

**CENTER  
INFORMATION**

9310 S 1300 E Sandy,  
Utah 84094

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  
\*\*\*

**Maggie Steele**  
Office Specialist  
\*\*\*

**Penny Stahl**  
Cook  
\*\*\*

**Bonnie Schaffer**

**Meal Aide**  
\*\*\*

**Yogi Tillman**  
Custodian  
\*\*\*

**Scott Hess**  
Driver

**We're on Social Media**  
Find us on ...



# SANDY SENIOR CENTER



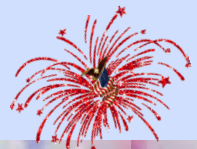
We will be closed for the 4th of July & July 24th for Pioneer Day.

**\* GREAT NEWS \*** Starting this month & going forward, Jared Gerber, the Community Development Planning Director for the city of Sandy, or a member of his team, will be in our center on the 3rd Wednesday of each month at 10:00 am to address any questions or concerns you may have in regards to the future plans for Sandy City.

## JULY IS HEALTHY VISION & HEARING MONTH

Early detection of eye disease can save your vision with proper treatment & following a few simple tips. ALWAYS wear sunglasses during daylight hours. Wear safety goggles to help prevent injury, be as active as possible; and, rest your eyes for at least 15 minutes after 2 hours of continuous computer use, and look away from the screen for 15 seconds for every 20 minutes of computer viewing.

While age and wear may inevitably affect your hearing, you can prevent unnecessary damage. From audio training to personal hygiene, a few simple measures can keep your hearing in tip-top shape. Protect and Relax Your Ears. Reducing the volume can keep portable music devices from damaging your hearing. Prevent possible damage by not using cotton swabs, as they push earwax deeper into your ear canal. Studies show it is helpful to have a baseline-hearing test performed so that it is available for comparison with a follow-up test. Also a yearly hearing evaluation is a great way to stay ahead of any auditory deprivation.



**On Tuesday, August 1st, turn on your outside porch light. This signifies that you look out for your neighbors and are a part of a community that looks out for one another. Now that your porch light is on... go out and speak with your neighbors, be social and let them know that you are there for them and care about the well being of your neighborhood. So get outside & socialize!**

Did you know that your meal donation of \$3.00 helps ensure that programs & services continue to be offered and that any donations over \$3.00 help cover the cost of lunch for those who cannot afford to make a donation. Thank you for your donations to our meal program.

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



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.

AARP Drivers Safety - 1st Weds., July 6th you can learn safe driving techniques & strategies. Safe Driver Certificate awarded upon completion. \$15 for AARP members \$20 for non-members.



Dementia Dialog ~ A new Alzheimer's & Dementia Support Group meeting on the 1st Thursday of each month @ 6pm. Sponsored By: Sunrise Senior Living of Sandy.

Social Bridge Club is back! Every Weds. @ 12:30. Established & knowledgeable players please. Dream Class with Liz Jolly on the 2nd & 4th Weds. of each month from 10 am - 12 noon.

FTD - Frontal Temporal Dementia Group will meet on the 2nd Weds. of each month from 9:30 - 12 noon.

Audiology Assoc. of Holladay will be here on Tuesday the 11th at 9:00 am discussing Hearing & Ear Health.

Moran Eye Center will be here on Weds. 7/12 to discuss "Your Aging Eyes" at 12 noon just after lunch come for the information - stay for the giveaways!

Wednesday the 19th at 9:00 am in the Café Before BINGO Medsource Mobility will hold their NO COST Fix It Clinic, so bring your walker, cane, scooter, wheelchair and they will repair it at no cost to you.

Podiatrist - Dr. Shelton is here on the 3rd Weds @ 10:00 \$10.00 donation ~ 1st come 1st serve on the 19th.

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

**NEW** On the 3rd Wednesday of each month at 10:00 a member of the Sandy City Community Development Planning Div. will be here to answer any questions you have in regards to our fair city.

Our Thrift store has some pretty amazing items available & it's open Monday & Wednesday from 9:00 - 1:30 to come by and find something for yourself!



**HAPPY BIRTHDAY!** BINGO TUESDAY ~ If this is your Birthday Month you can play BINGO for free on the 1st Tuesday, (July 11th) then enjoy a birthday lunch paid by the Advisory Committee.

**PLEASE! NOTE** CRIBBAGE CLUB ~ Will now meet on the 2nd Tuesday of each month @ 12 noon ~ All skill levels welcome!

NEEDED 2 new players to Learn Bridge as we have 2 people currently interested. (4 needed)

Vital Aging ~ How I view myself - Self Esteem. Discover or rediscover your sources for personal well-being. This workshop will help you cultivate self strengthening beliefs & create an optimistic view of yourself. Join Eun Ha on Thursday, July 6th @ 10:00.

Current Events - Fri. July 14th, SL Tribune 2017 Pulitzer Prize for Local Reporting This team of reporters & editors who brought the year long investigation of the perverse, punitive and cruel treatment given to sexual abuse victims at some Utah Universities will share their stories. July 28th will be an Open Forum where you can discuss topics of interest with others.



Sandy Police Chief Thacker is here the 3rd Friday of month. To discuss community policing issues @ 10:00 am on the 21st.

Friday, July 21st, Free Legal Consultation w/ Attorney, 10 - noon. Schedule a 20 minute appointment with the Front Desk Staff. The next opportunity to speak with the attorney will be on Friday, Sept. 15th.



Memory Screening w/Carol, 9:00-11:30 a.m. 3rd Tuesday of each month (July 25th). Sign up sheet on table.



Senior Free Thinkers of Utah ~ Weds. the 26th at 9:30. Ray Gunn, retired history professor from the U of U will talk about "Fake History" and how history is altered to advance political ideological and other special interests.

From July 17th - 21st We will be holding Christmas In July ~ A Silent Auction with items such as books, stamps, pottery, crafts & misc. items. There is something for Everyone! You can bid daily from 9:00 - 2:00 pm. The winner with the Highest Bid will be notified by phone the following week.



JULY ENTERTAINMENT:

- 5th ~ Mixed Nuts
- 10th ~ Mama's Wranglers
- 11th ~ Sheery Brennan
- 19th ~ New Fiddlers
- 25th ~ Bob Shorten

ENJOY YOUR PIONEER DAY SEE YOU ON THE 25TH



**Senior Science Event Friday August 11th.** The Current Events group will host a small group of practicing or retired scientists across several disciplines who will discuss their field and answer your questions.