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.

**Highlighted Classes**

**Self Care Kit**
Receive instructions and inspiration for creating a customized self-care kit.

**Santa Milk Jug**
Create a special milk jug to leave out for Santa with cookies on Christmas Eve night.

**Shaker Snowman**
Make a cute snowman from a salt shaker.

**December Dessert Recipes**
Enjoy 5 delicious winter dessert recipes!

**Dine with us for the Holidays!**

Please contact your local Senior Center to schedule your Holiday meal. Dine-in, take-out, or drive-thru Holiday meal options vary at each center and limited space is available for in-person dining.

**Winter Holiday Meals**

**Tuesday, December 14**
Kearns, Magna, Millcreek, Taylorsville, & West Jordan.

**Wednesday, December 15**
Liberty, Midvale, Mt Olympus, River’s Bend, & Sandy.

**Friday, December 17**
Columbus, Draper, Riverton, Tenth East, & Sunday Anderson.

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For more Information

Visit our website at slco.org/aging-adult-services/
Caregiver Support

The Gift of Care. During the holiday months, caregivers experience compounded stress. They begin to think of the coming visits, schedules, food preparation, and social behaviors of those they care for. How will the care receiver respond to big groups, rich food, or celebration noise? A time that usually fills the spirit and heart with joy can often be a time of the holiday blues, thoughts of the coming winter isolation, and the challenges of care while walking on ice, juggling schedules, and making “all the visitors” happy. The holidays are a time when caregivers need the most help.

The Gift of Time. Activate your friends and family to share a little special time with you and those you care for. The world's little caregivers can make video calls and entertain older individuals who cannot travel as easily. Call or text family just to share funny stories, a picture, or an inside joke. The hour someone spends to cook and package a treat for their neighbors is always magnified for the gift receiver—their heart and memory banks swell.

The Gift of Talents. Can you sing? Play the guitar? Make cute thank you cards? Build puzzles? Read a book or short story? Give your gift to another in a short, unexpected visit. Play your dad a song. Invite the neighbors to sing to homebound and elderly. Build a puzzle with a homebound neighbor—or read them a poem. Make thank you cards and deliver a tiny memory to a friend in need. Show others you need them in your life and find them of value. Everyone needs to feel valued and appreciated.

The Gift of Kindness. Do something kind for someone every day. Need ideas? Shovel a walkway. Rake up leaves. Let someone merge into traffic. Offer to pick up their pre-ordered groceries. Drop off an unexpected pizza or meal. Wave and say hello to neighbors. Smile at total strangers—they will start smiling at all the strangers they pass.

The Gift of Resources. Not everyone in your neighborhood knows where to get resources and support for their care situation. Next time you stop to get a new resource directory or handout, get several copies and hand one out to a friend in need. Let others know about 211utah.org, slco.org, Utah Health Department, the Adult Day Care Services, and other services listed in the Aging & Adult Services 55 Plus Directory.

Some of the best caregiver gifts are free or do-it-yourself. Hugs, smiles, a kind word, or a free meal can be the most impactful. Other paid options are also appreciated—a few hours of homemaking, a gift basket, meal and gift cards, a gift card for a one-hour massage, and any other time-saving offerings. If possible, give the gift of care.

Call 385.468.3280 or visit slco.org/caregiver to find out more about caregiver support options.
Virtual Senior Center
Course Catalog  385-468-3299

Class Formats
Self-Guided: Classes are done on your own, on your schedule
Online - YouTube: Pre-recorded videos are posted on Aging & Adult Services YouTube Channel
Online-Live: Classes are taught through an online video conference program at a scheduled time

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 approximately one week after you register. Contact your 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 supplies delivered to their home.

Self-Guided Courses

Art/Culture/Music

Adult Coloring Contest
Course Number: SUN-2021-001
Date: Ongoing
Registration Deadline: 12/24/2021 for December color sheet.
Do you love to color? Participate in a contest each month!
Supplies Needed: Colored pencils, crayons, gel pens, or markers.

Angel Ornament
Course Number: MID-012-002
Start Date: 11/29/2021
 Registration Deadline: 12/22/2021
Make a cute, fun angel ornament to adorn your tree.

Balsa-Wood Top Gun Glider
Model Plane
Course Number: LIB-12-001
Start Date: 12/1/2021
Registration Deadline: 12/24/2021
Nothing flies like a genuine balsa wood glider! Plus, it's a great white-elephant holiday gift!

Brain Teaser: Hidden Pictures
Course Number: SUN-2021-002
Start Date: Ongoing
Registration Deadline: 12/24/2021 for December packet.
Can you find all the hidden pictures in the image? Receive 4 fun hidden pictures every month.

Color-Me Snow Globe Ornament
Course Number: LIB-12-03
Start Date: 12/1/2021
Registration Deadline: 12/20/2021
Make a cute snow globe for the holidays. Has flat stamped details that make decorating easy. Decorate with markers, crayons, etc.
Supplies Needed: Decorating supplies & ribbon for hanging.

Crayon Melt Glass Ornament
Course Number: DRA-12-002
Start Date: 12/1/2021
Make a colorful, unique crayon drip glass ornament.
Supplies Needed: Crayola brand crayons.

December Card Making
Course Number: WJN-12-001
Start Date: 12/3/2021
Registration Deadline: 12/31/2021
Create your own original greeting card.
Supplies Needed: Scissors, glue, & colored pencils.

DIY Hardware Key Chain
Course Number: MID-012-003
Start Date: 11/29/2021
Registration Deadline: 12/30/2021
Make a DIY keychain using nuts & bolts. Perfect for a gift or to keep yourself!
Self-Guided Courses Continued

Folded Fabric Christmas Tree Ornament
Course Number: TAY-12-001
Start Date: 12/1/2021
Registration deadline: 12/22/2021
Make a festive fabric folded Christmas tree ornament.

Supplies Needed: Sewing machine & general sewing supplies.

Holiday Grab Bag Craft
Course Number: TEN-11-003
Start Date: 12/1/2021
Registration deadline: 12/31/2021
Receive a surprise craft for the holiday!

Supplies Needed: Paint brush or glue gun.

Microwave Heating Bag
Course Number: TAY-12-002
Start Date: 12/1/2021
Registration deadline: 12/22/2021
Make a microwaveable heat pack to soothe those aches & pains. Fabric, pattern, and thread provided.

Supplies Needed: Sewing machine & general sewing supplies.

New Year Noise Maker
Course Number: MAG-12-002
Start Date: 12/1/2021
Registration deadline: 12/31/2021
Make fun, festive noise makers to ring in the New Year.

Supplies Needed: Glue gun.

Paint Your Own Ceramics
Course Number: RBD-12-002
Start Date: 11/29/2021
Registration Deadline: 12/15/2021
Create a fun, decorative piece by painting your own ceramic figurine!

Supplies Needed: Paint brush.

Scratch Door Hangers
Course Number: LIB-12-002
Start Date: 12/1/2021
Registration Deadline: 12/20/2021
Brighten up any door! Create any theme or design. Includes scratch tools & instructions.

Holiday Cookie Cookbook
Course Number: RBD-12-001
Start Date: 12/1/2021
Registration Deadline: 12/22/2021
Create holiday cookies with loved ones with some tasty & easy-to-follow recipes.

Supplies Needed: Ingredients as listed on recipes.

Holiday Earrings
Course Number: RTN-12-002
Start Date: 12/1/2021
Registration Deadline: 12/29/2021
Make a cute pair of earrings for the holidays!

Supplies Needed: Small needle-nose jewelry-making pliers.

Shaker Snowman
Course Number: WJN-12-002
Start Date: 12/3/2021
Registration Deadline: 12/31/2021
Make a cute snowman from a salt shaker.

Supplies Needed: Glue & scissors.

Snowman Tealights
Course Number: DRA-12-001
Start Date: 12/1/2021
Registration Deadline: 12/17/2021
Turn an ordinary LED tealight into an adorable snowman ornament.

Supplies Needed: Black Sharpie pen.

Towel Angels
Course Number: MIL-12-002
Start Date: 12/1/2021
Registration Deadline: 12/17/2021
Create a simple towel angel to give as a gift or to use as decor in your own home!

(Colors will vary.)

Towel Angels
Course Number: MIL-12-002
Start Date: 12/1/2021
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Create a simple towel angel to give as a gift or to use as decor in your own home!

(Colors will vary.)

Shaker Snowman
Course Number: WJN-12-002
Start Date: 12/3/2021
Registration Deadline: 12/31/2021
Make a cute snowman from a salt shaker.

Supplies Needed: Glue & scissors.

Solstice Lantern
Course Number: TEN-12-001
Start Date: 12/1/2021
Registration Deadline: 12/17/2021
A simple craft that can be altered to fit any holiday celebration.

Towel Angels
Course Number: MIL-12-002
Start Date: 12/1/2021
Registration Deadline: 12/17/2021
Create a simple towel angel to give as a gift or to use as decor in your own home!

(Colors will vary.)

Twist & Yarn Snowflakes
Course Number: MTO-012-002
Start Date: 12/1/2021
Registration deadline: 12/31/2021
Create some winter decor with some twig & yarn to make a crafty snowflake!
Self-Guided & Online-Live Courses

Wood Ornament Set
Course Number: KEA-12-002
Start Date: 12/1/2021
Registration Deadline: 12/17/2021
This two-piece set can be painted & used for gift tags or decorations!

Word Search
Course Number: SUN-2021-003
Date: Ongoing
Registration Deadline: 12/24/2021 for December word search.
Backward, forward, & diagonal - can you find all the words? Receive 4 word searches per month.
Supplies Needed: Pen or pencil.

Wreath Ornament
Course Number: RTN-12-003
Start Date: 12/1/2021
Registration Deadline: 12/31/2021
Make a cute wreath ornament to put on your tree or to give away.

Health & Wellness

December Brain Teaser Packet
Course Number: RTN-12-001
Start Date: 12/1/2021
Registration Deadline: 12/31/2021
Work your brain with word search & scrambles, coloring pages, mazes, crossword puzzles, & more.
Supplies Needed: Pencil, colored pencils, or crayons.

Journaling Through COVID
Course Number: MAG-2021-001
Start Date: 12/1/2021
Registration Deadline: 12/31/2021
Express your struggles & thoughts through the pandemic for your family and future generations. Starter kit is provided.

Neurobics Weekly
Course Number: SAN-2021-001
Start Dates: Ongoing
Registration Deadline: 12/31/2021
Aerobics for your brain! Receive brain games weekly to exercise & flex your brain muscles.

Fitness & Exercise

Gentle Chair Yoga
Course Number: COL-2021-001
Instructor: Mary (Lisa) Quealey
Start Date: Ongoing
T 1:00 PM 60 mins
Beginners welcome. Relax, breathe, & enliven through very gentle movement seated in a chair.

Tai Chi
Course Number: MTO-2021-002
Instructor: Mike Dusserre
Start Date: Ongoing
T & TH 8:30 AM 60 mins
Learn Yang-Style old-fashioned Long-Form Tai Chi with Mike Dusserre.

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

Art/Culture/Music

Acrylic Painting
Course Number: MIL-2021-004
Instructor: Various
Start Date: Ongoing
F 10:30 AM 90 mins
Registration deadline: 12/17/2021
Join us for a live, interactive, virtual acrylic painting class! A starter kit including basic paints & brushes and one sheet of 12” x 12” acrylic painting paper is provided.

Education

December Dessert Recipes
Course Number: MTO-012-001
Start Date: 12/1/2021
Registration deadline: 12/31/2021
Enjoy 5 delicious winter dessert recipes!

December Brain Teaser Packet
Course Number: RTN-12-001
Start Date: 12/1/2021
Registration Deadline: 12/31/2021
Work your brain with word search & scrambles, coloring pages, mazes, crossword puzzles, & more.
Supplies Needed: Pencil, colored pencils, or crayons.

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Backward, forward, & diagonal - can you find all the words? Receive 4 word searches per month.
Supplies Needed: Pen or pencil.

Wreath Ornament
Course Number: RTN-12-003
Start Date: 12/1/2021
Registration Deadline: 12/31/2021
Make a cute wreath ornament to put on your tree or to give away.

Self Care Kit
Course Number: TEN-12-002
Start Date: 12/1/2021
Registration Deadline: 12/17/2021
Receive instructions & inspiration for creating a customized self-care kit.
Online-Live Courses Continued

Health Promotion Courses

Boost Memory & Cognition
Course Number: HP-12-003
Instructor: Kayla Cook,
Valley Behavioral Health
Date: 12/7/2021
T 2:00 PM 60 mins
Registration deadline: 12/6/2021
Join us as we discuss common memory changes & how to manage or prevent them.

Dealing with Dementia
Course Number: HP-12-005
Instructor: Melanie Brandt
Start Date: 12/14/2021
T & TH 9:30 AM 120 mins
Registration Deadline: 12/10/2021
Learn how to use the 300-page “Dealing with Dementia” guide in this 2-part, 4-hour workshop.

Budgeting Methods
Course Number: HP-12-007
Instructor: USU Extension
Date: 12/14/2021
T 2:00 PM 60 mins
Registration deadline: 12/13/2021
Learn proactive ways to be more in control of your spending & discover how to pay yourself first.

Dementia Dialogues
Course Number: HP-12-004
Instructor: Erika Thompson
Start Date: 12/6/2021
M & F 9:30 AM 120 mins
Registration Deadline: 12/3/2021
A 5-session course to help individuals who care for someone with dementia. Learn new coping skills & tools for self-care.

Health Promotion

Are you caring for someone with dementia?
Check out these great classes this month to get some support!

Dealing with Dementia – A 4-hour workshop and a comprehensive 300-page guide to address the challenges of caring for someone with dementia.
Dec 1st – Sandy Senior Center – 10 AM – 2 PM
Dec 14 & 26th – Virtual Senior Center 9:30 – 11:30 AM
Contact Melanie Brandt to get registered: mbrandt@slco.org or 385-468-3295

Dementia Dialogues – A 5-session class that covers coping skills, communication strategies, problem solving, and addressing challenging behaviors.
Dec 6 – 20 - Virtual Senior Center - Mondays and Fridays 9:30 AM – 12 PM
Contact Erika Thompson to get registered: ethompson@slco.org or 385-468-3088
ARE YOU 62+ AND A RESIDENT OF UTAH?
Take as many online or in person University of Utah courses as you want for as little as $25/semester!

HOW TO REGISTER
Call (801) 581-7155 or visit 540 Arapeen Drive
Registration is open Jan 4, 2022 - Jan 21, 2022

The first 39 individuals to mention code “1234” when registering will receive a $25 tuition waiver.
Questions about the tuition waiver?
Call Katarina at (801) 585-7438.

You may take courses numbered 1-4999 | Auditing only
Restrictions apply | Some courses have additional fees

QUESTIONS? NEED MORE INFO?
continue.utah.edu/hb60 | (801) 581-7155
Volunteer with Rides for Wellness

With a comforting smile and a confident hand, volunteers transport clients to medical appointments such as dialysis and radiation.

Every day, Rides for Wellness Volunteers provide life saving services to Salt Lake County seniors.

Contact:
Warren Miterko
Salt Lake County Aging & Adult Services
(385) 468-3314 | wmiterko@slco.org

Four hours a week can save a life!