



# Sandy Senior Center



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

Be sure to come by & meet Sandy Mayor, Tom Dolan on Tuesday, June 6th at 10:45 in the café.

Thank you for your Meal Donation of \$3.00. It helps to ensure that programs & services will continue to be offered. Any donation given over \$3.00 goes to help cover the cost of a lunch for someone who can't afford to make a donation.

**CENTER INFORMATION**  
 9310 S 1300 E Sandy, Ut  
 Fax (385) 468-3418

**Phone**  
 (385)468-3410

**Hours**  
 Monday-Friday  
 7:00am-4:00pm

**Lunch**  
 Served M-F  
 11:30am-12:15pm  
 Suggested 60+  
 Donation is \$3.00

**Transportation**  
 (801) 230-5673

**Center Staff**

Charles Otis  
 Center Manager  
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Cindy DeLao  
 Program Coordinator  
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Maggie Steele  
 Office Specialist  
 \* \* \*

Penny Stahl  
 Cook  
 \* \* \*

Bonnie Schaffer  
 Meal Aide  
 \* \* \*

Yogi Tillman  
 Custodian  
 \* \* \*

Scott Hess  
 Driver

Find us on Social Media



## THURSDAY, JUNE 8TH 4:30 - 7:30

Sandy Seniors will share their talents with us once again at **Family Night at the Sandy Amphitheater**. The event is sponsored by the center Advisory Council. A hamburger dinner starts at 4:00 in the center café. \$3.00 individual or \$5.00 for a family of 4. Tickets available at the front desk. The show starts at 5:00!

Entertainment include: Social Dance with Bart, The Celtic Colleens, The Satar's of Sandy, Sandy Square Dancers, The Ukuleale's, Young at Heart Dancers, The Scottish Country Line Dancers, The Hawaiian Dancers, The Time Steppers, New Horizons Orchestra and the Sandy Glee Club.

*congratulations*

To Laura Huls & Kathy Lee, on earning their Gold Sash through patience, determination & dedication to Tai Chi for over 5 years. Both Laura, and Kathy are knowledgeable of 18 posture forms which traces back to 12th century China. Both women recognize that Tai Chi is not just an exercise, it is a way of living a healthy and balanced life due to the principals and disciplines learned by making Tai Chi an vital part of their lives.

**June is Men's Health Awareness Month** It is important to recognize that as we get older, our health needs start to change. Here are a few tips to improve your health and well being:

1. Enjoy a good belly laugh - to increase oxygen in your blood, release endorphins and increase your heart rate. Believe it or not Laughing = Exercise!
2. Be a friend - establish connections. Isolation decreases immune system functions that can lead to chronic diseases. Social isolation can lead to loneliness and depression. So get out there, get smiling and be a friend.
3. Shift your Attitude - Change your perception, emotions, and the course of your day. Wake up and practice mindfulness, note 2 - 3 things you are grateful for thus changing your perspective in a positive way.
4. Go Natural - Research shows that only 20 minutes of OUTDOOR activity increases you energy levels , mental well being and physical resiliency to help reduce illness.
5. Eat Real Food - It has been found that sugar triggers inflammation in the body which can lead to chronic diseases such as cancers, heart disease, arthritis, and diabetes. Moreover, inflammation can influence mental health and depression.
6. Give Back - Research has shown that the act of giving through volunteerism or financial donations can improve self-esteem, release endorphins, strengthen the immune system, and improve overall well-being. In addition, lending a hand can shift one's perspective from a focus on life troubles to a focus on helping someone in need. As a result, the act of giving can decrease depression.



# JUNE 2017





**Our Thrift Store has some pretty amazing items & it's open Mon. & Wed. from 9:00 - 1:30.**

EnhanceFitness - M, W, F @ 7:45 am - Evidence based group exercise program, helps older adults at all levels of fitness to become more active & energized.

Fit & Trim - M, W, F @ 9:00 am - Low intensity aerobics suitable for all levels of fitness.

Arthritis Exercise - M, W, F @ 10:15 - Low Impact exercises done from a seated position.

**Zumba- Weds @ 11:10, high energy workout w/Becky**

Vital Aging ~ Pathway to Greif & Loss: Learn new ways to re-adjust, re-invest in life and relationships while remembering & honoring the loss. See the sign up sheet & Join Eun Ha on Thursday June 1st @ 10:00.

Dementia Dialog ~ Alzheimer's & Dementia Support Group. First Thursday of each month (June 1st) @ 6pm. Sponsored By: Sunrise Senior Living of Sandy.

BRAIN GAMES ~ 1st Friday, June 2 @ 10:30 in the café

SANDY CITY Mayor Tom Dolan will be here Tuesday, June 6th at 10:45 a.m. to address our senior community.

**BIRTHDAY BINGO & LUNCH TUESDAY** ~ If this is your Birth Month you can play BINGO for FREE on the 1st Tuesday (June 6). Be sure you stay to get your birthday lunch paid for as well ~ Happy Birthday to You!

360° PICTURE SEMINAR-Wednesday June 7, 12:00-1:30pm Computer Room. Learn how to take amazing 360° pictures. Amaze friends &

family

AARP Drivers Safety – 1st Weds of every month (June 7th). Learn safe driving techniques & strategies. Safe Driver Certificate awarded upon completion. \$15 for AARP members \$20 for non-members. Room 101-A

**Current Events** ~ Friday, June 9th Thomas Quayle From Salt Lake Co. Clark Planetarium will present the effects of climate change and the environment of our Earth @ 10:00. On Friday, the 23rd @ 10:00 will be Open Forum to bring your concerns to the table for discussion.

FTD - Frontal Temporal Dementia Group will meet on the 2nd Weds. of each month (June 14) from 9:30 - noon.

**We are pleased to announce that Jared Gerber, Sandy City Community Development Planning Director, will be here to answer questions you may have about the future development plans for Sandy City. WEDS, June 14th at 10:00 am.**

Dream Class with Liz Jolly on the 2nd & 4th Weds. of each month (June 14 & 28), 10 am - 12 noon. Discuss dreams and what they could possibly mean.

**UTAH'S YELLOW DOT PROGRAM, Thursday, June 15th at 10:00 am.** Taught by professionals from the U of U- learn how to best first responders in event of an auto accident.

Cooking Course with Draper Rehab ~ Learn new recipes & techniques, sample food & get a copy of the recipe. 3rd Thursday of each month (June 15) @ 10:00 am - Café.


Sandy Police Chief Thacker is here the 3rd Friday of each month (June 16) to discuss community policing issues @ 10:00 am.

AUTHOR Stacy Anderson will be returning on Friday, June 16th to continue with the writing workshop from 12 noon - 2:00.

Memory Screening with Carol, is on 3rd Tuesday of each month (June 19) from 9:00 - 11:30 a.m. Sign up sheet on table.

Amy with Accessible Systems will be here on Monday the 19th at 10:00 am to provide additional information on devices for Home and Vehicle Independence.

**Podiatrist - Dr. Shelton** is here on the 3rd Weds @ 10:00 (June 21st) \$10.00 donation. ~ 1st come 1st serve.

 The Huntsman Cancer Institute will be here Wednesday the 21st from 10 - 11 to speak on the issue of **Men's Health** - We hope you will join us for this informative presentation.


Cribbage Club ~ Every Tuesday @ noon in the lobby ~ All skill levels welcome!


Per request, Rosalind with I-Care is returning to discuss **Arthritis Prevention and Maintenance** on Tuesday the 27th at 10:00 am.

Senior Free Thinkers of Utah ~ Weds. the 28th at 9:30. Open discussion for those who believe in forming opinions and beliefs about religion, politics, truth etc., on the basis of facts, reason and common sense.

**June Entertainment:**

- 6th ~ New Filers
- 7th ~ Sheery Brennan
- 13th ~ Wasatch Woodwinds
- 14th ~ B D Howes
- 20th ~ The Key Musicians
- 21st ~ Mixed Nuts
- 27th ~ Larry Turner

 **RETIRED SCIENTISTS WANTED: Do you have a scientific background or passion for a scientific-related topic? The "Current Events Discussion Group" at Sandy Senior Center is hosting a SENIOR SCIENCE EVENT on Friday, August 11, from 10:00 a.m. Until noon. Call Sally Jo Fuller, Organizer, @ 801-440-1002.**

 We have a few patrons that are interested in learning Bridge ((they've never played)) & are looking for someone willing to teach them in order to join the Social Bridge Players. If you are interested - Please get with Cindy.

 We will have Riverton Family Search Library conducting a 5 week class on Family Search / Genealogy. Available for the first 10 persons to sign up for the course. The class will be on Fridays July 7th - August 5th from 12:30 - 1:30.