



# Sandy Senior Center

November 2017

## 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 Shaffer  
Meal Aide  
\*\*\*

Yogi Tillman  
Custodian  
\*\*\*

Scott Hess  
Driver

Find us on  
Social Media



It is with respect and gratitude we invite you to the Sandy Senior Center Annual Veterans Day Program. Where we honor and celebrate all who served and fought for our freedoms.

Our Program will begin with Breakfast on Thursday, November 9th at 8:00 a.m.



Our Thanksgiving Luncheon will be on Tuesday, November 14th at 11:30. Entertainment while you dine will be provided by the wonderful Larry Turner. We hope you will join us in this celebration luncheon as we are thankful for each and every one of you.



Of all mental illnesses, depression is the most common disorder. Major depression is defined as having severe symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy life. Symptoms of major depression may include fatigue or loss of energy, feelings of worthlessness or guilt, impaired concentration, loss of interest in daily activities, appetite or weight changes, sleep changes, and recurring thoughts of death or suicide. Adults who reported chronic illnesses and/or poor health status in general were also more likely to have undiagnosed depression. It is known that behavioral health problems often co-occur with chronic diseases and may exacerbate poor health outcomes.



### *Sandy Senior Center Advisory Council Elections are back*



Nominations closed 10/31—Meet the Candidates on Nov. 8th  
November 13-17, Voting will occur daily from 9:00 to 1:00  
Be sure to cast your Vote ~ The winners will be announced the week of November 20th.

IF YOU DON'T

# VOTE

YOU LOSE  
THE RIGHT TO  
COMPLAIN

Your donation of \$3.00 will help ensure that programs & services continue to be offered. Also, any donations over \$3.00 goes to help cover the cost of lunch for those who can't afford to make a donation. Thank you for your donation to our meal program !

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

Website: [www.slco.org/Sandy](http://www.slco.org/Sandy)



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 - Join in for some Low Impact exercises done from a seated position.

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

Dementia Dialog , Thursday November 2nd @ 6pm ~ Alzheimer's & Dementia Support Group meeting (always on the 1st Thursday of each month) 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 Weds @ 10:00 \$10.00 donation ~ 1st come 1st serve on 11/15.

Cooking w/Draper Rehab ~ Learn new recipes, techniques, sample the food & take the recipe home. On the 3rd Thursday (16th) of each month @ 10:00 am.

On the 3rd Wednesday of each month (11/15)at 10:00 a.m. a member of the Sandy City Community Development team will be here to answer any questions you have regarding city planning and development.

Thrift store is open Monday & Wed. from 9:00 - 1:30.

BINGO TUESDAY ~ If this is your Birthday Month you can play BINGO for free on November 7th then enjoy a birthday lunch paid by the Advisory Committee.

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

Vital Aging ~ Increase your enjoyment of the Holidays - Learn ideas, tips and effective planning can help the holidays be more enjoyable and less stressful Thursday, Nov. 2nd @ 10:00.

On Monday the 6th at 12:00 Noon ~ Rosalind Hickey will be here with a presentation on Balancing Hope & Health for Vibrant Mental Health.

Tuesday the 7th at 9:00 am, we welcome back Carol Esterreicher for her presentation on Laughing for the Health of it. We hope you join in the laughter.

Lighten Home Healthcare & Hospice will be here on Wed. the 8th at 10:00 am for a Balance Training

Veterans Appreciation Breakfast & Celebration will be at 8:00 am on Thursday 9th.

Thursday November 9, @ 10:00 join Bruce Craft for a class on "Aging Happily" Discover ways to age happily.

Thursday the 9th at 5:30 Karen Jones Presents: How to reclaim your personal life & prioritize with joy, adventure and play ~ Embracing Change

No Current Events in November. See you in December.

Monday 11/13 @ 10:00 - Certified Handwriting Analyst, Craig Waldron will show you how you can improve your memory, reduce stress and possibly improve your sleep.

**11/14 @ 11:30 THANKSGIVING LUNCH-GET YOUR TICKET !**

Memory Screenings with Carol. Tuesday 11/21. Be certain to sign up for your appointment. 9:00a.m.-11:30a.m.

Sandy City Police Chief Thacker, 3rd Friday (17th) at 10 am to discuss community policing issues.

The League of Women Voters, meet on the last Thurs. of each month (11/30) from 10:00 - 11:30. This month we will revisit the redistricting initiative.

On Wed. the 29th @ 9:30 Join the Senior Freethinkers of Utah in an open discussion for those who believe in forming opinion and beliefs about religion, politics, truth etc., on the basis of facts, reason and common sense.

#### NOVEMBER ENTERTAINMENT

1st ~Bob Shorten      7th~ New Fiddlers

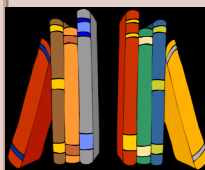
14th~ Larry the Entertainer– Thanksgiving Lunch

15th~ Deb Bower      22nd Mixed Nuts

29th~ BD Howes

Will be on Friday the 15th at 8:00 a.m. ~ This may be your last chance to convince him to take you off of his Naughty list!

Ring in the Noon Year will be on Friday the 29th at 12 noon, We hope you will join us to celebrate the approach of 2018 with some sparkling cider.



#### Attention Holiday shoppers !!!

The Sandy Senior Center Book & Puzzle Sale AND Pottery Silent Auction will be held the week of December 4th from 9:00-2:00pm Monday-Thursday and 9:00-12:00 on Friday December 8th.