Salt Lake County will be hosting a booth at the Senior Expo on October 5 & 6 at the Mountain America Expo Center in Sandy. The Senior Expo will run from 9:00 AM to 4:00 PM on both days and will be filled with vendors and exhibitors, activities, health screenings, prizes, and more. Older adults from across the region are encouraged to attend and bring loved ones - including grandchildren - to learn about the resources, opportunities, products, and services that are available to help seniors thrive as they age.

The Senior Expo is a great example of the public and private sectors working together to serve our community. Salt Lake County Aging & Adult Services held the Senior Expo for decades. Over time, the Expo outgrew Aging & Adult Services’ capacity, and we found a partner to take on the Expo so that it could continue to expand.

Aging & Adult Services is partnering with other county departments to host a supersized booth where all participating Salt Lake County services will be showcasing their offerings. The Senior Expo is Salt Lake’s biggest senior event with over 6,600 attendees and 200+ vendors. We are excited to participate again this year and hope to see you there!
Virtual Senior Center Course Catalog
Register for Courses: 385-468-3299

ANNOUNCEMENTS & INFORMATION:

Call Center Hours
Our Registration Call Center hours are Monday – Friday, 8:00 AM – 3:00 PM. Please call 385-468-3299 during these hours to register for a Virtual Senior Center course.

Registration Information
Classes now have various registration opening dates and deadlines. A Senior Center member may call and register themself and one other qualifying person in their household.

Supplies
If the class includes supplies, items may be picked up from the participant’s local senior center approximately one week after they register. Participants may contact their center to determine when supplies are available for pick up. Supplies will be held for two weeks. Current Meals on Wheels participants can sign up to have self-guided course supplies delivered to their home.

Self-Guided Courses

Art/Culture/Music

Halloween Card (WJN)
Registration Opens: 9/6/2023
Registration Deadline: 9/29/2023

Make this adorable card for Halloween.

Supplies Needed:
- Glue and scissors.

3D Canvas Art Project (SAN)
Registration Opens: 9/6/2023
Registration Deadline: 9/29/2023

Express your originality with paint and objects to create a 3D work of art. You will receive a 12x16 canvas, paints, and a paintbrush.

Supplies Needed:
- Fun items you can attach to your painting.

Watercolor Velvet Art Posters (MIL)
Registration Opens: 9/6/2023
Registration Deadline: 9/20/2023

Paint a beautiful watercolor poster. These designs are beginner-friendly with velvet outlines.

Supplies Needed:
- Watercolor paint or markers.

Seed Paper (LIB)
Registration Opens: 9/6/2023
Registration Deadline: 9/27/2023

Plant, grow, and bloom with this seed paper.

Supplies Needed: None.

Scarecrow Clothespin (DRA)
Registration Opens: 9/6/2023
Registration Deadline: 9/20/2023

Celebrate the autumn season with this cute scarecrow clothespin.

Supplies Needed: None.

Sunflower Mandala Coloring Page (TAY)
Registration Opens: 8/30/2023
Registration Deadline: 9/13/2023

Color a pretty sunflower mandala for the fall season.

Supplies Needed: Colored Pencils.

Adult Coloring Contest (SUN)
Registration Currently Open
Registration Deadline: 9/5/2023 for August color sheet

Participate in a coloring contest.

Supplies Needed: Markers, colored pencils, gel pens, and/or crayons.
Thanksiving Truth or Dare Family Game (MTO)
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

This game is perfect for all your gatherings. The themed questions will help you get to know family members and the silly dares are fun.

Supplies Needed: None.

Craft Stick Scarecrow (WJN)
Registration Opens: 9/20/2023
Registration Deadline: 9/29/2023

Create a delightful scarecrow made from craft sticks.

Supplies Needed: Glue or tape (hot glue preferred), scissors, permanent marker, and pencil.

Brain Games Sticker By Number - Vintage (KER)
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

Receive a nature-inspired sticker page.

Supplies Needed: None.

Donna’s Diabetes Recipes (SSL)
Registration Currently Open
Registration Deadline: 9/22/2023


Maple Apple Banana Bread Recipe (TAY)
Registration Opens: 8/30/2023
Registration Deadline: 9/13/2023

Receive an autumn recipe filled with warm spices of maple, cinnamon, and vanilla.

Halloween Plaque (KER)
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

Get creative while making a spooky welcome sign.

Supplies Needed: Strong glue.

Zucchini Recipes (MTO)
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

Learn fun ways to cook zucchini.
Education Continued

**Personal History: Childhood (MID)**
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

Each month you will receive prompts and tips to help you write and share your life story. This month we will focus on school years.

**Remember When (DRA)**
Registration Opens: 9/20/2023
Registration Deadline: 9/29/2023

Take a look back to see if you remember these TV shows from the past.

Health & Wellness

**Mindful Mazes (SAN)**
Registration Currently Open
Registration Deadline: 12/29/2023

Get on the path to increased mental flexibility and problem-solving skills with a monthly maze.

**Mindfulness Practices (TEN)**
Registration Opens: 9/1/2023
Registration Deadline: 9/15/2023

Receive guidance each month on how to create an ongoing awareness practice.

**Meditation Practices (TEN)**
Registration Opens: 9/1/2023
Registration Deadline: 9/15/2023

Receive information that will help you establish an ongoing meditation practice.

Online-Live Courses

**Healthy Living: You Are What You Eat (MID)**
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

Healthy living starts in the kitchen. This article discusses ten tips to healthy eating.

**Healthy Cooking for One or Two (MID)**
Registration Opens: 9/13/2023
Registration Deadline: 9/29/2023

The recipes for this month are tuna pasta salad and apple cider donuts.

**Living Well with Diabetes (HP)**
Instructor: Melanie Brandt
Registration Currently Open
Registration Deadline: 9/6/2023
Start Date: 9/11/2023
End Date: 10/16/2023

M 4:00 PM 150 mins

Learn self-management techniques and skills needed in day-to-day diabetes management.

**Mind Over Matter: Healthy Bowels, Healthy Bladder (HP)**
Instructor: Melanie Brandt
Registration Currently Open
Registration Deadline: 9/6/2023
Start Date: 9/12/2023
End Date: 10/16/2023

T 2:30 PM 120 mins

This program meets every other Tuesday and gives women the tools they need to take control of their bladder and bowel leakage. Join Mind Over Matter and learn strategies for lessening symptoms with simple exercises and dietary changes.

**We’re on YouTube!**

Enjoy a variety of classes, including arts and crafts, exercise, tech tips, educational lectures, and more!

Check out our channel and don’t forget to subscribe.

[YouTube.com/c/SLCOAgingAdultServices](http://YouTube.com/c/SLCOAgingAdultServices)
How to Register for the Virtual Senior Center

1. First, you need to have an email address to register. Then, call our Virtual Senior Center at 385-468-3299.

2. A registration assistant will send a request to your email. The email will allow you access to the SERVTracker registration program. You will be given a temporary password. Write down your temporary PIN and click “Verify Me.”

3. You will then be directed to client.servtracker.com/login. Enter your email as your username. Next, enter your temporary password in the space provided. You will then be directed to set up your own personal password. Be sure to write it down.

4. Click on the “Class Registration” button.

5. Click the “Register for class” button: Then click “proceed to payment” (you will not be charged). You are registered for your class.

Salt Lake County Senior Center List

Draper Senior Center 1148 East Pioneer Road Draper, UT 84020 385-468-3330

Eddie P. Mayne Kearns 4851 West 4715 South Kearns, UT 84118 385-468-3100

Liberty Senior Center 251 East 700 South Salt Lake City, UT 84111 385-468-3170

Magna Kennecott 9228 West 2700 South Magna, UT 84044 385-468-3000

Midvale Senior Center 7550 South Main Street Midvale, UT 84047 385-468-3350

Millcreek Senior Center 2266 East Evergreen Avenue Millcreek, UT 84109 385-468-3305

Mt Olympus Senior Center 1635 East Murray-Holladay Rd. Holladay, UT 84117 385-468-3130

River’s Bend Senior Center 1300 West 300 North Salt Lake City, UT 84116 385-468-3015

Riverton Senior Center 12914 South Redwood Road Riverton, UT 84065 385-468-3040

Sandy Senior Center 9310 South 1300 East Sandy, UT 84094 385-468-3410

South Salt Lake Senior Center * 2531 South 400 East South Salt Lake, UT 84115 385-468-3340

Sunday Anderson 868 West 900 South Salt Lake City, UT 84104 385-468-3155

Taylorsville Senior Center 4743 Plymouth View Drive Taylorsville, UT 84123 385-468-3370

Tenth East Senior Center 237 South 1000 East Salt Lake City, UT 84102 385-468-3140

West Jordan Senior Center 8025 South 2200 West West Jordan, UT 84088 385-468-3401

* Formerly known as Columbus Senior Center.
Learning something new is exciting. Back to School is underway and it is a good reminder to refresh our mind and enhance the mood. Author Jenny Han said, “I’ve always loved the first day of school better than the last day of school. Firsts are best because they are beginnings.” What would you like to begin?

There are many places to find a new class, book, or event. Your local senior center is one of those places. Another place worth exploring is the Salt Lake County Library System. Try one of these options:

- Schedule a Librarian by Appointment (in-library, one-on-one assistance). Ask a librarian to explain all the fun things available with your library card. Visit slcolibrary.org/information/forms/librarian-by-appointment or call 801-943-4636.

- Check out books or materials from the general library collection. Reserve your favorites and have them sent to your closest library. Did you know you could put items on a curbside hold and have them brought out to your car? Visit the catalog.slcolibrary.org/polaris/.

- Check out Preserve the Memories equipment. It helps you turn a VHS tape or 8mm film into a digital file. Visit slcolibrary.org/what-we-have/library-of-things.

- Visit slcolibrary.org/learn/all-resources to explore free digital access to applications such as Rosetta Stone (language learning), the Ancestry Library (genealogy), Brainfuse: Helpnow (tutoring for your grandkids), Historic American Newspapers (covers 1777 to 1963), and more.

Back to School is not just for learning—it’s the perfect time to reach out to friends, reconnect, and share life. It is a time for socialization and celebrations. Buy a new or new-to-you outfit. Go on a date or throw a little party. Do up your hair and show off the new you. When someone asks, “What’s the occasion?”, you can simply say, “I’m going Back to School” or “it’s Senior Prom night.” Think of all the fun conversations those statements might invite. Encourage your friends to learn—stay active. Socializing and learning with others is a great way to gain energy and exercise the brain.

So, where will you begin? Embrace the Back to School momentum.
The purpose of Good Neighbor Day is to assist with reversing social isolation by connecting people. This builds relationships that potentially could develop a safety net and increase purpose in their lives.

Stomp out social isolation by visiting a Senior Center and volunteering. Senior Centers are a great way to connect with neighbors.

Check out what is going on at your center! Meet new neighbors by visiting a Senior Center in your neighborhood to expand your social circle.

Caregiver Calendar
Caregiver classes and event flyers are located on the slco.org/caregiver website. Classes are for current and soon-to-be caregivers. Sign up on the monami.io/calendars/salt-lake-county-aging-adult-services calendar link.

• **Caregiver Support Group** – In-Person. 1st Tuesday of each month at 9:00 AM. Midvale Senior Center (7550 S Main, Midvale).

• **Caregiver Support Group** – Virtual. 3rd Thursday of each month at 11:30 AM on WebEx.

• **The Joy Club** – In-Person. An activity support group for caregivers and those they care for. Kearns Senior Center (4851 W 4715 S) on the 2nd Thursday at 1:00 PM. Sandy Senior Center (9310 S 1300 E) on the 3rd Tuesday at 1:00 PM.

• **Caregiver Talking Points** – Virtual. One-hour skill-building discussions offered by care topic. Discussions are held on the 4th Tuesday of each month at 1:00 PM.

• **Stress Busting for Family Caregivers** – In-Person. A nine-week stress management program for those who care for individuals with dementia. Participants receive a free booklet and learn eight stress-management techniques. The next class is September 20 at Mt. Olympus Senior Center

• **Dealing with Dementia** – In-Person. The program is 2 two-hour workshops. Caregivers will receive a copy of the new Dealing with Dementia Guide. The next session will be in October.

Call 385-468-3281 to ask the Caregiver Support Training Specialist specific questions about classes and events. For all other caregiver questions, please call 385-468-3280.
Magna Decathlon

Salt Lake County Annual Senior Wellness Decathlon
September 12
8:30 AM - 2:00 PM
Magna Senior Center

Join older adults from across the valley for the 2023 Annual Senior Wellness Decathlon! Members from every Salt Lake County Senior Center are invited to compete in ten decathlon competitions throughout the day.

Winners will be honored at the Medal Ceremony beginning at 1:00 PM.

Senior Focus - Emy Davis

Emy grew up in the Philippines, lived in California for twelve years, and Utah for the last twenty. Emy has always been athletic. Growing up, Emy was a very fast runner in the 100-meter dash. She also played softball and beach volleyball in the Philippines.

Emy is a long-time member at Tenth East Senior Center and her favorite program is the Ballet class provided by our partnership with Ballet West. Emy also enjoys participating in the annual Spelling Bee. Emy has won second place twice and was the Spelling Bee winner in 2022.

Emy has a generous spirit and demonstrates this with her positive attitude and longtime volunteering. She has been attending and volunteering at Tenth East as a center assistant for as long as she remembers. Emy is a wonderful example of how active aging can keep you healthy and happy.
Falls Prevention Events

Draper Senior Center
1148 East Pioneer Road, Draper, UT

September 07
12:30 PM
Staying Motivated to Be Active with Thurl Bailey
1:30 PM
Fall-Proofing Your Home with Jill Duke

Midvale Senior Center
7550 South Main Street, Midvale, UT

September 13
12:00 PM
Staying Active and Independent with Sally Aerts
1:00 PM
How We Can All Play a Role in Reducing Falls with Nichole Shepard

Kearns Senior Center
4851 West 4715 South, Kearns, UT

September 21
12:30 PM
Simple Steps to Stay Safe in Your Community with Becky Kamp
1:30 PM
Staying Active and Independent with Marianne Christensen
All Centers - Get a free balance assessment and check out the Tai Chi and EnhanceFitness class demos.

For more information: www.slco.org/aging
Follow us on Instagram @SLCOAging
Join in the journey of Aging Mastery Program

TWO LOCATIONS

1. Midvale Senior Center: Thursdays Sept 7 - Nov 9
   12:30 PM - 2:00 PM
   Register at front desk or call 385-468-3350

2. Mt. Olympus Senior Center: Mondays Sept 11 - Nov 13
   12:30 PM - 2:00 PM
   Register at front desk or call 385-468-3130

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Hiring Group Fitness Instructors

Now hiring Group Fitness Instructors to teach EnhanceFitness at Senior Centers!
Be part of a fun team to help others stay healthy!

Apply now at slco.org/jobs
or use this QR code:
Aging & Adult Services

Autumn Activities

Have a Harvest Picnic in your Backyard or Nearest Park

Bake Seasonal Treats with Local Produce

Enjoy a Board Game or Puzzle Night with Friends

Scary Movie Night with Favorite Treats

Walk Your Neighborhood Block and Enjoy Cooler Weather

———

September
By Hilaire Belloc

Lo! a ripe sheaf of many golden days
Gleaned by the year in autumn’s harvest ways,
With here and there, blood tinted as an ember,
Some crimson poppy of a late delight
Atoning in its splendor for the flight
Of summer blooms and joys
This is September.

HARVEST
(Word Search)

R R S H N R B Q J D
T M N I K P M U P L
R R S N I A R G L E
J B A E W H E A T I
L F R C V W K S R F
V E G E T A B L E S
P D T I A O E L G P
C O U E Q D R L V I
R R R M D C U A G R
F Z R C G F F F U V

BREAD CROP FALL
FIELD FRUIT GRAIN
LEAVES PUMPKIN TRACTOR
VEGETABLES WHEAT
It’s illegal for a company to tell someone to pay to enter a sweepstakes contest or that buying something increases their odds of winning. You might not be surprised if a fly-by-night contest promoter deceived people by saying these things. But would you expect a well-known company that’s been running sweepstakes for decades to deceive people?

The FTC says that Publishers Clearing House (PCH) used language and designs on its website and in its email marketing that tricked consumers, including many older adults, into believing they had to buy things on the PCH website to enter a sweepstakes or that doing so would improve their chances of winning a prize.

**Prevent Medicare Fraud**

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent healthcare fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones. Call Aging & Adult Services at 385-468-3200 if you need assistance.

If you are considering a sweepstakes:

- Real sweepstakes are free and by chance. It’s illegal to ask you to pay or buy something to enter.
- If you sign up for a contest, the promoters might sell your information to advertisers. If they do, you’re likely to see targeted ads online and get more junk mail, telemarketing calls, and spam email.
- Scammers try to trick you into believing you have won a prize. Never share your financial information or pay fees, taxes, or customs duties to get a prize.
- Learn more about recognizing prize and sweepstakes scams. If you see a prize scam, report it to the FTC at ReportFraud.ftc.gov.

Tips to prevent, detect, and report:

- Only share your Medicare or Social Security number with those you trust.
- Only carry your Medicare card when you need it.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes, like charges you don’t recognize or duplicate billing.
- Call your healthcare provider, Medicare, or your local SMP if you see something suspicious.