

S.A.G.E.
 2nd Tuesday of the Month
 1:00-3:00 p.m.
 Monthly social support group. Get to know other LGBTQ older adults. Receive the support you need and deserve.


Haircuts by Alyssa
 2nd & 4th Tuesday of the month. 10:00 a.m.-12:00 p.m.
 \$8.00 requested donation. Please wash hair before.

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. Bring your driver's license and please be on time. Lunch can be reserved at the front desk.

Wendover Trip
 3rd Thursday of the month. (March 15th)
 Cost: \$22. \$7.00 cash back, \$5.00 in lucky bucks, free Buffet, and free drink. Le Bus will pick up 8:15 a.m. and return at about 7:00 p.m. Must have exact change to pay for your trip. **Must have 10 signed up to go.**

Ted Talks

March 12th:
 *Why Good Leaders Make You Feel Safe
 *Global Population Growth Box by Box
 *The Surprising Solution To Ocean Plastic



March 26th:
 *A Doctor's Case for Medical Marijuana
 *My Failed Mission To Find God—And What I Found
 *One-Man Musical Phenomenon

Share Your Skill
 Do you or someone you know have a special skill or hobby you could share with others? Do you like teaching others? We are always looking for new opportunities to offer here at the center. Why not volunteer to teach a class. See Brenda or contact her at 385-468-3140 or boberg@slco.org.

AARP Tax Services
Tuesdays, February 6th -April 11th
 You must make an appointment at the front desk. There are some exceptions to tax preparation this year so when you are making your appointment please ask what those exceptions are. Dates are filling fast so make your appointment soon.

Classes You Don't Want To Miss
 Astro-Archaeology
 Eyes of The Mother Goddess/ Cycles of The Moon
 Friday's, 11:00 a.m.

Book Club
 Wednesday, March 21st, 2:00 p.m.
 Book: : The Wind in the Willows by Kenneth Grahame

Brain Games
 4th Monday at 11:00 a.m.

Vital Aging: Anxiety, What it is and how to manage it.
Thursday, March 22nd 11:00 a.m.
 What is anxiety? In order to manage anxiety we need to first understand what it is! In this class you will learn about anxiety, where it comes from, and why we all experience it. Commit to living a better life by learning the keys to anxiety. Truly no one can bring you peace of mind but yourself.

Nutrition with Jaya
Tuesday, March 13th & 27th , 11:00 a.m.

Understanding Medicare
Friday, March 16th , 11:00 a.m.
 A Medicare specialist from Aging & Adult Services will be teaching this class.

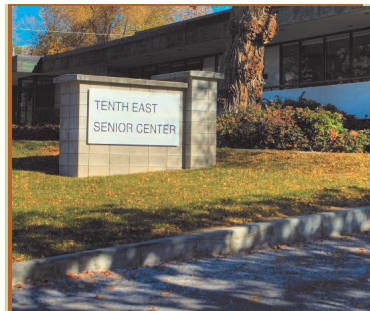
Art Classes
Mixed Media Collage Art Class
Thursday, March 1st, 8th, 15th & 22nd 2:00 p.m.
 Join neighbor and participant, Heather Williams for this new creative and fun art class.

Tye Dying
Tuesdays, 2:30 p.m.
 We have shirts available for purchase or you can bring your own. Come get creative! Tye Dye T-shirts make great gifts for someone special.

Open Art
Thursdays, 12:00 noon
 Bring what ever you are working on.

Art Class
Fridays, 9:00 a.m.
 Any medium. All skill levels welcome. Andrew would love to have some new students.

University of Utah Sports Science Students
Tuesdays & Thursdays, 12:00-2:00p.m.
It's not too late to join the group of University of Utah, Sports Science Students for personalized fitness opportunities. Meet in the weight room. They will work with you one on one to reach your goals. Please come and support the students. It is a great learning opportunity for them.



Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

March 2018

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
Suggested Donation
 \$1.00 each way

Lunch
Monday-Friday
 11:45 a.m.-12:30 p.m.
Suggested Donation
 \$3.00

Manager: Cheryl Leach
Center Program Coord.: Brenda Lila Oberg
Office Specialist: Kacie Pfeil
Center Custodian: Cameron Smith
Kitchen: Mariano Canapi
Van Driver: Jessica Myerson



From Shawn's Desk

On February 12th, we had an open house that was organized and put on by Salt Lake Modern. This was a great opportunity for us to showcase our center to the community. Salt Lake Modern chose our building because of the historic nature of this building. The event was well organized and well attended. We had approximately 130 people come through between the hours of 4 pm to 7 pm. Approximately 80 people stayed for the three presentations on architecture. We can't thank Salt Lake Modern and the participants who helped out enough for helping us show this building some love.

Now for an update. This will be the last message you will get from me as the Center Manager. I have been transferred to the Columbus Senior Center to manage and program for that center. I have also been given the responsibility of getting Aging and Adult Services involved with the Huntsman Senior Games. This is a great opportunity for me to be working on this project and I encourage you to get involved yourselves.

Your new manager is Cheryl Leach, who was the manager at River's Bend Senior Center. Cheryl has many years of experience and I'm sure you will come to love her. It has been a pleasure to be the manager of the Tenth East Senior Center. I have become good friends with many of you and I will miss our interactions together. Please continue to support the Tenth East staff by attending programs and activities, donating what you can for lunch and classes, and being an active ambassador for the center. Each one of you is an important part of this center and only you can make it better.
 All my best

New Center Manager

Please welcome Cheryl Leach who is excited to be moving to Tenth East as the Center Manager. Cheryl has been working for Salt Lake County since 1998 when she started as a Case Manager for Youth Services. She lived in Tooele and worked with youth between the ages of 16-21. Cheryl assisted these youth with obtaining their GED, High School diploma, increasing basic skills, internships, job shadows and college preparation. She loved working with these youth for 12 years and it was fulfilling as she learned patience, to have an open mind and engaged the youth while holding them accountable so they could be successful. On October 1st in 2010 she joined the Aging & Adult Services team and is serving as Center Manager for River's Bend Senior Center. The seniors have taught Cheryl compassion, to cultivate gratitude, keep perspective, that many problems solve themselves, to figure out what's important to you and keep those values at the center of your life and don't spend too much time feeling sorry for yourself. Cheryl loves to watch her grandson play competitive

Language Classes

Russian: Mondays at 11:00 a.m.

Spanish Beginning-Intermediate: Wednesdays 1:30 p.m.
 This class is designed for anyone wanting to learn Spanish or English.

Spanish Intermediate: Thursday, March 8th & 22nd at 10:30 a.m.

Salt Lake County Aging & Adult Services

March 2018

TENTH EAST CENTER

237 South 10th East

Salt Lake City, Utah 84102

Telephone 385-468-3140

Fax:385-468-3141

<p>Salt Lake County Aging & Adult Services</p> <h1>March 2018</h1> <h2>TENTH EAST CENTER</h2> <p>237 South 10th East Salt Lake City, Utah 84102 Telephone 385-468-3140 Fax:385-468-3141</p>				
<p>1 9:00 Yoga with Kathy 10:00 Circuit Training 10:00 Comp. Genealogy 12:00 Open Art Class 12:00 Personalized Fitness with U of U Students 2:00 Grey Matters 2:00 Mixed Media Collage 3:00 Learn To Crochet With Connielynn</p>	<p>2 9:00 Yoga w/Diane 9:00 Art Class/ Any medium 10:00 55+ Smart Drivers 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 Archaeology/Eyes of the Mother Goddess/ Cycles of the Moon 12:30 Enhance Fitness 2:30 Pickleball</p>			
<p>5 9:00 Yoga with Mitch 9:00 Learn To Crochet With Carla 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons With Gene 11:00 Russian Lessons 12:30 Enhance Fitness 2:30 Pickleball</p>	<p>6 9:00 Yoga with David 9:00 AARP Tax Aid 10:00 Circuit Training 10:00 Qigong 11:30 Birthday Tuesday 12:00 Bridge 12:00 Personalized Fitness with U of U Students 2:30 Pickleball 2:30 Tye Dying Class</p>	<p>7 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:30 Enhance Fitness 1:30 Beginning – Intermediate Spanish Lessons 2:30 Pickleball</p>	<p>8 9:00 Yoga with Kathy 9:00 Massage 10:00 Circuit Training 10:00 Comp. Genealogy 10:30 Spanish-Intermediate 12:00 Open Art Class 12:00 Personalized Fitness with U of U Students 2:00 Grey Matters 2:00 Mixed Media Collage 3:00 Learn To Crochet With Connielynn</p>	<p>9 9:00 Yoga w/Diane 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 Archaeology/ Eyes of the Mother Goddess/ Cycles of the Moon 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>12 9:00 Yoga with Mitch 9:00 Learn To Crochet With Carla 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons with Gene 11:00 Russian Lessons 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball</p>	<p>13 9:00 Yoga with David 9:00 AARP Tax Aid 10:00 Circuit Training 10:00 Haircuts 10:00 Qigong 11:00 Nutrition w/Jaya 12:00 Bridge 12:00 Personalized Fitness with U of U Students 1:00 S.A.G.E. 2:30 Pickleball 2:30 Tye Dying Class</p>	<p>14 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:30 Enhance Fitness 1:30 Beginning – Intermediate Spanish Lessons 2:00 Advisory Committee Meeting 2:30 Pickleball</p>	<p>15 8:30 WENDOVER 9:00 Yoga with Kathy 10:00 Circuit Training 10:00 Comp. Genealogy 11:00 Free Legal Aid 12:00 Open Art Class 12:00 Personalized Fitness with U of U Students 2:00 Grey Matters 2:00 Mixed Media Collage 3:00 Learn To Crochet With Connielynn</p>	<p>16 9:00 Yoga w/Diane 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 Archaeology/Eyes of the Mother Goddess/ Cycles of the Moon 11:00 Understanding Medicare 11:45 Special St. Patricks Lunch 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>19 9:00 Yoga with Mitch 9:00 Learn To Crochet With Carla 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons with Gene 11:00 Russian Lesson 12:30 Enhance Fitness 2:30 Pickleball</p>	<p>20 First Day Of Spring 9:00 Yoga with David 9:00 AARP Tax Aid 10:00 Circuit Training 10:00 Qigong 12:00 Bridge 12:00 Personalized Fitness with U of U 2:30 Pickleball 2:30 Tye Dying Class</p>	<p>21 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:30 Enhance Fitness 1:30 Beginning – Intermediate Spanish Lessons 2:00 Book Club/ The Wind In The Willows by Kenneth Grahame 2:30 Pickleball</p>	<p>22 9:00 Health Fair/ River's Bend 9:00 Yoga with Kathy 9:00 Massage 10:00 Circuit Training 10:00 Comp. Genealogy 10:30 Spanish - Intermediate 10:30 Blood Pressure Clinic 11:00 Vital Aging/ Anxiety 12:00 Open Art Class 12:00 Personalized Fitness with U of U Students 2:00 Grey Matters 2:00 Mixed Media Collage 3:00 Learn To Crochet With Connielynn</p>	<p>23 9:00 Yoga w/Diane 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 Archaeology/Eyes Of the Mother Goddess/ Cycles of the Moon 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>26 9:00 Yoga with Mitch 9:00 Learn To Crochet With Carla 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons with Gene 11:00 Russian Lessons 11:00 Brain Games 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball</p>	<p>27 9:00 Yoga with David 9:00 AARP Tax Aid 10:00 Circuit Training 10:00 Qigong 10:00 Haircuts 11:00 Nutrition w/Jaya 12:00 Bridge 12:00 Personalized Fitness with U of U 2:30 Pickleball 2:30 Tye Dying Class</p>	<p>28 9:00 Yoga with Julie 10:00 Live Music & Dancing 10:00 Chess w/Richard 10:00 Stitch N' Visit 10:30 Blood Pressure Clinic with Leah 12:30 Enhance Fitness 1:30 Beginning – Intermediate Spanish Lessons 2:30 Pickleball</p>	<p>29 9:00 Yoga with Kathy 10:00 Circuit Training 10:00 Comp. Genealogy 12:00 Open Art Class 12:00 Personalized Fitness with U of U Students 2:00 Grey Matters 3:00 Learn To Crochet With Connielynn</p>	<p>30 9:00 Yoga w/Diane 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 Archaeology/Eyes Of the Mother Goddess/ Cycles of the Moon 12:30 Enhance Fitness 2:30 Pickleball</p>