

# Sandy Senior Center

9310 South 1300 E.  
Sandy, Utah 84094

**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

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## Center Staff

Charles Otis  
*Center Manager*  
\* \* \*

Cindy DeLao  
*Program Coordinator*  
\* \* \*

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

Bonnie Shaffer  
*Cook*  
\* \* \*

Yogi Tillman  
*Custodian*  
\* \* \*

Scott Hess  
*Driver*



FIND US ON SOCIAL  
MEDIA AT



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



As we age a change in our appetite can be normal because our metabolism slows down as does our activity level, which means we need fewer calories. It is very important to know that the benefits of proper nutrition can increase your mental capacity and give you higher energy levels to give better resistance to illness and disease. **A senior with better eating habits will feel better overall and live longer and stronger.**

Here are just a few ways to promote healthy eating habits:

Increase the nutrient density, not the portion size. Large portions or a lot of different food items presented all at once can be overwhelming. For example, prepare hot cereal and soups with milk instead of water, add peanut butter to toast instead of butter or add cheese to scrambled eggs.

Set regular eating schedules. Our bodies thrive on routine. When we stray from our typical schedules the appetite is affected. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

Stay connected with family and friends and engage in social meals. The thought of eating alone can decrease your appetite.

Enhance smells and flavors with herbs, sauces, marinades.

Avoid excessive liquids before or during meals, Beverages can fill us up and reduce our appetite.

It is most important remember that it's never too late to improve your eating plan, be more physically active, and be good to yourself for a healthier life.



## Look Great Feel Great

### Fruits

- Berries: blueberries, blackberries, raspberries ect.
- Apples
- Bananas
- Oranges
- Avocados: The thicker the better
- Limes & Lemons: Find the heavy ones... They'll have more juice

### Nuts & Seeds

- Unroasted, Unsalted, Unsmoked Nuts, RAW. Store in Fridge.
- Almonds
  - Walnuts
  - Flaxseeds
  - Sesame Seeds

### Meat, Fish, and Poultry

- Boneless, Skinless Chicken Breasts
- Roast Turkey Breast
- Boneless Lamb Loin
- Wild Salmon
- Fresh Sole

### Eggs & Dairy

- Omega-3 Organic Eggs
- Feta Cheese
- Plain Nonfat Yogurt

### Staples

- Almond Butter
- Cashew Butter
- Extra-Virgin Olive Oil
- Green Tea Bags
- Rice Vinegar, Unseasoned

### Vegetables

- Baby Spinach
- Baby Mixed Greens
- Broccoli
- Carrots
- Tomatoes: Vine ripened or hot house
- Cucumbers
- Beans
- Peas
- Onions
- Garlic
- Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
- Peppers

### Frozen

- Frozen Shrimp Cooked
- Frozen Mixed Berries

### Organic Soy Product

- Plain, Unsweetened Soy Milk
- Plain, Unsweetened Soy Yogurt
- Tofu

### Whole Grains

- Brown Rice, Long Grains
- Whole Pile or Flax Bread
- Steel-Cut Oats
- Quinoa

### Drinks

- Bottled Water

### Extras

- Dark Chocolate
- Cocoa Powder



Did you know that your 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.

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 - On the 1st Weds, March 1st - Learn safe driving techniques & strategies. Safe Driver Certificate awarded upon completion. \$15 for AARP members \$20 for non-members.

Dementia Dialog, March 2nd @ 6pm ~ Alzheimer's & Dementia Support Group meeting (always on the 1st Thursday each month @ 6pm.) Sponsored By: Sunrise Senior Living of Sandy.

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

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

Podiatrist - Dr. Shelton is here on the 3rd Thursday 3/15 @ 10:00 \$10.00 donation ~ 1st come 1st serve.

Cooking w/Draper Rehab ~ Learn new recipes, techniques, sample food & take the recipe home. On the 3rd Thursday, March 15th

**\*\*\* THE SPRING FLING EVENT is going on in our Thrift Store Monday thru Wednesday 3/12 - 3/14 from 8:30 - 3:30 \*\*\***

**\*\* NEW \*\* Civic Week = 3rd week \*\***

On the **3rd Monday** of each month @ 10:00 Chat with the **Sandy Fire Chief Bruce Cline**.

On the **3rd Tuesday** of each month @ 10:00 Newly elected **Councilmen Zac Robinson** will be here to update you on what the Sandy City Council is working on.

On the **3rd Wednesday** of each month @ 10:00 a member of the **Sandy Community Dev. Team** is here to answer your questions in regards to city planning & development.

On the **3rd Friday** @ 10:00 **Police Chief Thacker** will discuss community policing issues & to answer any questions you may have.

**BINGO TUESDAY** ~ If this is your Birthday Month you can play BINGO for free on October 3rd then enjoy a birthday lunch paid by the Advisory Council.

**CRIBBAGE CLUB** ~ 2nd Tuesday of each month @ 12 noon ~ All skill levels welcome !

**Vital Aging** ~ Anxiety, What is it & How to manage it. Join this wellness class Thursday, 3/1 @ 10:00 to learn tips to help give yourself peace of mind.

Tuesday the 6th from 9:30 - 1:30 The Westminster Nursing Students will be here to provide Health Screening - Please be sure to stop by and get screened.

On Wednesday 3/7 & 3/28 at 10:00 am Darlene will be here with her Downsizing Seminar, so please sign up and the tables and enjoy her ever helpful decluttering and downsizing tips.

Memory Screenings with Carol. Tuesday 10/17. Sign up at the tables for an appointment 9:00 - 11:30a.m.



Friday 3/9 at 10:00 We'll be hosting the Senior Science Event. Be sure to join us to see just how amazing our seniors are.

Friday 3/29 at 10:00 will be an "OPEN FORUM", another opportunity to bring your concerns for discussion.

Tuesday 3/27 at 10:00 the UVU Nursing Students will discuss Healthy Eating = Healthy You. Be sure you make some time to attend this informative class on our customized monthly topic

Wed. the 31st @ 9:30 The Senior Freethinkers of Utah monthly meeting is held for all who like to discuss, evaluate and form their OWN opinions, including religion and politics, etc. Everyone is welcome for education, enlightenment and enjoyment.



The League of Women Voters, meet on the last Thurs. of each month 3/29 from 10:00 - 11:30. This month will focus on Medicaid expansion, with guest Prof Bob Huefner.

Friday the 30th at 10:00 am a representative from Salt Lake County Aging & Adult Services will be here to help you with Enrolling and Understanding the ins and outs of Medicare. Be sure to attend to have your questions answered or get assistance with enrollment.

### Entertainment:

6th ~ New Fiddlers

14th ~ Bob Shorten

21st ~ Wayne Hovey - 1 Wagon 3 Wheels

27th ~ Larry the Entertainer



Medication Safety on 4 / 2

**Reece Stein shares his recent trip to Patagonia on 4/11**

Annual Health Fair will be held on 4/12

**Barry Knight Travel & Cruises Presentation on 4/23**