Stepping On (Register) 12:30 Bingo (Pacifica) 1:00 Poetry 1:30 Ceramics 1/2:00 Beginning/Chromatic Harmonica 2:00 Pickle Ball	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting 9:00 Senior Ballet 9:00 Chair Tai Chi 10:00 Sahaja Meditation (Register) 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge 12:30 Mexican Train Dominoes 12:30 Party Bridge 12:45 Social Dancing 1:00 Vital Aging 2:00 Rocks (Register) 4:00 Guitar Class
8:00 EnhanceFitness 9:00 Beginning Line Dancing 9:00 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Chair Yoga 10:00 Advanced Line Dancing 11:00 Attorney (Register) 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo (Good Shepherd) 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball	8:30 Mixed Media 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Healing with Essential Oils (Register) 10:00 Chair Tai Chi 11:30 Red Hatters (Long Life Veggie House 1353 E. 3300 S.) 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Current Events 1:00 Drawing 1:00 NARFE 2:00 Book Club 2:00 Grace of Monaco (Register) 2:30 Learn to Dance 2:30 Pilates	8:00 Enhance Fitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 1:00 Cooking Demo by Cottonwood Place 1:00 Good Ol' Boys (class full) 1:30 Table Tennis 3:00 Yoga	8/9 Tai Chi/Chair Tai 9:00 Beginning Mandarin Chinese (Register) 9:15 Pinochle Tournament 9:30 Alzheimer's Support Group 10:00 Mahjong: Beginning 10:15 Calisthenics (Register) 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Stepping On (Register) 12:30 Bingo (Visiting Angels) 1:00 Poetry 1:30 Ceramics (canceled) 1/2:00 Beginning/Chromatic Harmonica 2:00 Pickle Ball	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting (cancel) 9:00 Senior Ballet 9:00 Chair Tai Chi 10:00 Sahaja Meditation (Register) 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge (canceled) 12:30 Mexican Train Dominoes 12:30 Party Bridge 12:45 Social Dancing 1:00 Vital Aging 4:00 Guitar Class
8:00 EnhanceFitness 9:00 Beginning Line Dancing 9:00 Bridge Practice Class 9:30 Tole Painting 9/10 Lifetime Fitness 10:00 Chair Yoga 10:00 Advanced Line Dancing 12:00 Duplicate Bridge 12:45 Party Bridge 12:30 Bingo (MBK Cottonwood Creek) 1:00 French 1:00 Knit & Crochet 2:00 Pickle Ball	8:30 Mixed Media 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Creative Writing 10:00 Chair Tai Chi 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Current Events 1:00 Drawing 2:00 The Man from Snowy River (Register) 2:00 Brain Games (Register) 2:30 Learn to Dance 2:30 Pilates	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 Wolves of Yellowstone (Register) 1:00 Good Ol' Boys (class full) 1:00 Service Project 1:30 Table Tennis 3:00 Yoga	8/9 Tai Chi/Chair Tai 9:00 Beginning Mandarin Chinese (Register) 9:15 Pinochle Tournament 10:00 Managing Chronic Diseases (Register) 10:00 Mahjong: Beginning 10:15 Calisthenics (Register) 10:15 Yoga 10:15 Advanced Line Dancing 11:00 Mindfulness & Stress Release 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Bingo (Jenkins Softe) 1:00 Poetry 1:30 Ceramics 1/2:00 Beginning/Chromatic Harmonica 2:00 Pickle Ball	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv./Beg./Int. 9:00 Oil Painting 9:00 Senior Ballet 9:00 Chair Tai Chi 10:00 Sahaja Meditation (Register) 10:00 Lifetime Fitness 10:30 Mt. Olympus Singers 12:00 Duplicate Bridge () 12:30 Mexican Train Dominoes 12:30 Party Bridge 12:45 Social Dancing 1:00 Vital Aging 2:00 Death Care Express (Register) 4:00 Guitar Class
CLOSED 	8:30 Mixed Media 8:30 Tai Chi (half hour) 9:00 Tai Chi 9-12 Body Massages 10:00 Chair Tai Chi 12:00 Hand and Foot Card Game 12:15 ESL 12:30 Current Events 1:00 Drawing 2:00 The Impossible (Register) 2:30 Learn to Dance 2:30 Pilates	8:00 EnhanceFitness 8:00 Int. Strength Training 8:30 Spanish: Adv/Beg/Int 9:00 Senior Ballet 9:30/2 Watercolors 9:45 Lifetime Fitness 9:15/10:15 Bridge Clinics 10:45 Chair Exercise 10:45 Skip Bo 12:00 Mexican Train Dominoes 12:30 Tarot Guidance Presentation & Readings (Register) 1:00 Good Ol' Boys (class full) 1:30 Table Tennis 3:00 Yoga	Mandarin Chinese Learning a new language is one of the best things you can do to keep your mind sharp. Join us for this NEW Class! Thursdays at 9:00.	Calisthenics This NEW exercise class can: <ul style="list-style-type: none"> ◆ Increase Endurance ◆ Increase Muscle Tone ◆ Better Balance ◆ More Flexibility Thursdays at 10:15.