Senior Centers are a community gathering place that offers socialization, education, and recreation for the 60+ crowd. This is a place where you can exercise, learn a new language, play games, attend educational presentations, dance, socialize, and more!

**Virtual Senior Center**

**Your Center at Home!**

Salt Lake County launched the Virtual Senior Center in August!

August saw 21 classes offered to over 350 participants, and September looks even more successful!

In September the Virtual Senior Center is offering over 70 classes that seniors can do from the safety of their own home! These programs include online, video conference, telephone, or self-guided activities that require neither phone nor computer. A variety of class types are available ranging from support groups, exercise classes, education, and arts & crafts.

The development is ongoing - we have exercise classes and wellness videos on our YouTube page from the Health Promotion program and are working every day to create new opportunities, including presentations, classes, support groups, and more.

Virtual Senior Centers combat loneliness and isolation among older adults, many of whom are still actively socially distancing and starting to feel the impacts of prolonged isolation.

Connect with Aging & Adult Services’ social media pages and check back here for more Virtual Senior Center content and opportunities to connect in the coming months!

Thank you,

The Aging & Adult Services’ Team

---

**THE CENSUS IS CRITICAL TO OUR FUTURE**

Ensuring that every person is counted helps our community secure critical funding and information needed for emergency planning for events such as natural disasters and pandemics like COVID-19.

**COMPLETE YOUR CENSUS TODAY BY PHONE, MAIL, OR ONLINE**

- **PHONE:** 844-330-2020
- **MAIL:** Homes that do not initially respond online or by phone will receive a paper questionnaire.
- **ONLINE:** my2020census.gov
- You can complete the census over the phone and online in: English, Spanish, Chinese (Simplified), Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese.

During the 2020 Census, the Census Bureau will never ask for:

- Your Social Security number.
- Your bank account or credit card numbers.
- Money or donations.
- Mother’s maiden name.
- Nor will they contact you on behalf of a political party.
**VOLUNTEER**

with Meals on Wheels

- One hour a week can change a life.
- Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.
- 45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.

**Delivering more than just a meal**

Contact:
Shauna Brock
(385)468-3196  |  skbrock@slco.org

Lindsay Garrahan
(385)468-3216  |  lgarrahan@slco.org

---

**Health Promotion & Education**

**Healthy at Home Webinars:**

September is Fall Prevention Awareness Month!

The focus of our Tuesdays webinars this month will be about Fall Prevention. 2—3 PM

September 1st—Learn the basics of Fall Prevention and Balance Improvement
Taught by the Health Promotion team

September 8th—Are you at a high risk of falling? Take the assessment to find out and learn about resources to prevent falls.
Taught by Marianne Christensen

September 15th - What exercises can you do to improve your balance?
Taught by Paige Corley

September 22nd—Overview of Fall Prevention
Taught in Spanish by Erika Thompson**

September 29th –Could my medications lead to a fall? Learn more from a guest pharmacist.

**Please note:** The 4th Tuesday of every month will be taught in Spanish.

Register for weekly webinars activeaging@slco.org or call 385-468-3295
Virtual Senior Center Class Catalog

**SELF-GUIDED**

**Adult Coloring Contest**
Start Date: 9/1/2020
Do you love to color? Participate in a contest each month! Use color pencils or gel pens. Entry deadline 9/15

**SELF-GUIDED**

**Bandana Craft**
Start Date: 9/14/2020
With this Bandana craft, dress up any outfit or wear it for a special event

**SELF-GUIDED**

**Book Page Pumpkin**
Start Date: 9/14/2020
Give an old book new life by making it into a beautiful fall decoration for your home

**SELF-GUIDED**

**Butterfly Clothespin Magnets**
Start Date: 9/1/2020
Make a set of 3 butterfly magnets for yourself or to give as gifts

**SELF-GUIDED**

**Crochet a Hot Pad**
Start Date: 9/14/2020
Learn how to crochet a hot pad. This is an easy crochet project, ideal for beginners!

**SELF-GUIDED**

**Farmhouse Style Rag Wreath**
Start Date: 11/1/2020
Do It Yourself-Farmhouse Style Rag Wreath

**SELF-GUIDED**

**Pumpkin Craft**
Start Date: 9/22/2020
Create a pumpkin out of canning lids and Paper. Pictured below

**SELF-GUIDED**

**Recycled Art Show & Contest**
Start Date: 9/11/2020
Put your creative skills to work and create a piece of artwork made with found and or salvaged items.

**SELF-GUIDED**

**Santa’s Workshop**

**Framed Heirloom Recipe**
Start Date: 9/1/2020
Make a simple and meaningful holiday gifts. Back by popular demand—Framed Heirloom

**SELF-GUIDED**

**Santa’s Workshop**

**No-Sew Infinity Scarf**
Start Date: 9/1/2020
Make a simple and meaningful holiday gift. September’s project: No-Sew Infinity Scarf

**SELF-GUIDED**

**Yarn Pumpkin Craft**
Start Date: 9/21/2020
Create Yarn Pumpkins to add to your fall

**SELF-GUIDED**

**Family Health History**
Start Date: 9/4/2020
What is family health history? Learn why it is important and how to collect one

**SELF-GUIDED**

**Grab & Go Emergency Binder**
Start Date: 9/14/2020
Create a binder with important documents in case you have to leave your home in a hurry due to earthquake, fire etc.

**SELF-GUIDED**

**Pinecone Bird Feeder**
Start Date: 9/1/2020
With just a few simple steps, turn a basic pinecone into a bird feeder

**SELF-GUIDED**

**Journaling through COVID**
Start Date: 9/1/2020
Express your struggles & thoughts through this pandemic and make sure your experiences are remembered

**SELF-GUIDED**

**Neurobics**
Th
Start Date: 9/3 - 9/24/2020
Aerobics for your brain! Receive 2 different brain games weekly to exercise & flex your brain muscles

**SELF-GUIDED**

**At Home Activity Bingo**
Start Date: 9/1/2020
Play a rousing game of Bingo at home as you complete tasks and enter a drawing to win a gift card!

**SELF-GUIDED**

**Sudoku & Crossword**
Start Date: 9/7/2020
Challenge your brain! Receive a packet of 4 crossword and 8 sudoku puzzles with answer sheet

**PHONE BASED**

**Book Club-Ashes on the Moor**
W 10:00 AM
Start Date: 9/1/2020
Join our Book Club! Septembers book is Ashes on the Moor by Sarah M. Eden. Phone in dis-

**PHONE BASED**

**Computer Class w/ Lovelyn**
Th By Appt
Start Date: 9/17/2020
Are you having difficulties using your computer? Call to make a reservation to receive computer help over the phone
**Card Making Kit**
Start Date: 9/17/2020
Create your own birthday cards that family and friends will love to receive from you!

**Card Making Kit**
Start Date: 9/24/2020
Create your own Halloween inspired cards

**You CAN Paint!**
Start Date: 9/18/2020
This step-by-step tutorial on acrylics, is for those who have never picked up a paintbrush before!

**Grizzlies**
30 mins
Start Date: 9/30/2020
Learn about the biggest bear in North America

**iPhone How To Series: How to Safely & Effectively Clean your cell phone**
W
Start Date: 9/30/2020
Did you know your iPhone has more than the on and off state - Check out this helpful video to tell you more.

**iPhone How To Series: How to use your iPhone as a flashlight**
W
Start Date: 9/23/2020
Need a little extra light? Find out how to use your iPhone a flashlight.

**New Zealand Travelogue**
30 mins
Start Date: 9/1/2020
Join long time outdoor adventure reporter Reece Stein for an exciting and visual trip to New Zealand

**Wolves of Yellowstone**
30 mins
Start Date: 9/16/2020
Learn everything there is to know about the Wolves in Yellowstone

**Drums Alive**
60 mins
Start Date: 9/1/2020
Traditional aerobic movements with the powerful beat and rhythms of the drums.

**Tai Chi Video**
40 mins
Start Date: 9/4/2020
Yang Style Old Fashioned Long-Form Tai Chi

**Gentle Yoga for Balance and Mindful Meditation**
60 mins
Start Date: 9/1/2020
A wonderful class filled with standing balance meditation, gentle yoga, and relaxing meditation.

**The Coincidence Makers**
T 2:00 PM 60 mins
Start Date: 10/6/2020
October’s book: The Coincidence Makers by Yoav Blum. Part thriller, part mystery & part love story

**The Bear and the Nightingale**
W 11:00 AM 60 mins
Start Date: 9/30/2020
September read: The Bear and The Nightingale by Katherine Arden

**Staying Active & Healthy while quarantined**
T 11:00 AM 60 mins
Start Date: 9/18/2020
Tips for staying healthy. Drinking more water & exercising

**Vital Aging**
Th 12:00 PM
Start Date: 9/10/2020
Anxiety and Isolation

**Aerobic Exercise for Older Adults M/F**
M & F 8:45 AM 60 mins
Start Date: 9/14/2020
For those who regularly walk or hike to maintain their cardiovascular fitness and want to safely get their heart rate up from the comfort of their living room.

**Aerobic Exercise for Older Adults M/W**
M & W 8:45 AM 60 mins
Start Date: 9/14/2020
For those who regularly walk or hike to maintain their cardiovascular fitness and want to safely get their heart rate up from the comfort of their living room.

**Balance Training for Older Adults M/F**
M & F 10:00 AM 60 mins
Start Date: 9/14/2020
Balance Training for Older Adults utilizes a variety of exercises and movement patterns to help prevent falls. This class includes resistance training, flexibility and other movement patterns that specifically address fall prevention.

**Balance Training for Older Adults W/F**
W & F 2:30 PM 60 mins
Start Date: 9/14/2020
Balance Training for Older Adults utilizes a variety of exercises and movement patterns to help prevent falls. This class includes resistance training, flexibility and other movement patterns that specifically address fall prevention.

**Chair Stretch and Strengthen M/W**
M & W 9:30 AM 60 mins
Start Date: 9/14/2020
Chair Stretch and Strengthen seeks to combine the benefits of resistance training with flexibility and mobility exercises. The entire class will focus on exercises and movements you can do from a seated position.

**Chair Stretch and Strengthen T/Th**
T & Th 10:00 AM 60 mins
Start Date: 9/14/2020
Chair Stretch and Strengthen seeks to combine the benefits of resistance training with flexibility and mobility exercises. The entire class will focus on exercises and movements you can do from a seated position.
Early Risers M/F
M & F  8:00 AM   60 mins
Start Date: 9/14/2020
Early Risers is a class designed to get your day started with movement. A variety of low impact movements, resistance training, and stretching will be used during this class. You should feel energized and ready to start your day after taking this class.

Early Risers T/Th
T & Th   8:00 AM  60 mins
Start Date: 9/14/2020
Early Risers is a class designed to get your day started with movement. A variety of low impact movements, resistance training, and stretching will be used during this class. You should feel energized and ready to start your day after taking this class.

Fitness for Older Adults T/Th
T & Th    9:45 AM  60 mins
Start Date: 9/14/2020
Fitness for Older Adults is designed for people who want to improve their current level of fitness. Participants will be taught how to safely increase both the volume and intensity of their fitness programs.

Fitness for Older Adults W/F
W & F  9:45 AM  60 mins
Start Date: 9/14/2020
Fitness for Older Adults is designed for people who want to improve their current level of fitness. Participants will be taught how to safely increase both the volume and intensity of their fitness programs.

Interval Training for Older Adults MWF
MWF  1:30 PM  60 mins
Start Date: 9/14/2020
Interval training for Older Adults combines a variety of exercises with periods of active rest. This class is great for participants who enjoy participating in sports like pickleball, tennis and recreational hiking.

Interval Training for Older Adults Th/Sa
Th & Sa  3:30 PM  60 mins
Start Date: 9/14/2020
Interval training for Older Adults combines a variety of exercises with periods of active rest. This class is great for participants who enjoy participating in sports like pickleball, tennis and recreational hiking.

Mobility and Flexibility for Older Adults M/W
M & W   1:30 PM  60 mins
Start Date: 9/14/2020
Mobility and Flexibility for Older Adults will focus on increasing, or maintaining, flexibility and range of motion. This class will start with a long low intensity warm up followed by total body stretching and mobility exercises. Mobility and Flexibility

Mobility and Flexibility for Older Adults T/Th
T & Th   1:00 AM  60 mins
Start Date: 9/14/2020
Mobility and Flexibility for Older Adults will focus on increasing, or maintaining, flexibility and range of motion. This class will start with a long low intensity warm up followed by total body stretching and mobility exercises. Mobility and Flexibility

Mobility and Flexibility for Older Adults (en Español)
To be determined
Start Date: 9/14/2020
Fitness for Older Adults is designed for people who want to improve their current level of fitness. Participants will be taught how to safely increase both the volume and intensity of their fitness programs.

Movement and Dance T/Th
T & Th   1:30 PM  60 mins
Start Date: 9/14/2020
Movement and Dance will incorporate low impact human movement and dance to improve both cardiovascular health and muscular strength and endurance.

Resistance Training for Health M/F
M & F   3:30 PM  60 mins
Start Date: 9/14/2020
Resistance Training for Health will focus on using various forms of resistance training to improve or maintain muscular strength and endurance. Participants in this class will be taught how to correctly perform dumbbell exercises, resistance band and body.

Resistance Training for Health T/Th
T & Th  3:30 PM  60 mins
Start Date: 9/14/2020
Resistance Training for Health will focus on using various forms of resistance training to improve or maintain muscular strength and endurance. Participants in this class will be taught how to correctly perform dumbbell exercises, resistance band and body.

Senior Yoga with Nancy
T  10:00 AM  60 mins
Start Date: 9/8/2020
Live Chair*/Matt Yoga Hybrid from your home! *Sturdy chair and table needed.

Stretch & Strengthen T/Th
T & Th  1:30 PM  60 mins
Start Date: 9/14/2020
Stretch and Strengthen seeks to combine the benefits of resistance training with flexibility and mobility exercises. This low impact class is great for those who would like to maintain their current levels of strength and mobility.

Tai Chi Live Class
T  9:00 AM  60 mins
Start Date: 9/8/2020
Yang Style Old Fashioned Long-Form Tai Chi
Virtual Personal Training
By Appt By Appt 60 mins
Start Date: 9/14/2020
Virtual Personal Training seeks to accommodate participants who prefer one-on-one instruction. Participants will be paired with a University of Utah Kinesiology student for a total of 24 one-hour virtual personal training sessions. Participants will also receive weekly detailed exercise programs and access to archived videos of past personal training sessions. Personal training will require dumbbells and an exercise band. Additional equipment may be introduced depending on the participant’s goals.

Zumba Gold
W 9:00 AM 60 mins
Start Date: 9/9/2020
Zumba is an easy-to-follow program that lets you move to the beat at your own speed.

Arthritis Foundation Exercise Program
T & F 10:00 AM 60 mins
Start Date: 9/15/2020
This low-impact class that will help increase muscular strength, mobility & coordination.

Cardio, Strength & Stretch
MWF 8:00 AM 60 mins
Start Date: 9/28/2020
Participate in a well rounded exercise class with cardio, strength and stretch activities.

Grief Support
Th 10:00 AM 60 mins
Start Date: 9/3/2020
Are you having difficulty dealing with a recent or past loss? You are not alone. Please join us our Grief Support Group.

Heartful Holidays
T 9:30 AM 90 mins
Start Date: 12/15/2020
This 2-week class will introduce you to a variety of gentle mindfulness and positive psychology practices, connect with others, and offer insight into how to manage holiday stress.

Living Well With Chronic Pain
Th 1:00 PM 120 mins
Start Date: 10/1/2020
A 6 week self-management class to learn practical ways to live with chronic pain.

Living Well with Diabetes
T 120 mins
Start Date: 10/6/2020
A 6 week self-management class to learn.

Memory Matters
F 11:00 AM 60 mins
Start Date: 10/23/2020
Learn practical, everyday tricks and tips to aid.

Mindfulness 101
T 9:30 AM 45 mins
Start Date: 9/29/2020
Come learn the basics of mindfulness in this 6 week class. Practice gentle chair yoga and body scan.

Older Adult Exercise 101
F 11:00 AM 60 mins
Start Date: 11/6/2020
Learn practical everyday tricks and tips to getting enough physical activity in your life.

Rightsizing Your Life
F 11:00 AM 60 mins
Start Date: 10/9/2020
Explore the things to consider if you are thinking of moving or downsizing.

The Aging Mastery Program
W 2:00 PM 90 mins
Start Date: 9/9/2020
Learn how to navigate longer lives in this 10 week class. Guest experts will teach you about sleep, exercise, healthy eating, falls prevention, relationships, financial fitness, community engagement, advance planning & medication management.

What’s on Your Bucket List?
F 11:00 AM 60 mins
Start Date: 10/2/2020
Get inspired to set some goals and reach your aspirations.

Beginning Line Dance
W 2:00 PM 60 mins
Start Date: 9/9/2020
Learn easy dance steps to some of your favorites songs.

Clogging Class
F 8:00 AM 60 mins
Start Date: 9/4/2020
Feeling the need to dance? Give clogging a try!

NBA Playoff: Bubble or Trouble Talk
M 9:30 AM 60 mins
Start Date: 9/14/2020
Every Monday we’ll discuss the best playoff moments, and talk about your favorite teams.

Senior Chat - Monthly Topic
T 9:00 AM 60 mins
Start Date: 9/15/2020
Not going to senior centers leaves you with a lot of time on your hands — What are you up to these days?

Senior Chat - Cooking & Recipe Exchange
T 9:00 AM 60 mins
Start Date: 9/29/2020
Seasonal Eating - It’s easy to do & cost effective. Join us to share your tips & recipes.

Senior Chat - Travel Talk
T 9:00 AM 60 mins
Start Date: 9/22/2020
Isolation got you down? Join in this chat for travel tips & ideas. See where seniors are going.

Self Guided Classes: Can be done on your own, on your own schedule
Phone Based Classes: Available entirely through use of a phone
Online - Live Classes: Available through an online video conference program, WebEx
Online - YouTube: Prerecorded videos posted on Aging & Adult Services YouTube Channel
Plans change every year. So can your health needs.

• Even if you are happy with your current plan, it may be changing costs, coverage, or both for 2020.
• Read the Annual Notice of Changes mailed to you by your health plan.
• Check the plan formulary—the list of covered prescription drugs—to make sure yours are covered.
• Look for plans that best meet your changing health, life, and financial needs.

Now it’s time to consider your options.

This is your chance to look at all of your Medicare plan choices for the year ahead—like prescription drug plans, Medicare Advantage and supplemental (Medigap) plans.

It’s worth a look.

You may find better coverage, extra benefits or lower costs. It’s worth taking the time to explore your options while you can.

We can help!
Call (385) 468-3200

Our State Health Insurance Assistance Program (SHIP) team is here to offer free, unbiased Medicare counseling so you can find the right plan for your needs. Visit https://slco.org/aging-adult-services/ for more info.
Upcoming Events

Flu Vaccine

We want to make it easy for you to get protected from the flu. Beginning next month, Salt Lake County Health Department will offer an influenza vaccine ("flu shots") at select Senior Centers in the county. This vaccine will be available at no cost to you. We will take care of billing your insurance or Medicare. Watch for additional information soon, including specific dates, times, and locations.

2020 Candidate Days

Information will be available in the October edition of the Senior Scoop. Find more details in the Virtual Senior Center Catalog.

Senior Center Drive-Thru Meal Program

<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbus Senior Center</td>
<td>2531 South 400 East, South Salt Lake 385.468.3340</td>
</tr>
<tr>
<td>Draper Senior Center</td>
<td>1148 East Pioneer Road, Draper 385.468.3330</td>
</tr>
<tr>
<td>Eddie P. Mayne Kearns Senior Center</td>
<td>4851 West 4715 South, Kearns 385.468.3100</td>
</tr>
<tr>
<td>Friendly Neighborhood Senior Center</td>
<td>1992 South 200 East, Salt Lake City 385.468.3065</td>
</tr>
<tr>
<td>Liberty Senior Center</td>
<td>251 East 700 South, Salt Lake City 385.468.3170</td>
</tr>
<tr>
<td>Magna Kennecott Senior Center</td>
<td>9228 West 2700 South, Magna 385.468.3000</td>
</tr>
<tr>
<td>Midvale Senior Center</td>
<td>7550 South Main Street, Midvale 385.468.3350</td>
</tr>
<tr>
<td>Millcreek Senior Center</td>
<td>2266 Evergreen Avenue, Millcreek 385.468.3305</td>
</tr>
<tr>
<td>Mt Olympus Senior Center</td>
<td>1635 E Murray-Holladay Rd, Holladay 385.468.3130</td>
</tr>
<tr>
<td>Riverton Senior Center</td>
<td>12914 South Redwood Rd, Riverton 385.468.3040</td>
</tr>
<tr>
<td>Sandy Senior Center</td>
<td>9310 South 1300 East, Sandy 385.468.3410</td>
</tr>
<tr>
<td>Sunday Anderson Senior Center</td>
<td>868 West 900 South, Salt Lake City 385.468.3155</td>
</tr>
<tr>
<td>Taylorsville Senior Center</td>
<td>4743 Plymouth View Dr, Taylorsville 385.468.3370</td>
</tr>
<tr>
<td>Tenth East Senior Center</td>
<td>237 South 1000 East, Salt Lake City 385.468.3140</td>
</tr>
</tbody>
</table>