Salt Lake County Aging & Adult Services offers a variety of programs designed to meet the needs of our community's diverse population of older adults and those who care for them.

Although 2020 has been challenging, it's been a pleasure to continue to serve you in new and exciting ways.

From the Virtual Senior Center to our drive-thru Holiday Meals and more, Aging & Adult Services is here for you.

I hope this note finds you safe and in good health. I am delighted to have an opportunity to share a quick message with you all as we find ourselves coming toward the end of 2020.

At this time of year, it is inevitable that we look back. I think we can all agree that this past year has proved to be unique (to say the least!). This year has seen an earthquake, a major wind storm and, of course, a pandemic. The impact of this pandemic has been, and continues to be, widespread. However, I know that out of everyone in our communities, you are the most resilient in spirit. You have overcome much and together we will overcome this too.

I want to thank you all for your patience and support as the Aging & Adult Services staff have figured out how to continue to provide services in very different ways. I hope by now you have signed up to participate in our Virtual Senior Center and are enjoying what is offered. I also want to recognize our wonderful team of staff and volunteers, who continue to show so much creativity and flexibility — they are truly dedicated to making sure folks get the services they need.

Please know that we miss you, that we can’t wait for the day when Senior Centers reopen and we get to see everyone in person again. I miss going to the different centers and meeting you all — and eagerly look forward to doing so as soon as it is safe.

I know that as I look to 2021, I see it as an opportunity to reset, re-evaluate and strive to be better, and I hope you all do too. I wish you all a wonderful Holiday Season.

Paul Leggett

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**Highlighted Classes**

**Beaded Snowflake**

Make this simple yet beautiful beaded snowflake! Kit includes beads, pipe cleaners, & paperclips.

**Gnome drink cover**

Create your very own Christmas Gnome with this fun cute craft!

**Cards & Hanging decorations**

Create a fun card & your own hanging decorations.

**Snowman Candy Bar Wrapper**

Turn a Hershey’s Chocolate Bar into a fun Christmas Gift.

**Senior Chat Holiday Traditions**

Let’s chat about how we are changing our celebrations this season & share tips with others.
Virtual Senior Center
Course Catalog

Class Formats

**Self-Guided:** Classes are done on your own, on your schedule  
**Online - YouTube:** Prerecorded videos posted on Aging & Adult Services YouTube Channel  
**Online - Live:** Classes are taught through an online video conference program  
**Phone-based:** Classes provided over the phone

Registration Deadline

Some classes have a registration deadline. Unless otherwise indicated, Online - Live classes have a registration deadline of 48 business hours before the day of class.

Supplies

If the class includes supplies, items may be picked up from your senior center during the lunch program, from 11:30 AM - 1 PM, approximately one week after participant registers. Current Meals on Wheels participants can sign up to have supplies delivered to their home.

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### Self-Guided Courses

#### Art, Culture & Music

**Adult Coloring Contest**  
Course Number: 20-21  
Do you love to color? Participate in a contest each month! Use colored pencils, crayon, or gel pens.  
**Supplies Provided:** Monthly Color Page  
**Supplies Needed:** Color Pencils, Crayons, Gel Pens

**Beaded Holiday Snowflake**  
Course Number: 12-01  
Make this simple yet beautiful beaded snowflake! Kit includes beads, pipe cleaners, & paperclips.  
**Supplies Provided:** Beads, Pipe Cleaners, Paper Clip  
**Supplies Needed:** Super glue or glue gun & glue sticks

**Candy Cane Mice**  
Course Number: 12-04  
Make these felt mice to hold a candy cane and give as a gift or hang on your tree.  
**Supplies Provided:** Supply Kit

**Cards & Hanging Decorations Kits**  
Course Number: 12-05  
Create a fun card & your own hanging decorations.  
**Supplies Provided:** Supply Kit  
**Supplies Needed:** Scissors

**COVID Time Capsule**  
Course Number: 20-37  
Let's document & preserve your collective experiences by creating a time capsule!  
**Supplies Needed:** Contributions for the COVID Time Capsule

**December Gnome Craft**  
Course Number: 12-07  
Create your very own Christmas Gnome with this fun cute craft!  
**Supplies Provided:** Pinecone, Red Felt, & Wood Bead  
**Supplies Needed:** Craft Glue

**Door Hanger**  
Course Number: 12-08  
Hang this cute bell on your door to hear bells jingle to get you in the holiday spirit!  
**Supplies Provided:** ping pong ball, bell, ribbon, hat  
**Supplies Needed:** markers, glue, scissors

**Felted Forest**  
Course Number: 12-11  
Create this Felted Forest craft with complete kit & instructions by “Apostrophe S” craft company!  
**Supplies Provided:** Supply Kit

**Gnome drink cover**  
Course Number: 12-12  
Make a cover for a drink to give as a gift to a neighbor  
**Supplies Provided:** felt, pom poms, holly  
**Supplies Needed:** glue and water bottle
Grab Bag Craft  
Course Number: 12-13  
A variety of cute holiday crafts kits. What craft you get will be a surprise!  
**Supplies Provided:** Craft kit  
**Supplies Needed:** paint brush

Holiday Stockings Kit  
Course Number: 12-16  
Make your own fun holiday mini stockings! Includes 2 mini stockings & appliques.  
**Supplies Provided:** Two miniature stockings, appliques, clothespin, tags, & string  
**Supplies Needed:** Super glue or glue gun & glue stick

Holiday Wreath  
Course Number: 12-18  
Create a festive holiday wreath for your home!  
**Supplies Provided:** Wreath, holly, poinsettias, ribbon  
**Supplies Needed:** glue gun

January Card  
Course Number: 12-21  
Make a fun card for January this winter season.  
**Supplies Provided:** card making kit  
**Supplies Needed:** glue, scissors

Jumping Jack Tree Ornaments  
Course Number: 12-22  
Paint these cute Jumping Jack Ornaments to hang on your tree for the holidays.  
**Supplies Provided:** paint & jumping jacks  
**Supplies Needed:** paint brushes

M&M Holiday Gift Tags  
Course Number: 12-23  
Create your own sweet treat gift to use with these ready-made gift tags.  
**Supplies Provided:** Gift Tags

No-Sew Sock Snowman  
Course Number: 12-24  
This No-Sew Sock Snowman craft is unique and so cute!  
**Supplies Provided:** 2-socks, twine, beans/rice (used for filling)  
**Supplies Needed:** scissors & glue

Nut Cracker Head Tree Ornaments  
Course Number: 12-25  
Paint and put together these charming nut cracker ornaments to hang for the holidays.  
**Supplies Provided:** paint, nut cracker heads and pinecones  
**Supplies Needed:** paint brushes

Paper Airplane Contest  
Course Number: 12-26  
Make your own or request 1 of 8 paper airplanes with instructions. Winners based on performance.  
**Supplies Provided:** By request, 1 of 8 airplane designs with folding instructions included

Pear  
Course Number: 12-27  
Did you know December is National Pear Month? Create a pear from an old lightbulb!  
**Supplies Provided:** light bulb, twine, fabric, stem  
**Supplies Needed:** glue gun

Pinecone Door Decoration  
Course Number: 12-29  
This decoration is the perfect wintery touch your front door needs!  
**Supplies Provided:** Pinecones, snowflakes, & ribbon  
**Supplies Needed:** Scissors

Pinecone Door Hanger  
Course Number: 12-30  
Make a festive door decoration.  
**Supplies Provided:** Pinecones, Ribbon, Silver Bells  
**Supplies Needed:** Glue Gun & Glue

M&M Holiday Gift Tags  
Course Number: 12-23  
Create your own sweet treat gift to use with these ready-made gift tags.  
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This No-Sew Sock Snowman craft is unique and so cute!  
**Supplies Provided:** 2-socks, twine, beans/rice (used for filling)  
**Supplies Needed:** scissors & glue

Pinecone Door Hanger  
Course Number: 12-30  
Make a festive door decoration.  
**Supplies Provided:** Pinecones, Ribbon, Silver Bells  
**Supplies Needed:** Glue Gun & Glue

Snowman Candy Bar Wrapper  
Course Number: 12-34  
Turn a Hershey’s Chocolate Bar into a fun Christmas Gift.  
**Supplies Provided:** Supply Kit  
**Supplies Needed:** Glue gun & Glue

Snowmen Tealights  
Course Number: 12-35  
These festive snowmen will light up your home and your heart.  
**Supplies Provided:** Supply Kit  
**Supplies Needed:** Clear Acrylic Sealer (Optional)

Snowy Mason Jars  
Course Number: 12-36  
These easy-to-make jars can become a luminary with a flameless tea light or a fun holiday vase.  
**Supplies Provided:** Supply Kit  
**Supplies Needed:** Glue gun

Tealight Craft  
Course Number: 12-37  
Make a winter-themed tea light holder to brighten your home.  
**Supplies Provided:** Supply Kit  
**Supplies Needed:** Glue gun

Unfinished, Wood Nutcracker, & Statuette  
Course Number: 12-40  
Decide what colors your nutcracker or statuette wear this season with this fun nutcracker craft.  
**Supplies Provided:** Nutcracker or Statuette (based on availability)  
**Supplies Needed:** Items needed to decorate according to preference

Winter Picture Frame  
Course Number: 12-47  
This cute picture frame craft would make a great present for the Holidays!  
**Supplies Provided:** Supply Kit  
**Supplies Needed:** Scissors
Winter Woodland Snowflake
Course Number: 12-49
Create a Winter Woodland Snowflake with kit & instructions by “Apostrophe S” craft company!

Supplies Provided:
Supply Kit

Health & Wellness

Brain Teaser: Hidden Pictures
Course Number: 12-02
Can you find all the hidden pictures in the image? Receive 4 fun hidden pictures for the month.

Supplies Provided: Brain teaser packet
Supplies Needed: Pencil, eraser, crayons, colored pencils

Holiday Brain Teasers
Course Number: 12-14
Work your brain with word search & scrambles, coloring pages, mazes, crossword puzzles, & more!

Supplies Provided: Word Search

Holiday Word Search
Course Number: 12-17
Enjoy a holiday word search challenge to help get you in the holiday spirit.

Supplies Provided: Word Search

Journaling Through COVID
Course Number: 20-30
Express your struggles & thoughts through this pandemic ensuring your experiences are remembered.

Supplies Provided: Worksheets

Neurobics
Course Number: 20-17
Aerobics for your brain! Receive various brain games weekly to exercise & flex your brain muscles.

Supplies Provided: Worksheets

Education

Phone-Based Courses

Phone-Based Book Club "The Home for Unwanted Girls"
Course Number: 12-28
W 10:00 AM 60 mins
Start Date: 12/30/2020
Join our phone-based Book Club! December's book is "The Home for Unwanted Girls" by Joanna Goodman.

Supplies Needed: Book (available through SLCO Library if needed)

Virtual Wreath Making Workshop
Course Number: 12-45
Instructor: Scott Mower, Heidi Anderson, Jason Alba
Th 12:00 PM 90 mins
Start Date: 12/17/2020
Registration Deadline: 12/7/2020
Start off your holiday season by creating a fresh wreath for your front door!

Supplies Provided: Greens, paddle wire, wreath forms
Supplies Needed: Pruners, scissors, gloves, decorations

Sing Along with Victoria
Course Number: 12-32
Instructor: Victoria Eschler
T 1:00 PM 60 mins
Start Date: 12/1/2020
Registration Deadline: 12/29/2020
Sing along with Victoria as she plays favorite holiday songs on the piano. Lyrics included.

Musical Wreath Making
Course Number: 12-43
Instructor: Scott Mower, Heidi Anderson, Jason Alba
Th 10:00 AM 90 mins
Start Date: 12/17/2020
Registration Deadline: 12/7/2020
Start off your holiday season by creating a fresh wreath for your front door!

Supplies Provided: Greens, paddle wire, wreath forms
Supplies Needed: Pruners, scissors, gloves, decorations

Art, Culture & Music

How to Download your Favorite songs for FREE
Course Number: 12-19
Instructor: Matthew Phillips
F 12:00 PM 60 mins
Start Date: 12/11/2020
Learn how to download your favorite songs for FREE!

Supplies Needed: Internet access & email

Virtual Wreath Making Workshop
Course Number: 12-41
Instructor: Scott Mower, Heidi Anderson, Jason Alba
Th 2:00 PM 90 mins
Start Date: 12/17/2020
Registration Deadline: 12/7/2020
Start off your holiday season by creating a fresh wreath for your front door!

Supplies Provided: Greens, paddle wire, wreath forms
Supplies Needed: Pruners, scissors, gloves, decorations

Riverton Book Club
Course Number: 20-07
Instructor: Morgan Olson
W 11:00 AM 60 mins
Start Date: 12/30/2020
Registration Deadline: 12/16/2020
This month’s book is "The Oysterville Sewing Circle" by Susan Wiggs. Come share your thoughts!

Supplies Needed: Book (available through SLCO Library if needed)

Riverton Book Club
Course Number: 20-30
Instructor: Morgan Olson
W 11:00 AM 60 mins
Start Date: 12/30/2020
Registration Deadline: 12/16/2020
This month’s book is "The Oysterville Sewing Circle" by Susan Wiggs. Come share your thoughts!

Supplies Needed: Book (available through SLCO Library if needed)
Virtual Wreath Making Workshop
Course Number: 12-44
Instructor: Scott Mower, Heidi Anderson, Jason Alba
F 10:00 AM 90 mins
Start Date: 12/18/2020
Registration Deadline: 12/7/2020
Start off your holiday season by creating a fresh wreath for your front door!

Supplies Provided: Greens, paddle wire, wreath form

Supplies Needed: pruners, scissors, gloves, decorations

Indian Cooking
Course Number: 12-20
Instructor: Purnima Gandhi
W 4:00 PM 90 mins
Start Date: 12/9/2020
Registration Deadline: 12/8/2020
Join instructor Purnima Gandhi to prepare a delicious Indian Cuisine from various regions of India.

Supplies Needed: Recipes will be sent to students including all ingredients and needed equipment

Beginning Conversational Spanish
Course Number: 20-35
Instructor: Tita DeMontoya
F 10:00 AM 60 mins
Start Date: 1/8/2021
Registration Deadline: 1/7/2021
Join Professor Tita DeMontoya & learn the basics of the Spanish language.

Building Caregiver Resilience
Course Number: 12-03
Instructor: Kathy Nelson
W 10:00 AM 60 mins
Start Date: 12/8/2020
Registration Deadline: 12/3/2020
A class for individuals who are caregivers to help build resilience.

Crescent Creations December
Course Number: 20-38
Instructor: Warren Walker
2nd F 10:00 AM 60 mins
Start Date: 12/11/2020
Registration Deadline: 12/9/2020
Join a monthly WebEx cooking class featuring delicious seasonal dishes.

Supplies Needed: Instructor will send ingredient list, recipes, and equipment list

Culinary Wellness Cooking
Course Number: 12-06
Instructor: Jennifer Ho
F 4:00 PM 90 mins
Start Date: 12/4/2020
Registration Deadline: 12/3/2020
This course aims to empower individuals with the tools & confidence to redefine healthy cooking.

Supplies Needed: Instructor will send ingredient list, recipes, and equipment list

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Crescent Creations December
Course Number: 20-38
Instructor: Warren Walker
2nd F 10:00 AM 60 mins
Start Date: 12/11/2020
Registration Deadline: 12/9/2020
Join a monthly WebEx cooking class featuring delicious seasonal dishes.

Supplies Needed: Instructor will send ingredient list, recipes, and equipment list

Virtual Wreath Making Workshop
Course Number: 12-46
Instructor: Scott Mower, Heidi Anderson, Jason Alba
F 12:00 PM 90 mins
Start Date: 12/18/2020
Registration Deadline: 12/7/2020
Start off your holiday season by creating a fresh wreath for your front door!

Supplies Provided: Greens, paddle wire, wreath form

Supplies Needed: pruners, scissors, gloves, decorations

Clogging
Course Number: 20-04
Instructor: Mandee Nelson
F 8:00 AM 60 mins
Start Date: 12/4/2020
Registration Deadline: 12/18/2020
Join Mandee Nelson & learn fundamental clogging steps from which all the other steps are formed.

Easy Line Dancing
Course Number: 20-05
Instructor: Becky Setterberg & Carlin Tissaw
W 2:00 PM 60 mins
Start Date: 12/2/2020
Registration Deadline: 12/30/2020
Come learn some fun & easy line dance steps to many of your favorite songs.

Line Dancing with Bonnie
Course Number: 20-39
Instructor: Bonnie Bown
W 10:30 AM 60 mins
Start Date: 11/25/2020
Join Bonnie & learn some fun basic and/or advanced line dancing steps!
Online Live Courses Continued

Tai Chi
Course Number: 20-33
Instructor: Mike Dusserre
T & Th 9:00 AM 60 mins
Start Date: 12/1/2020
Learn Yang Style Old Fashioned Long-Form Tai Chi with Mike Dusserre.

Yoga with Nancy
Course Number: 20-02
Instructor: Nancy Adams
T 10:00 AM 60 mins
Start Date: 12/1/2020
Join us for a live chair & mat yoga hybrid class from home! Have a sturdy table or chair ready.

Supplies Needed: sturdy chair, yoga mat

Winter Walk With Ease - Don’t Freeze up this Winter, Keep Moving!
Course Number: 20-51
Instructor: Julia Castleberry
W 10:30 AM 60 mins
Start Date: 12/16/2020
Registration Deadline: 12/16/2020
Learn tips for your walking routine. Each class has 20-25 min. of movement for any fitness level.

Zumba Gold
Course Number: 20-06
Instructor: Eleika Clemente
W 10:00 AM 60 mins
Start Date: 12/2/2020
Get ready to move with this easy-to-follow Zumba class that lets you move at your own speed.

Yoga - Advanced
Course Number: 20-34
Instructor: Frances Rogers
W 9:30 AM 90 mins
Start Date: 12/2/2020
Join this Hatha yoga class taught by experienced practitioners.

Supplies Needed: yoga mat, blanket, & block.

Yoga - Gentle
Course Number: 20-08
Instructor: Frances Rogers
F 9:30 AM 60 mins
Start Date: 12/4/2020
Relax your body with this anti-arthritic yoga class for beginners and improve meditation & balance.

Advanced Mindfulness Meditation
Course Number: 20-40
Instructor: Jean Stoddard
M 9:00 AM 60 mins
Start Date: 12/28/2020
Unwind with this 20-minute advanced meditation. Learn to anchor your breath, sensations, & emotions.

Beginning Mindfulness Meditation
Course Number: 20-41
Instructor: Jean Stoddard
M 10:30 AM 60 mins
Start Date: 12/28/2020
New to meditation? Take 10 minutes & learn to anchor your breath, sensations, & emotions.

Happy Holidays or Bah-humbug?
Make the Most of the Holidays!
Course Number: 20-44
Instructor: Lisa Schainker
T 2:00 PM 60 mins
Start Date: 12/8/2020
Learn how to make the most of the holiday season by looking for ways to brighten others’ lives.

Heartful Holidays - Mindfulness Class
Course Number: 20-45
Instructor: Anna Smyth
T 9:30 AM 90 mins
Start Date: 12/15/2020
Come learn about mindfulness, positive psychology, & insight into managing the holidays.

Holiday Recipe Sharing
Course Number: 20-46
Instructor: Erika Thompson
T 2:00 PM 60 mins
Start Date: 12/15/2020
Come prepared to share one of your favorite holiday recipes & gather some from others!

Heartful Holidays - Mindfulness Class
Course Number: 20-45
Instructor: Anna Smyth
T 10:00 AM 60 mins
Start Date: 12/15/2020
Registration Deadline: 12/11/2020
Pure caregiver fun. Relax. Laugh. Email or text a picture after class to be in the prize drawing.

Holidays Around the World
Course Number: 20-47
Instructor: Guest Speakers
T 2:00 PM 60 mins
Start Date: 12/22/2020
Learn about fun culture & traditions including Chanukah, English holidays, & Japanese traditions.

Keeping Active During the Holidays
Course Number: 20-48
Instructor: Paige Corley
T 2:00 PM 60 mins
Start Date: 12/1/2020
Learn techniques to keep moving during the holidays for our physical, mental, & emotional health.

Mindfulness Meditation
Course Number: 20-49
Instructor: Jean Stoddard
T 2:00 PM 60 mins
Start Date: 12/29/2020
Prepare for the New Year with some mindfulness meditation.

The Caregiver Snowman Challenge
Course Number: 12-38
Instructor: Kathy Nelson
T 10:00 AM 60 mins
Start Date: 12/15/2020
Registration Deadline: 12/11/2020
Pure caregiver fun. Relax. Laugh. Email or text a picture after class to be in the prize drawing.
We’re on YouTube

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

Check it out & don’t forget to subscribe

Youtube.com/c/SLCOAgingAdultServices

Social Hour for Men-
Men’s Shed
Course Number: 20-22
Instructor: BreeAnn Silcox
2nd & 4th W 1:00 PM 45 mins
Start Date: 12/9/2020
Learn about other men in the group & share a little about yourself!

Social Hour for Women-
She Shed
Course Number: 20-23
Instructor: BreeAnn Silcox
1st & 3rd W 1:00 PM 45 mins
Start Date: 12/2/2020
Learn about other women in the group & share a little about yourself!

Senior Chat - Holiday Countdown
Course Number: 20-10
T 9:00 AM 60 mins
Start Date: 12/1/2020
Let's get together to discuss how our holidays will differ this season.

Senior Chat - Holiday Traditions
Course Number: 20-12
T 9:00 AM 60 mins
Start Date: 12/8/2020
Let's chat about how we are changing our celebrations this season & share tips with others.

Senior Chat - New Year's Resolutions
Course Number: 20-11
Tuesday 9:00 AM 60 mins
Start Date: 12/15/2020
Do you make New Year’s resolutions & keep them? If you do, HOW? Please share your successes!

Senior Chat - Winter Weather Woe’s
Course Number: 20-13
T 9:00 AM 60 mins
Start Date: 12/22/2020
Chat about the winter weather and how it affects you & your exercise/daily routine.

Enjoy this 30-minute Chair Yoga routine with Melissa Wiseman. Great for those with limited mobility!

Learn traditional aerobic movements with the powerful beat & rhythms of the drums.

Learn how to access free digital materials through Salt Lake County Library Services!

Are you having difficulty dealing with a recent or past loss? You are not alone. Please join us!

Find out why seniors are targeted, how scams can affect your health, & how to protect yourself.

Model your favorite holiday outfit from your closet!

Do you make New Year's resolutions & keep them? If you do, HOW? Please share your successes!

We're on YouTube

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

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Clases en Español

Ya estamos en YouTube! Venga a ver nuestro canal con clases para cualquier gusto.

Para recibir nuestro correo electrónico semanal con información acerca de clases, eventos y recursos comunitarios.

Llame a Erika al (385) 468-3088
Health Promotion

Healthy at Home Weekly Webinars
Join the Health Promotion Team and guests every Tuesday at 2:00 PM via WebEx
Join with this link: https://slco.webex.com/meet/healthy

December 1st  Keeping Active During the Holidays with Paige Corley
December 8th  Happy Holidays or Bah-Humbug? How to Make the Most of the Holiday Season with Lisa Schainker, Utah State University Extension
December 15th  Holiday Recipe Sharing – Come prepared to share one of your favorite holiday recipes
December 22nd  Holidays Around the World! Learn about some fun cultures and traditions including Chanukah, England holidays, and Japanese traditions
December 29th  Mindfulness Meditation with Jean Stoddard

Heartful Holidays – Mindfulness Class
Taught by Anna Smyth
December 15 & 22
9:30 – 11:00 AM
Register on the Virtual Senior Center website or by calling (385)468-3299
This two-week class will introduce you to a variety of gentle mindfulness and positive psychology practices, connect you with others, and offer insights into how to manage the holiday season with ease.

Winter Walk With Ease - Don’t freeze up this winter, keep moving!
Taught by Julia Castleberry
Wednesdays from December 16, 2020 – January 20, 2021
10:30 – 11:30 AM
Register on the Virtual Senior Center website or by calling (385)468-3299
Learn techniques to develop and maintain your walking routine during the holidays and winter months. Every online class will include 20-25 minutes of movement that can be modified to any fitness level.
The Caregiver Support program provides information & assistance, free classes, events, support groups, and consultations to all family and informal community caregivers. Unpaid caregivers may also apply for short term respite services.

The Community Care Transitions program provides in-home services to individuals who wish to age in place.

Foster Grandparents volunteer with at-risk children in a variety of settings in Salt Lake County.

Health Promotion & Education offers evidence based classes to empower participants to stay physically active, manage their chronic conditions, avoid falls, and remain socially connected.

Meals on Wheels delivers hot midday meals to frail and isolated adults age 60 and older.

The Aging & Adult Services Ombudsman supports and protects the rights of people living in long-term care facilities.

Our Outreach Program answers questions on issues related to aging, will help you enroll in our services, provides referrals to other service providers, and assists with Medicare & Senior Health Insurance Program (SHIP) enrollment, questions, and problem resolution.

The Retired and Senior Volunteer Program (RSVP) works with adults age 55 or older to strengthen communities by volunteering with community organizations.

The Rides for Wellness program provides rides for adults age 60 or older with no other means of transportation to vital medical appointments including dialysis, chemotherapy, and others.

Salt Lake County Senior Centers offer opportunities for learning, socializing, volunteering, community engagement, and wellness for participants. Senior Centers are open to people age 60 or older.

The Senior Companion Program works with volunteers to help frail and isolated older adults age at home rather than in long term care.

Aging & Adult Services contracts with Utah Legal Services’ Senior Citizen Law Center for legal assistance to seniors age 60 and older who live in Salt Lake County. Call (801) 328 - 8891 for assistance.

Veteran Directed Home & Community Based Services assists veterans who want to remain in their home, but need skilled home care services, case management, and assistance with activities of daily living.

Volunteer Opportunities provide people of all ages the chance to make a difference in our community. Support a Senior Center, deliver Meals on Wheels, offer friendship to an isolated senior, and more.
Caregiver Support Program

The Virtual Senior Center welcomes the Caregiver Support Program. Watch the catalog for caregiver talking point discussions and activities. December will include Building Caregiver Resilience and the Caregiver Snowman Challenge. Support groups and other caregiver support activities will join the curriculum in the upcoming months. It is requested that attendees at these events be currently assisting in the care of another individual.

Visit slco.org/caregiver or call 385.468.3280 for more information about the Aging & Adult Services’ Caregiver Support Program.

Red Butte Garden Courses

Join the Red Butte Garden in Culinary Medicine Cooking Classes and Wreath Making Workshops this December! To register for online classes - Call (385) 468-3299.
Library at Your Door is a free service providing books and other materials through the mail to those unable to physically visit a County Library branch.

Find out more and register online
thecountylibrary.org/atyourdoor
# FREE FLU SHOTS
(While supplies last)

<table>
<thead>
<tr>
<th>Mondays</th>
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<td>8:00 a.m. to 5:00 p.m.</td>
<td>9:30 a.m. to 6:00 p.m.</td>
<td>8:00 a.m. to 5:00 p.m.</td>
<td>8:00 a.m. to 5:00 p.m.</td>
<td>9:00 a.m. to 1:00 p.m.</td>
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<td>Magna Recreation Center</td>
<td>Maverik Center</td>
<td>Salt Lake County Government Center</td>
<td>Maverik Center</td>
<td>Northwest Recreation Center</td>
<td>South Main Public Health Center</td>
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<td>3270 South 8400 West Magna</td>
<td>3200 South Decker Lake Drive West Valley City</td>
<td>2001 South State Street Salt Lake City</td>
<td>3200 South Decker Lake Drive West Valley City</td>
<td>1255 West Clark Avenue Salt Lake City</td>
<td>3690 South Main Street South Salt Lake</td>
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<td>2:00 to 5:00 p.m.</td>
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No flu clinics on Sundays

**WALK-IN clinics** offer additional influenza vaccine options for people who bring a valid health insurance card, including high-dose vaccine for people 65 and older.

**DRIVE-THRU clinics** offer a standard quadrivalent vaccine that includes protection from 4 strains of influenza. Individual drive-thru clinics may be cancelled due to low temperatures or inclement weather.

Schedule subject to change; visit SaltLakeHealth.org for the latest information, or call 385-468-SHOT (7468) to confirm a location’s status.

Flu clinics will be CLOSED on:
- Wednesday, November 11
- November 26–28
- December 24–26
- December 31–January 2

Updated November 16, 2020