

Tennis Anyone?

Meet coach Don! Don will be giving Tennis instruction and drills every Tuesday and Thursday at 8:00 a.m. All levels of players are welcome. We do have rackets available for use.

Hiking Club

Thursday, September 7th: Lake Mary

Thursday, September 21st: City Creek Canyon

Meet at the hiking location at 9:30 a.m. Wear proper shoes for hiking and bring water. A map to the location of the hike is available at the front desk.

S.A.G.E.

2nd Tuesday of the Month

1:00-3:00 p.m.

Join us September 11th for the monthly social support group. Get to know other LGBTQ older adults. Receive the support you need and deserve.

Haircuts by Alyssa

Tuesday, Sept. 12 & 26, 10:00 a.m.-12:00 p.m.

There is an \$8.00 requested donation fee to receive this service. Please wash your hair prior to getting your haircut.

AARP Driving Class

The AARP Driving class is held the 1st Friday of each month, 10:00 a.m.-3:30 p.m. with a half hour lunch. The cost is \$15 for those with an AARP Membership and \$20.00 for those without a membership. Please remember to bring your driver's license and please be on time. If you would like to have lunch at the center, please let us know when you sign up at the front desk.

Wendover Trip

3rd Thursday of the month. (September 21st)

Cost: \$22

\$7.00 cash back, \$5.00 in lucky bucks, free Buffet, and free drink.

Le Bus will pick up here at 8:15 a.m. and return at about 7:00 p.m. Must have exact change to pay for your trip.

Fall Prevention Awareness Day

Friday, September 22nd, 9:30 a.m. at Liberty Park.

Join us for our annual Fall Prevention Awareness Event. We will kick off the event with a few exercises with the Health Promotion Team, then take a walk around the park, visit several vendors providing screenings and fall prevention education. Following the walk we will have guest speaker, Andrew Merryweather, enjoy a sack lunch and draw for a bunch of prizes. Sign up at the front desk.

Classes You Don't Want To Miss

Vital Aging

Monday, September 11th, 11:00a.m.

September 2017, marks the 28th annual celebration of National Recovery Month. This year's theme, "Join the Voices for Recovery: Strengthen Families and Communities" encourages people to openly discuss behavioral health conditions and the reality of recovery. Community resources and assistance will be discussed.

Communication Class Series

Wednesday, September 6th, 11:00 a.m.

Part 4: Dealing with Values

Unclaimed Property

Thursday, September 7th, 11:00 a.m.

Book Club

Tuesday, September 19th 1:30 p.m.

Book: The Boy who Harnessed the Wind by William Kamkwamba & Bryan Mealer

Brain Games

Monday, September 25th

Humana

Wednesday, September 27th

New Tye Dying Class

Tuesdays 2:30p.m.

Come learn several variations of Tye Dying. Bring something to dye or T-shirts are available to purchase for \$5.

Writing Group

Mondays 10:00 a.m.

Journaling, short stories and poetry. Join us and get some of your wonderful stories down on paper. Something for future

Health Screenings with

Westminster Nursing Students

Tuesday, September 12th, 9:30 a.m.-12:00.

Candidates Forum

September 21st, 12:15 p.m.

Ted Talks

September 11th:

How To Get a New Hip

What's Wrong with What We Eat?

September 25th:

A Plea For Bees

The Seas of Plastic



Center Information

385-468-3140

TTY Users dial 711

237 South 1000 East

SLC, Utah 84102

www.slco.org/tentheast

Hours of Operation

Monday—Friday

8:00 a.m. - 5:00 p.m.

Transportation

Monday-Friday

Lunch

Monday-Friday

11:45 a.m.-12:30 p.m.

Suggested Donation

\$3.00

Manager: Shawn Ashby

Center Program Coord.:

Brenda Lila Oberg

Office Specialist:

Kacie Pfeil

Center Custodian:

Cameron Smith

Kitchen:

Mariano Canapi

Van Driver:

Jessica Myerson



Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

September 2017

Walk With Ease

A Program For Better Living

Monday, Wednesday & Friday, September 13th - October 23rd

10:00-11:00 am

Cost: Free

The Tenth East Senior Center is offering the **Arthritis Foundation Walk With Ease Program**. It is a six week exercise program that can reduce pain and improve overall health. Classes are one-hour each three times per week. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits To You

Walk With Ease will help you:

- * Motivate yourself to get in great shape
- * Walk safely and comfortably
- * Improve your flexibility, strength and stamina
- * Reduce pain and feel great.
- * **Sign Up At The Front Desk Today!**



Arts de Mexico en Utah Mexican Art and History Classes Fridays, September 1st– October 27th 10:30-11:30 am (In English)



Ancient Mexico

Learn about the great civilizations of Mesoamerica. We will be discussing the world views of these cultures and their effects on art, politics, economy, religion and the rest of society.

Colonial Era

Learn about the arrival of the Spanish in Mexico in 1519 and how, over 300 years, they transformed religion, society, language and the arts.

Independence of Mexico

Learn about the historical events that changed Mexico politically, intellectually and artistically. We will be discussing the fight for sovereign Mexico, which led to the building of a new nation and new artistic expressions.

Mexican Revolution

Learn about the 1910-20 Mexican revolution that challenged the European/US influence in Mexico and focused the country on the needs of its workers and campesinos.

Mexican Muralism

Learn how the great artists of Mexico, such as Diego Rivera, Frida Kahlo, Jose Clemente Orozco and David Alfaro Siqueiros, helped Mexico forge its national identity after the Mexican Revolution through their art.

Mexican Art after the Muralists: La Ruptura and Contemporary Art

Learn how Mexican art developed beyond the Muralists, from the 1950s to the present, to embrace new forms of thinking that included abstraction and conceptual art.

Chicano and U.S. Latino/o Art

Learn how Chicana/o and Latina/o artists in the United States have shaped the artistic movements of their day and expand key themes in U.S. art and culture.

Salt Lake County Aging & Adult Services
Active Aging Program
SEPTEMBER 2017
TENTH EAST CENTER
237 South 10th East
Salt Lake City, Utah 84102
Telephone 385-468-3140
Fax:385-468-3140

1
9:00 Yoga w/Diane
9:00 Art Class
Any medium
10:00 55+ Smart Drivers Class
10:00 Live Music & Dancing
10:30 Arts de Mexico en Utah
12:15 Entertainment by Guitar Class
12:30 Enhance Fitness
1:30 Folk Dancing
2:30 Pickleball

4
CENTER CLOSED FOR LABOR DAY


5
8:00 Tennis
9:00 Yoga with David
10:00 Strength Training
10:00 Qigong
10:00 Get Connected
10:00 Computer Help
11:00 Aging Mastery
11:30 Birthday Tuesday
12:00 Bridge
2:30 Tye Dying
2:30 Pickleball

6
9:00 Yoga with Erik
10:00 Live Music & Dancing / Sax
10:00 Chess w/Richard
10:30 Blood Pressure Clinic w/ Leah
11:00 Communications/ Dealing with Values
12:30 Enhance Fitness
2:30 Pickle Ball

7
8:00 Tennis
9:00 Massage Therapy
9:00 Yoga with Kathy
9:30 Hiking Club/ Lake Mary
10:00 Computer Genealogy
10:00 Pinochle
10:00 Strength Training
10:30 Spanish Intermediate
11:00 Unclaimed Property
12:00 Open Art
2:00 Grey Matters

8
9:00 Yoga w/Diane
9:00 Art Class
Any medium
10:00 Live Music & Dancing
10:30 Arts de Mexico en Utah
12:30 Enhance Fitness
1:30 Folk Dancing
2:30 Pickleball

11 PATRIOT DAY
8:00 Computer Help
9:00 Yoga with Mitch
9:30 Line Dancing
10:00 Guitar Lessons
10:00 Adult Coloring
10:00 Writing Group/ Journaling, Poetry & Short Stories
11:00 Vital Aging Recovery
12:30 Enhance Fitness
1:45 Ted Talks
2:30 Pickleball

12
8:00 Tennis
9:00 Yoga with David
9:30 Health Screenings with Westminster Nursing Students
10:00 Strength Training
10:00 Qigong
10:00 Get Connected
10:00 Haircuts
10:00 Computer Help
11:00 Aging Mastery
12:00 Bridge
1:00 S.A.G.E.
2:30 Tye Dying
2:30 Pickleball

13
9:00 Yoga with Erik
10:00 Live Music & Dancing / Sax
10:00 Chess w/Richard
10:00 Walk With Ease
10:30 Blood Pressure Clinic w/ Leah
12:30 Enhance Fitness
2:00 Advisory Committee Meeting
2:30 Pickle Ball

14
8:00 Tennis
9:00 Yoga with Kathy
10:00 Computer Genealogy
10:00 Pinochle
10:00 Strength Training
12:00 Open Art
12:30 Plant Propagation, Transplanting & Seed Collecting
2:00 Grey Matters

15
9:00 Yoga w/Diane
9:00 Art Class
Any medium
10:00 Walk with Ease
10:00 Live Music & Dancing
10:30 Arts de Mexico en Utah
12:30 Enhance Fitness
1:30 Folk Dancing
2:30 Pickleball

18
8:00 Computer Help
9:00 Yoga with Mitch
9:30 Line Dancing
10:00 Guitar Lessons
10:00 Adult Coloring
10:00 Writing Group/ Journaling, Poetry & Short Stories
10:00 Walk With Ease
12:30 Enhance Fitness
2:30 Pickleball

19
8:00 Tennis
9:00 Yoga with David
10:00 Strength Training
10:00 Qigong
10:00 Get Connected
10:00 Computer Help
11:00 Aging Mastery
12:00 Bridge
1:30 Book Club
2:30 Tye Dying
2:30 Pickleball

20
9:00 Yoga with Erik
10:00 Live Music & Dancing / Sax
10:00 Chess w/Richard
10:00 Walk With Ease
10:30 Blood Pressure Clinic w/ Leah
12:30 Enhance Fitness

21
8:00 Tennis
8:15 Trip To Wendover
9:00 Massage Therapy
9:00 Yoga with Kathy
9:30 Hiking Club City Creek Canyon
10:00 Computer Genealogy
10:00 Pinochle
10:00 Strength Training
10:30 Spanish Intermediate
11:00 Legal Assistance
12:00 Open Art
12:15 Candidates Forum
2:00 Grey Matters

22
9:00 Yoga w/Diane
9:00 Art Class
Any medium
9:30 Fall Prevention Awareness at Liberty Park
10:00 Live Music & Dancing
10:00 Walk with Ease
10:30 Arts de Mexico en Utah
12:30 Enhance Fitness
1:30 Folk Dancing
2:30 Pickleball

25
8:00 Computer Help
9:00 Yoga with Mitch
9:30 Line Dancing
10:00 Guitar Lessons
10:00 Adult Coloring
10:00 Writing Group/ Journaling, Poetry & Short Stories
10:00 Walk With Ease
11:00 Brain Games
12:30 Enhance Fitness
1:45 Ted Talks
2:30 Pickleball

26
8:00 Tennis
9:00 Yoga with David
10:00 Strength Training
10:00 Qigong
10:00 Get Connected
10:00 Haircuts
10:00 Computer Help
12:00 Bridge
2:30 Tye Dying
2:30 Pickleball

27
9:00 Yoga with Erik
10:00 Live Music & Dancing / Sax
10:00 Chess w/Richard
10:00 Walk With Ease
10:30 Blood Pressure Clinic w/ Leah
11:00 Humana
12:30 Enhance Fitness

28
8:00 Tennis
9:00 Yoga with Kathy
10:00 Pinochle
10:00 Strength Training
10:00 Computer Genealogy
10:30 Blood Pressure & Glucose Check
12:00 Open Art
2:00 Grey Matters

29
9:00 Yoga w/Diane
9:00 Art Class
Any medium
10:00 Live Music & Dancing
10:00 Walk with Ease
10:30 Arts de Mexico en Utah
12:30 Enhance Fitness
1:30 Folk Dancing
2:30 Pickleball