

**S.A.G.E.**  
2nd Tuesday of the Month (June 12th)  
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. (June 12 & 26) 10:00 a.m.-12:00 p.m. \$8.00 suggested 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. (June 1st) 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.

**Ted Talks**  
**TED** is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. **TED** began in 1984 as a conference where Technology, Entertainment and Design converged, and today offers almost all topics — from science to business to global issues in more than 110 languages. Join us as we explore several topics of Ted Talks followed by short discussions.  
**June 4th: 1:45 p.m.**  
\*You Can Grow New Brain Cells, Here's How  
\*What If We Paid Doctors To Keep People Healthy  
\*Why The Pencil Is Perfect.  
**June 18th: 1:45 p.m.**  
\*The Brain Changing Benefits of Exercise  
\*Want To Change The World? Start By Being Brave  
Enough To care  
Refreshments will be provided.

**New Digital Photography Class**  
**Tuesdays at 2:00 p.m.**  
Come learn how to use your digital camera to get the best results. Improve the quality of your picture taking. The class will be taught by volunteer instructor, Bill Funk.

**University of Utah Sports Science Students**  
**Tuesday & Thursday, 12-1:30 p.m.**  
A group of University of Utah Sports Science students are offering personalized exercise opportunities for the next 10 weeks. Meet in the weight room. They will work with you one-on-one to reach your goals. Please come and support them. This is a great learning opportunity for them.

**Computer Help By Appointment**  
**Thursday 9:00-11:00 a.m.**  
Dave Crotchett will be offering one half hour computer help sessions on Thursdays beginning June 7th. To take advantage of this opportunity, you must sign up at the front desk to reserve a spot.

**Presented by Arts De Mexico En Utah**  
**Women: Mexico's Unsung Heroes of Art & Revolution**  
Friday June 15th & 29th, 10:30 a.m.-12:00 p.m.  
**June 15th :** Women Artists of Mexico  
**June 29th:** Women Heroes of Mexico's Wars  
**Coming in July:** How Mexican History Shaped Utah.

**Tenth East Trail Blazers Hiking Club**  
June 8th: Millcreek Canyon  
June 22nd: Silver Lake  
Meet at designated trail at 10:00 a.m. If you need directions please ask at the front desk. Be sure to wear proper shoes, bring water and a snack. All levels of hikers welcome. You set your own pace.

**Vital Aging**  
**Improving Your Memory**  
Learn to cope with memory changes through gaining an understanding of what is normal and what can be prevented or compensated for. We will investigate these challenges as well as how to improve your memory through exercise, diet changes, life-long learning and play. Join Dan from the Vital Aging Project on Thursday, June 28th at 11:00 a.m. for this informative discussion.

**Paper Collage Class**  
**Tuesday, June 12, 19, & 26, 1:00-3:00 p.m.**  
Join volunteer, Peggie Astill, for this free class and learn how to make beautiful pictures out of different shaped and sized pieces of paper.

**Podiatrist**  
Dr. Shelton will be here every other month to cut toenails. It is a suggested donation of \$10.00. Please sign up at the front desk. He will be here June 12th at 2:30 p.m.

**Grey Matters Dance for Parkinson's**  
New class time will be Tuesday at 10:00 a.m. and will resume on June 5th.

**New Zumba Class**  
**Thursdays, 3:45-4:45 p.m.**  
The design of this class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and leave empowered and feeling strong. The class focuses on all elements of fitness; cardiovascular, muscular, conditioning, flexibility and balance.

**Live Music & Dancing With**  
**The Imperial Rhythm Boys**  
Tuesday, June 26th 2:00-4:00 p.m.  
They Play Rockabilly, Jump Blues, Jazz Standards & Pop.



# Tenth East Senior Center

Promoting independence through advocacy, engagement and access to resources.

## JUNE 2018

**SUMMER BBQ**  
Tenth East is sponsoring an evening Summer Barbeque on Wednesday, June 27<sup>th</sup> from 4:00-7:00 PM. Old Time Fiddlers will be performing and Bonnie Bown will be on hand to lead you in line dancing. Grilled hamburgers with fixings, chips, watermelon, cookies and snow cones will be served for \$3.00 per meal. Try finding a treasure at our yard sale. Family & friends are invited to attend. Please RSVP by calling 385-468-3140 by June 25<sup>th</sup>. Come and see what the center has to offer. The Tenth East Senior Center serves older people in Salt Lake City's East Side neighborhoods. The center offers a myriad of opportunities for visitors to forge new social connections, build their skills, and make meaningful contributions to our community. Bring someone new to the BBQ and win a prize.

**Center Information**  
385-468-3140  
**TTY Users dial 711**  
237 South 1000 East  
SLC, Utah 84102  
[www.slco.org/tentheast](http://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**  
11:30 a.m.-12:15 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



Accredited by National Institute of Senior Centers

**FREE Tai Chi for Arthritis**  
Evidence Based Class  
**Tuesdays & Thursdays**  
June 5<sup>th</sup> – July 31<sup>st</sup>  
10:15 a.m.-11:15 a.m.

Tai Chi for Arthritis is a program designed by Dr. Paul Lam, in conjunction with a team of medical experts and Tai Chi masters.

Using the sun style of Tai Chi the program is easy to learn, safe and effective.  
Each Class Includes:  
\*Warm up and cool down exercises.  
\*One or two movements per lesson, progressively leading to completing the six basic core movements and six advanced extension movements.  
\*Breathing Techniques  
\*Tai Chi principles, including those relating to improving physical and mental balance.

**Advisory Committee Fundraiser**  
**Yard Sale**  
**June 27th-July 6th, 9:00 a.m.-5:00 p.m.**  
We are accepting donations for our up-coming Yard Sale. Tell your friends and family. If you need help getting your donation to the center just let us know and we can make arrangements to have it picked up. Please no broken items or stained clothing. If you don't have any items to donate, then plan on shopping instead.

**Senior Day at Tracy Aviary**  
On June 20<sup>th</sup>, Tenth East Seniors will take a field trip to Tracy Aviary and enjoy a sack lunch on the grounds. Seniors will leave the center at 10:30 AM and return at 12:30 PM. Tracy Aviary's conservation fund helps support important conservation efforts both here in Utah, and all over the world. Seniors (and any other guests) can enjoy guided tours of their exhibits and grounds, or just stroll at their own pace. Make sure to cool off with a discounted iced tea or lemonade from [The Bird Feeder Cafe](#) on grounds. The cost is \$1.00 for admittance and \$3.00 for sack lunch. You are welcome to bring your own lunch.

**Father's Day Lunch**  
On June 15th, Tenth East has planned entertainment for Father's Day to coordinate with our Father's Day meal. At 11:00 a.m. Seniors will enjoy a performance by Belly Dancer, Monica Flores. Monica is an enchanting performer and master belly dancer with a focus on Egyptian, Saudi and Lebanese folkloric dances. **Sign-Up for our Father's Day Meal by Tuesday, June 5<sup>th</sup> at the front desk or by calling 385-468-3140.**

**New Lunch Time!**  
**11:30 a.m.-12:15 p.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Salt Lake County Aging &amp; Adult Services JUNE 2018 TENTH EAST CENTER 237 South 10th East Salt Lake City, Utah 84102 Telephone 385-468-3140 Fax:385-468-3141</b></p>				<p><b>1</b> 9:00 Yoga with Diane <b>9:00 Thrift Store Open</b> <b>10:00 AARP 55+ Smart Drivers Class</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet 12:30 EnhanceFitness <b>1:30 Archaeology/ Stonehenge; Midsummer Temple Of Venus &amp;the Moon</b> 2:30 Pickleball</p>
<p><b>4</b> 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie <b>11:30 Lunch</b> 12:30 EnhanceFitness <b>1:45 Ted Talks with Refreshments</b> 2:30 Pickleball</p>	<p><b>5 Birthday Tuesday</b> 9:00 Hatha Yoga with David 9:00 Tennis with Don/ All Levels Welcome 9:00 Computer Help/Dave <b>10:00 Grey Matters</b> <b>10:15 Tai Chi For Arthritis</b> <b>11:30 Birthday Tuesday</b> <b>12:00 University of Utah Exercise Students</b> 12:00 Bridge <b>1:00 Learn To Crochet</b> <b>2:00 Digital Photography</b> 2:30 Pickleball <b>4:00 Guitar Lessons</b></p>	<p><b>6</b> 9:00 Yoga with Amanda <b>9:00 Thrift Store Open</b> 10:00 Live Music &amp; Dancing /Sax or Glow's Band 10:00 Chess w/Richard 10:00 Stitch N' Visit <b>11:30 Lunch</b> 12:30 EnhanceFitness 2:30 Pickleball</p>	<p><b>7</b> 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> <b>9:00 Computer Help by Appointment</b> 10:00 Comp. Genealogy <b>10:15 Tai Chi For Arthritis</b> <b>11:30 Lunch</b> 12:00 Open Art <b>12:00 University of Utah Exercise Students</b> 2:00 Mixed Media Collage <b>3:45 Zumba with Anya</b></p>	<p><b>8</b> 9:00 Yoga with Diane <b>9:00 Thrift Store Open</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet <b>11:30 Lunch</b> 12:30 EnhanceFitness <b>1:30 Archaeology/ Stonehenge; Midsummer Temple Of Venus &amp;the Moon</b> 2:30 Pickleball</p>
<p><b>11</b> 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie <b>11:00 Playing It Safe/ Functional Movement &amp; Fall Prevention</b> <b>11:30 Lunch</b> 12:30 EnhanceFitness 2:30 Pickleball</p>	<p><b>12</b> 9:00 Hatha Yoga with David 9:00 Tennis with Don/ All Levels Welcome 9:00 Computer Help/Dave <b>10:00 Haircuts with Alyssa</b> <b>10:00 Grey Matters</b> <b>10:15 Tai Chi For Arthritis</b> <b>11:00 Brain Health w/Humana</b> 12:00 Bridge <b>12:00 University of Utah Exercise Students</b> <b>1:00 Learn To Crochet</b> <b>1:00 S.A.G.E./ Support Group for LGBT Older Adults</b> <b>1:00 Paper Collage With Peggy</b> <b>2:00 Digital Photography</b> <b>2:30 Podiatrist</b> 2:30 Pickleball <b>4:00 Guitar Lessons</b></p>	<p><b>13</b> 9:00 Yoga with Amanda <b>9:00 Thrift Store Open</b> 10:00 Live Music &amp; Dancing /Sax or Glow's Band 10:00 Chess w/Richard 10:00 Stitch N' Visit <b>11:30 Lunch</b> 12:30 EnhanceFitness 2:30 Pickleball</p>	<p><b>14</b> 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> <b>9:00 Computer Help</b> <del>10:00 Comp. Genealogy</del> <b>10:15 Tai Chi For Arthritis</b> <b>10:30 Spanish Intermediate</b> <b>11:30 Lunch</b> 12:00 Open Art <b>12:00 University of Utah Exercise Students</b> 2:00 Mixed Media Collage <b>3:45 Zumba with Anya</b></p>	<p><b>15 Father's Day Lunch</b> 9:00 Yoga with Diane <b>9:00 Thrift Store Open</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet <b>10:30 Arts De Mexico En Utah/Women Artists of Mexico</b> <b>11:00 Belly Dancer</b> <b>11:30 Father's Day Lunch</b> 12:30 EnhanceFitness <b>1:30 Archaeology/ Stonehenge; Midsummer Temple Of Venus &amp;the Moon</b> 2:30 Pickleball</p>
<p><b>18</b> 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie <b>11:30 Lunch</b> 12:30 EnhanceFitness <b>1:45 Ted Talks with Refreshments</b> 2:30 Pickleball</p>	<p><b>19</b> 9:00 Hatha Yoga with David 9:00 Tennis with Don/ All Levels Welcome 9:00 Computer Help/Dave <b>10:00 Grey Matters</b> <b>10:15 Tai Chi For Arthritis</b> 12:00 Bridge <b>12:00 University of Utah Exercise Students</b> <b>1:00 Learn To Crochet</b> <b>1:00 Paper Collage With Peggy</b> <b>2:00 Digital Photography</b> 2:30 Pickleball <b>4:00 Guitar Lessons</b></p>	<p><b>20 Field Trip</b> 9:00 Yoga with Amanda <b>9:00 Thrift Store Open</b> 10:00 Live Music &amp; Dancing /Sax or Glow's Band 10:00 Chess w/Richard 10:00 Stitch N' Visit <b>10:30 Field Trip To Tracy Aviary</b> <b>11:30 Lunch</b> 12:30 EnhanceFitness 2:30 Pickleball</p>	<p><b>21</b> 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> <b>9:00 Computer Help by Appointment</b> 10:00 Comp. Genealogy <b>10:15 Tai Chi For Arthritis</b> <b>11:00 Free Legal Assistance</b> <b>11:30 Lunch</b> 12:00 Open Art <b>12:00 University of Utah Exercise Students</b> 2:00 Mixed Media Collage <del>3:45 Zumba with Anya</del></p>	<p><b>22</b> 9:00 Yoga with Diane <b>9:00 Thrift Store Open</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet <b>11:30 Lunch</b> 12:30 EnhanceFitness <b>1:30 Archaeology/ Stonehenge; Midsummer Temple Of Venus &amp;the Moon</b> 2:30 Pickleball</p>
<p><b>25</b> 9:00 Yoga with Mitch 9:30 Line Dancing with Bonnie <b>11:30 Lunch</b> 12:30 EnhanceFitness 2:30 Pickleball</p>	<p><b>26</b> 9:00 Hatha Yoga with David 9:00 Tennis with Don/ All Levels Welcome <b>10:00 Haircuts by Alyssa</b> <b>10:00 Grey Matters</b> <b>10:15 Tai Chi For Arthritis</b> 12:00 Bridge <b>12:00 University of Utah Exercise Students</b> <b>1:00 Learn To Crochet</b> <b>1:00 Paper Collage With Peggy</b> <b>1:30 Table Tennis League</b> <b>2:00 Digital Photography</b> <b>2:00 Live Music &amp; Dancing w/Imperial Rhythm Boys</b> 2:30 Pickleball <b>4:00 Guitar Lessons</b></p>	<p><b>27 Summer BBQ</b> 9:00 Yoga with Amanda <b>9:00 Yard Sale</b> <b>10:00 All Center Spelling Bee at Millcreek</b> 10:00 Live Music &amp; Dancing /Sax or Glow's Band 10:00 Chess w/Richard 10:00 Stitch N' Visit <b>11:30 Lunch</b> 12:30 EnhanceFitness 2:30 Pickleball <b>4:00 Summer BBQ</b></p>	<p><b>28 9-5 Yard Sale</b> 9:00 Yoga with Kathy <b>9:00 Massage Therapy</b> <b>9:00 Computer Help by Appointment</b> 10:00 Comp. Genealogy <b>10:00 Blood Pressure &amp; Glucose Check</b> <b>10:15 Tai Chi For Arthritis</b> <b>10:30 Spanish/Intermediate</b> <b>11:00 Vital Aging/ Improving Your Memory</b> <b>11:30 Lunch</b> 12:00 Open Art <b>12:00 University of Utah Exercise Students</b> 2:00 Mixed Media Collage <b>3:45 Zumba with Anya</b></p>	<p><b>29 9-5 Yard Sale</b> 9:00 Yoga with Diane <b>9:00 Yard Sale</b> 10:00 Live Music &amp; Dancing with Fred Edwards Quartet <b>10:30 Arts de Mexico En Utah/Women Heroes of Mexico's Wars</b> <b>11:30 Lunch</b> 12:30 EnhanceFitness <b>1:30 Archaeology/ Stonehenge; Midsummer Temple Of Venus &amp; the Moon</b> 2:30 Pickleball</p>