

S.A.G.E.
2nd Tuesday of the Month
1:00-3:00 p.m.

Join us January 9th for the monthly social support group. Get to know other LGBTQ older adults. Receive the support you need and deserve.

Haircuts by Alyssa

Tuesday, January 9th & 23rd, 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. January 5th. 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. (January 18th)
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. **Must have 10 signed up to go.**

Ted Talks

January 8th:

- *The Brain Benefits of deep sleep-and how to get more of it
- *One More Reason To Get A Good Nights Sleep
- *Get Comfortable With Being Uncomfortable



January 22nd:

- *How Fake Handbags Fund Terrorism And Organized Crime.
- *Fashion Has A Pollution Problem. Can Biology Fix It?
- *How Amazon, Apple, Facebook And Google Manipulate Our Emotions.

Refreshments will be provided.

All Centers Pickleball Tournament

Tuesday, January 23rd 9:00 a.m.

Teams must be submitted by Friday, January 19th. It will be double elimination. If you would like to have lunch please make reservations. Prizes will be awarded to 1st, 2nd & 3rd place. Refreshments also provided.

Classes You Don't Want To Miss

Vital Aging

Monday, January 8th, 11:00a.m.

Reminiscing My Life Story

The process of thinking back on our life and then communicating with others about those experiences is called a "life review." As we age, we want to know and pass on how we have touched others' lives and understand how others have touched our lives. We will reminisce about our past and reflect about present experiences to help us put our life in perspective. Come join Rhonda to consider activities to create your legacy and increase your well-being.

Writing Group

Monday's, 10:00 a.m.

Journaling. Poetry & Short Stories

Brain Games

4th Monday at 11:00 a.m.

Book Club

Wednesday, January 17th, 1:00 p.m.

Book: "Scarlet Pumpernickel"

Archaeology

Friday's, 11:00 a.m.

The Earliest Religious Temples: Gobekli Tepe to Stonehenge

Quality of Life and Active Aging

Monday, January 29th 11:00 a.m.

Presented by Social Worker, Luciana from Salt Lake Regional

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 a great gifts for someone.

Nutrition Series

Tuesdays, 11:00 a.m. beginning January 9th

Join Nutritionist Jaya for a series of interesting and informative nutrition classes. The series of classes will cover the following topics:

- *Eating For Your Blood Type
- *Juicing
- *Liver and Gallbladder Detox
- *Diabetes 3- The harmful effects of sugar and how to omit it from your diet.

University of Utah Sports Science Students

Tuesdays & Thursdays

A group of Sports Science Students will be offering an exercise program beginning the week of January 22nd. Time still to be determined.



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: Shawn Ashby

Center Program Coord.:

Brenda Lila Oberg

Office Specialist:

Kacie Pfeil

Center Custodian:

Cameron Smith

Kitchen:Mariano Canapi

Van Driver:

Jessica Myerson



Accredited by
National Institute of
Senior Centers

Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

January 2018

What Can You Do to Help?

Have you heard? The 10th East Senior Center will be open for 2018.

However, it seems that this center has been placed on the 3% stress test for a couple of years now. Will the center be on the 3% stress test in 2018? Who knows, but here are some ways of helping the County know that this center is important to you.

- 1.Participate in the programs and activities that are offered. Don't see a program that you would participate in? Please let us know so that we can consider it in our planning.
- 2.Scan your membership card every day that you come to the center. It doesn't really matter how many activities you do, what matters is how many days during the year that you come to the center.
- 3.All of our services are free; however, we greatly appreciate donations. Even if you can only donate \$1 for lunch, that dollar helps the center. It is a suggested \$3 for lunch and \$1 each way for transportation.
- 4.Bring your friends and neighbors to the center. Many people don't even know that this gem of a center is here. Help us spread the word by inviting people you know to participate in activities with you. Are your friends under 60? They can participate also if they pay the \$2 daily fee.
- 5.Let the County know how important this center is by being involved and concerned with what goes on in the center and in the community.

This Senior Center was the first Senior Center in the County. It has been here for more than 50 years. Many of you have fond memories of this center. It's an old building that needs a little TLC. You can make a difference if you really want to.

As the Manager of this center, I want to thank each and every one of you for coming to the center and participating in our activities. My staff does a great job and we enjoy serving you the best that we can. Thank you.
Shawn Ashby
Center Manager

Senior Voices

Wednesday, January 17th

10:30 a.m.

River's Bend Senior Center

1300 West 300 North

*Share information about the legislative process and how to effectively advocate.

*Share information about the proposed legislation and senior initiatives.

*Share the funding request from our Area Agencies on Aging to the legislature that would support seniors remaining healthier, independent, and at home.

*Discuss concerns and issues from seniors with state leaders.

*Help seniors identify who their legislative leaders are and how to contact them.

This event is replacing our Senior day at the Legislature activity.



If you would like transportation to this event, please sign up at the front desk.

Coming In February!

**3rd Annual
Winter Decathlon
February 27, 2018**

From Brenda's Desk...

It has been an absolute pleasure to be the Program Coordinator here at Tenth East for the past 15 years. It is a job I don't take lightly but as you can imagine, at times my well runs dry. If there are programs or classes that you are interested in having please let me know. It is our goal as a center to provide you a wide variety of good programming and I will do my very best to fill your requests. If you know someone who is looking to volunteer by teaching a class, please send them my way. My door is always open. I look forward to 2018 and the opportunity to continue providing you with a variety of programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Center Closed For New Year</p>  <p>Happy New Year!</p>	<p>2</p> <p>9:00 Yoga with David 10:00 Circuit Training 10:00 Qigong 10:30 Get Connected with Brenda 11:30 Birthday Tuesday 12:00 Bridge 2:30 Tye Dying 2:30 Pickle Ball</p>	<p>3</p> <p>9:00 Yoga with Mari 10:00 Live Music & Dancing / Sax 10:00 Chess w/Richard 10:00 Blood Pressure Check w/ Leah 10:00 Stitch N' Visit 12:30 Enhance Fitness 2:30 Pickleball</p>	<p>4</p> <p>9:00 Yoga with Kathy 10:00 Circuit Training 10:00 Computer Genealogy 12:00 Open Art Class 2:00 Grey Matters</p>	<p>5</p> <p>9:00 Yoga w/Denise 9:00 Art Class/ Any Medium 10:00 55+ Smart Drivers Class 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 The Earliest Religious Temples 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>8</p> <p>8:00 Computer Help With Jenna 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons with Gene 10:00 Writing Group/ Journaling, Short Stories and Poetry 11:00 Vital Aging/ Reminiscing Your Life Story 1:45 Ted Talks 12:30 Enhance Fitness 2:30 Pickleball</p>	<p>9</p> <p>9:00 Yoga with David 10:00 Circuit Training 10:00 Qigong 10:00 Haircuts 10:30 Get Connected with Brenda 11:00 Your Best Nutrition Part 1 12:00 Bridge 1:00 S.A.G.E. 2:30 Tye Dying 2:30 Pickle Ball</p>	<p>10</p> <p>9:00 Yoga with Mari 10:00 Live Music & Dancing /Glows 10:00 Chess w/Richard 10:00 Blood Pressure Check w/ Leah 10:00 Stitch N' Visit 12:30 Enhance Fitness 2:30 Advisory Committee Meeting 2:30 Pickleball</p>	<p>11</p> <p>9:00 Yoga with Kathy 9:00 Massage Therapy 10:00 Circuit Training 10:00 Computer Genealogy 10:30 Spanish Lessons 12:00 Open Art Class 2:00 Grey Matters</p>	<p>12</p> <p>9:00 Yoga w/Denise 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 The Earliest Religious Temples 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>15</p> <p>Center Closed For Martin Luther King Jr. Day</p> 	<p>16</p> <p>9:00 Yoga with David 10:00 Circuit Training 10:00 Qigong 10:30 Get Connected with Brenda 11:00 Your Best Nutrition Part 2 12:00 Bridge 2:30 Tye Dying 2:30 Pickle Ball</p>	<p>17</p> <p>9:00 Yoga with Mari 10:00 Live Music & Dancing / Sax 10:00 Chess w/Richard 10:00 Blood Pressure Check w/ Leah 10:00 Stitch N' Visit 10:30 Senior Voices At River's Bend 12:30 Enhance Fitness 1:00 Book Club Scarlet Pumpnickel</p>	<p>18</p> <p>9:00 Yoga with Kathy 10:00 Circuit Training 10:00 Computer Genealogy 10:00 Learn About Public Transportation & Ride The Trax 11:00 Free Legal Assistance 12:00 Open Art Class 2:00 Grey Matters</p>	<p>19</p> <p>9:00 Yoga w/Denise 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 The Earliest Religious Temples 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>22</p> <p>8:00 Computer Help With Jenna 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons with Gene 10:00 Writing Group/ Journaling, Short Stories and Poetry 11:00 Brain Games 12:30 Enhance Fitness 1:45 Ted Talks 2:30 Pickleball</p>	<p>23</p> <p>9:00 All Center's Pickleball Tournament 9:00 Yoga with David 10:00 Circuit Training 10:00 Qigong 10:00 Haircuts 10:30 Get Connected with Brend 11:00 Your Best Nutrition Part 3 12:00 Bridge 2:00 Exercise with U of U Students 2:30 Tye Dying 2:30 Pickle Ball</p>	<p>24</p> <p>9:00 Yoga with Mari 10:00 Live Music & Dancing /Glows 10:00 Chess w/Richard 10:00 Blood Pressure Check w/ Leah 10:00 Stitch N' Visit 12:30 Enhance Fitness</p>	<p>25</p> <p>9:00 Yoga with Kathy 9:00 Massage Therapy 10:00 Circuit Training 10:00 Computer Genealogy 10:30 Spanish Lessons 11:00 Tennis/Videos & Discussions 12:00 Open Art Class 2:00 Exercise with U of U Students 2:00 Grey Matters</p>	<p>26</p> <p>9:00 Yoga w/Denise 9:00 Art Class/ Any medium 10:00 Live Music & Dancing with Fred Edwards Quartet 11:00 The Earliest Religious Temples 12:30 Enhance Fitness 2:30 Pickleball</p>
<p>29</p> <p>8:00 Computer Help With Jenna 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie 10:00 Guitar Lessons with Gene 10:00 Writing Group/ Journaling, Short Stories and Poetry 11:00 Quality of Life & Active Aging with Salt Lake Regional 12:30 Enhance Fitness 2:30 Pickleball</p>	<p>30</p> <p>9:00 Yoga with David 10:00 Circuit Training 10:00 Qigong 10:30 Get Connected with Brenda 11:00 Your Best Nutrition Part 4 12:00 Bridge 2:00 Exercise with U of U Students 2:30 Tye Dying 2:30 Pickle Ball</p>	<p>Salt Lake County Aging & Adult Services Active Aging Program January 2018 TENTH EAST CENTER 237 South 10th East Salt Lake City, Utah 84102 Telephone 385-468-3140 Fax:385-468-3141</p>		