

The Senior Scoop

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.



What's New?

We have a new webpage to help you view and schedule your own classes at your convenience.

See below for more information on how to get started!

Virtual Senior Center Register Online!

1. Call our Virtual Senior Center call line at 385-468-3299 and let them know you would like to register to access the online portal.

2. The membership assistant will send a request through SERVTracker to your email. The email will allow you access to SERVTracker and will give you a temporary pin.

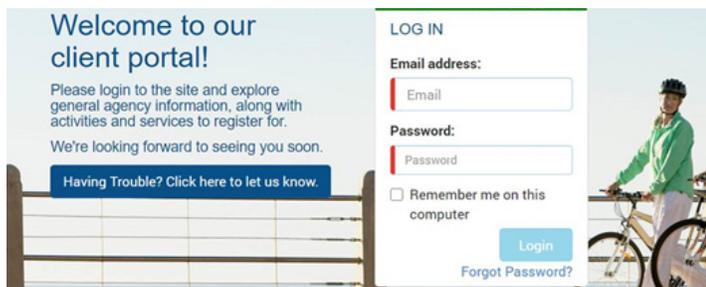
Welcome to our client portal system. Thank you for registering for this tool that will give you the opportunity to schedule and register for your own services. In order for you to complete the registration process, please click the link below and enter the email address and password listed. Once you enter this password, you will be asked to reset your password to something a little more familiar to you. We hope you enjoy using our system to make things a little easier for you.

[Verify me now](#)

Email: YourEmail@YourEmail.com

Password: soebCsl1uN

Sincerely,

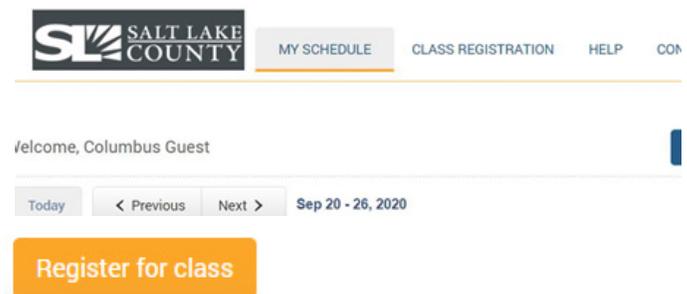


3. You will then go to client.servtracker.com/login and be directed to this page:

4. Enter your email and temporary pin and set up a password.

5. Click on the "Class Registration" button. From there you will see the various classes available. Click on one of interest and it should show you the details of the class.

6. Click on the orange "Register for class" button on the right side of the page. Then click "proceed to payment" (you will not be charged) and you are good to go.



Medicare Open Enrollment runs October 15 - December 7th

Make sure you have the right plan for your health care needs.

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.

Health Promotion & Education

Weekly Webinars:

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

October 6 - Safety and Prevention for COVID 19; taught by Molly Signoretty, Health Educator, Salt Lake County Health Department

October 13 - Election Security; taught by Salt Lake City FBI Office

October 20 - COVID 19 Updates in Research & Vaccinations. Get Updates about research Trials, Treatments, Vaccines for COVID 19; taught by Megan Sullivan, RN, Salt Lake County Health Department

October 27 - Seis maneras para comer más saludablemente (6 Ways to Eat Healthier); taught in Spanish by Erika Thompson

Register for weekly webinars by emailing activeaging@slco.org or calling 385-468-3295



1 hour WebEx Classes:

What's on your bucket list?

Friday, October 2 at 11:00 AM
Get inspired to set some goals and reach your aspirations.
Taught by Vickie Venne

Rightsizing your life

Friday, October 9 at 11:00 AM
Explore all the aspects to consider if you are thinking of moving or downsizing.
Taught by Paul Kickuchi

Memory Matters

Friday, October 23 at 11:00 AM
Learn practical, everyday tricks and tips to aid your memory.
Taught by Darylne McPheeters

Register for classes by calling the Virtual Senior Center at 385-468-3299

Virtual Senior Center Class 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

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

Some classes include supplies, indicated by a * next to the class title. If the class includes supplies, items may be picked up approximately one week after registration from your senior center during the lunch program. Current Meals on Wheels participants can sign up to have supplies delivered to their home.

Self-Guided Classes

Art, Culture & Music

Adult Coloring Contest

Start Date: 9/1/2020

Do you love to color? Participate in a contest each month! Use color pencils, crayon, or gel pens.

Card Making Kit *

Start Date: 10/22/2020

Registration Deadline: 10/19/2020

Create a Thanksgiving Card to send to family or friends.

Face Mask Project *

Start Date: 10/1/2020

Sew a mask for yourself, or donate to help others.

Fall Picture Frame Craft *

Start Date: 10/1/2020

Registration Deadline: 10/28/2020

This beautiful frame is perfect for the fall season and can be redecorated for any season! Project picture on page 3 of catalog.

Festive Jack-O-Lantern *

Start Date: 10/1/2020

This adorable plate is perfect for a holiday centerpiece! Picture on page 3 of catalog.

Halloween Craft *

Start Date: 10/15/2020

Registration Deadline: 10/12/2020

Make a Frankenstein basket for Halloween treats! Project picture on page 3 of catalog.

Nutter Butter Ghosts *

Start Date: 10/13/2020

Registration Deadline: 10/8/2020

Make this edible craft to share with your special ghouls! Project picture on page 3 of catalog.

Pinecone Birdfeeder

Start Date: 9/1/2020

Feed the birds all winter by turning a basic pinecone into a bird feeder.

Pumpkin Jar Craft *

Start Date: 10/23/2020

Registration Deadline: 10/19/2020

Make your very own lighted Jack-O-Lantern with this pumpkin jar craft!

Recycled Art Show & Contest

Start Date: 10/1/2020

Put your creative skills to work and make a piece of artwork made with found and/or salvaged items.

Santa's Workshop Cozy Neck Warmer *

Start Date: 10/13/2020

Registration Deadline: 10/8/2020

Create a simple, handcrafted neck warmer to give as a gift this holiday season!

Squatty Pumpkin Garland *

Start Date: 10/13/2020

Registration Deadline: 10/8/2020

A cute and easy fall craft to adorn your mantle or doorway.

Witches Broom Pin *

Start Date: 10/1/2020

Registration Deadline: 10/25/2020

Put these cute and easy-to-assemble 'Witches Broom' pins together for Halloween.

Yarn Pumpkin Craft *

Start Date: 9/21/2020

Registration Deadline: 10/15/2020

Create Yarn Pumpkins to add to your fall festive décor!

Education

Money Smarts for Older Adults *

Start Date: 10/1/2020

Information and tips to help prevent common frauds, scams, and other types of elder financial exploitation.

Health & Wellness

Journaling through COVID-19

Start Date: 10/1/2020

Express your struggles and thoughts through this pandemic and make sure your experiences are remembered.

Recreation

SELF-GUIDED

Halloween Brain Teasers *

Start Date: 10/5/2020

Crosswords, word searches, trivia, match games, puzzles, etc.

Online YouTube & Online Live Classes

YouTube Classes

Art, Culture & Music

Fun Fall Foil Craft

Start Date: 10/1/2020

Watch a video to learn how to paint a beautiful Autumn tree!

Education

Beekeeping and the Honeybee

Start Date: 10/1/2020

Learn facts about the lives of honeybees, honeybee history, folklore, and the basics of beekeeping.

Fall Gardening

Start Date: 10/7/2020

Learn how to prepare your gardens for winter with Suzanne Reynolds.

How To - Adjust your iPhone Brightness

W

Start Date: 10/21/2020

A quick demonstration on how and why you should adjust the screen brightness on your iPhone.

How To - Android Flashlight

W

Start Date: 10/14/2020

Registration Deadline:

Learn how to use the built-in flashlight feature on your Android phone.

How To - iPhone Battery Q & A

W

Start Date: 10/7/2020

A few questions and answers to address the care and battery usage on your phone.

How To - iPhone Homescreen Overview

W

Start Date: 10/28/2020

What is the Homescreen and what is shown on the Homescreen?

Fitness & Exercise

Drums Alive 2

Start Date: 10/1/2020

Traditional aerobic movements with the powerful beat and rhythms of the drums.

Yoga - Downward Dog Workshop

Start Date: 10/1/2020

Dive deep into the mechanics and benefits of Downward Facing Dog Yoga Asana.

Online - Live classes

Art, Culture & Music

Crafting For Fun & Health

T 1 PM 60 min

Start Date: 10/6/2020

Discover some fun craft ideas to keep you happy and healthy.

Poetry Basics Workshop *

TH 11 AM 60 min

Start Date: 10/22/2020

Registration Deadline: 10/14/2020

Learn how to express yourself in a way that is unique to you. Become versed in basic tools for crafting poetry.

Riverton Library Book Club

W 11 AM 60 min

Start Date: 10/1/2020 - 10/28/2020

October Read: *Inherit The Bones* by Emily Littlejohn.

Education

Cooking for Fun & Health: Recipe Sharing

T 12 PM 60 min

Start Date: 10/13/2020

Join this class to share and swap healthy recipe ideas!

Crescent Creations

F 10 AM 60 min

Start Date: 10/9/2020

Registration Deadline: 10/5/2020

A monthly WebEx cooking class hosted by Crescent Senior Living. This month is Panna Cotta Raspberry Gelee. Picture on page 3 of catalog.

Fitness & Exercise

Advanced Yoga

M 9:30 AM 90 min

Start Date: 10/12/2020 - 10/26/2020

Registration Deadline: 10/19/2020

A yoga class for those who can easily get up from the ground. Not for beginners.

Aerobic Exercise for Older Adults

M & F 8:45 AM 60 min

Start Date: 10/1/2020 - 10/30/2020

Aerobic exercise for Older Adults, targeting the cardiovascular system.

Aerobic Exercise for Older Adults

M & W 8:45 AM 60 min

Start Date: 9/16/2020 - 10/30/2020

Exercises that specifically target the cardiovascular system.

Balance Training for Older Adults

M & F 10 AM 60 min

Start Date: 10/5/2020 - 10/30/2020

Learn exercises and movements to prevent falls. Includes resistance training, flexibility, and movements specific to fall prevention.

Balance Training for Older Adults

W & F 2:30 PM 60 min

Start Date: 10/7/2020 - 10/30/2020

Learn exercises and movements to prevent falls. Includes resistance training, flexibility, and movements specific to fall prevention.

Chair Stretch & Strengthen

T & TH 10 AM 60 min

Start Date: 10/2/2020 - 10/30/2020

Combines the benefits of resistance training with flexibility, and mobility exercises. Focuses on exercises you can do in a seated position.

Chair Stretch & Strengthen

M & W 9:30 AM 60 min

Start Date: 9/14/2020 - 10/30/2020

Combines the benefits of resistance training with flexibility, and mobility exercises. Focuses on exercises you can do in a seated position.

Clogging

F 8 AM 60 min

Start Date: 10/2/2020 - 10/30/2020

Have you ever wanted to learn to clog? Here's your chance! Beginning Clogging.

Early Risers

T & TH 8 AM 60 min

Start Date: 9/15/2020 - 10/30/2020

Feel energized! Low impact, resistance training, and stretching will be used. Requires light dumbbells and an exercise band.

Early Risers

M & F 8 AM 60 min

Start Date: 9/14/2020 - 10/30/2020

Feel energized! Low impact, resistance training, and stretching will be used. Requires light dumbbells and an exercise band.

Easy Line Dancing

W 2 PM 60 min

Start Date: 10/7/2020 - 10/28/2020

Registration Deadline: 10/13/2020

Learn fun basic line dancing steps!

Fitness for Older Adults

T & TH 9:45 AM 60 min

Start Date: 9/14/2020 - 10/30/2020

Want to improve your current level of fitness? Learn how to safely increase both the volume and intensity of your fitness programs.

Fitness & Exercise cont.

Fitness for Older Adults

W & F 9:45 AM 60 min

Start Date: 9/15/2020 - 10/30/2020

Want to improve your current level of fitness? Learn how to safely increase both the volume and intensity of your fitness programs.

Gentle Yoga

F 9:30 AM 90 min

Start Date: 10/9/2020 - 10/30/2020

Registration Deadline: 10/19/2020

An anti-arthritis yoga class for beginners.

Interval Training for Older Adults

T & TH 12 PM 90 min

Start Date: 10/6/2020 - 10/30/2020

This class combines a variety of exercises with periods of active rest.

Mobility & Flexibility for Older Adults

M & W 10:30 AM 60 min

Start Date: 9/14/2020 - 10/30/2020

Increase your flexibility and range of motion. Low-intensity warm up followed by stretches and mobility exercises. Great after a strenuous day!

Mobility & Flexibility for Older Adults

T & TH 11 AM 60 min

Start Date: 9/15/2020 - 10/30/2020

Increase your flexibility and range of motion. Low-intensity warm up followed by stretches and mobility exercises. Great after a strenuous day!

Movement & Dance

M & F 1:30 PM 60 min

Start Date: 9/14/2020 - 10/30/2020

Incorporates low-impact dance to improve cardiovascular health, muscular strength, and endurance. No equipment required.

Resistance Training for Health

M & F 1:30 PM 60 min

Start Date: 9/14/2020 - 10/30/2020

Focus on resistance training to improve or maintain muscular strength, and endurance.

Resistance Training for Health

T & TH 3:30 PM 60 min

Start Date: 9/15/2020 - 10/30/2020

Improve muscular strength and endurance! Learn proper form with various exercise equipment. Dumbbells and exercise bands required.

Senior Yoga with Nancy

T 10 AM 60 min

Start Date: 10/6/2020 - 10/27/2020

Live Senior Yoga from your home!

Staying Flexible: Chair Exercises & Stretching

T 1 PM 60 min

Start Date: 10/13/2020

Participate in some easy and effective chair exercises to improve your flexibility.

Staying Strong at Home: Basic Weightlifting Exercises

T 10 AM 60 min

Start Date: 10/27/2020

Participate in and learn some basic exercises to improve your strength.

Stretch & Strengthen

T & TH 1:30 PM 60 min

Start Date: 10/2/2020

Resistance training with flexibility and mobility exercises.

Stretch & Strengthen

T & TH 12 PM 60 min

Start Date: 9/15/2020

Combines the benefits of resistance training with flexibility and mobility exercises.

Tai Chi

T & TH 9 AM 60 min

Start Date: 10/1/2020

Yang Style Old Fashioned Long-Form Tai Chi with Mike Dusserre.

Zumba Gold

W 9 AM 60 min

Start Date: 10/7/2020

Zumba is an easy-to-follow program that lets you move to the beat at your own speed.

Health & Wellness

Advanced Mindfulness Meditation

T 9 AM 60 min

Start Date: 10/15/2020

Registration Deadline: 10/14/2020

Topics from modern and ancient teachers. A 20-min meditation.

Battling the Utah Opioid Crisis

F 2 PM 60 min

Start Date: 10/9/2020

Please join us for a community discussion on the Utah opioid crisis and what is being done to address it.



Crescent Creations



Fall Picture Frame Craft



Nutter Butter Ghosts



Halloween Craft



Festive Jack-O-Lantern

Beginner Mindfulness Meditation

TH 10:30 AM 60 min

Start Date: 10/15/2020

Registration Deadline: 10/14/2020

Emphasis on anchoring breath, sensations, emotions. A 10-min meditation.

Being Your Best Self During Trying Times: Staying Positive

T 11 AM 60 min

Start Date: 10/13/2020

Learn about the power of a positive attitude and how to stay resilient in tough times.

Better Together: Chat Group for Seniors

2nd & 4th TH 10 AM 60 min

Start Date: 10/8/2020

Whether you are going through something hard, need connection, or COVID-19 has taken its toll – please join us!

Cancer Prevention

TH 1 PM 60 min

Start Date: 10/8/2020

What can you do to help prevent cancer?

COVID-19 Updates in Research & Vaccinations

T 2 PM 60 min

Start Date: 10/20/2020

Get updates about research trials, treatments, and vaccines for COVID-19.

Fun Activities to Maintain a Healthy Brain

TH 11 AM 60 min

Start Date: 10/8/2020

Learn how puzzles, reading, crossword puzzle, and other games improve your brain health.

Grief Support

1st & 3rd TH 10 AM 60 min

Start Date: 10/1/2020

Are you having difficulty dealing with a recent or past loss? You are not alone. Please join our Grief Support Group.

Healthy Communication with Others

TH 1 PM 60 min

Start Date: 10/15/2020

Discover tips and tricks to effective communication.

Healthy Cooking with Diabetes

T 10 AM 60 min

Start Date: 10/13/2020

Discover easy and healthy recipes to help you manage your diabetes.

Heart Health

TH 12 PM 60 min

Start Date: 10/8/2020

Learn practical tips to stay heart healthy!

Improving Balance: Up From a Chair and Staying Out of Bed

T 10 AM 60 min

Start Date: 10/20/2020

Learn how you can improve your balance and stay mobile.

Health & Wellness cont.

Keeping Your Brain Healthy: Books are Fun!

T 10 AM 60 min

Start Date: 10/6/2020

Discover how books can be a fun way to keep your brain healthy!

Memory Matters *

F 11 AM 60 min

Start Date: 10/23/2020

Learn practical, everyday tricks and tips to aid memory.

Rightsizing Your Life *

F 11 AM 60 min

Start Date: 10/9/2020

Explore the things to consider if you are thinking of moving or downsizing.

Safety & Prevention for COVID-19

T 2 PM 60 min

Start Date: 10/6/2020

Learn how to keep yourself and others safe from COVID-19.

Staying Healthy with Diabetes!

TH 10 AM 60 min

Start Date: 10/8/2020

Learn ways to care for your skin, feet, and general health improvement.

Staying Healthy with High Blood Pressure

T 12 PM 60 min

Start Date: 10/6/2020

Learn about lifestyles changes you can do to manage your high blood pressure.

Staying Healthy with High Blood Pressure

TH 11 AM 60 min

Start Date: 10/15/2020

Learn about lifestyles changes you can do to manage your high blood pressure.

Staying Positive with Journaling

TH 12 PM 60 min

Start Date: 10/15/2020

Learn the health impact of journaling.

Stress Reduction During Isolating Times

T 11 AM 60 min

Start Date: 10/6/2020

Learn how to stay connected and reduce stress now.

We Are All In This Together: Maintaining Mental Health during Stressful Times

T 11 AM 60 min

Start Date: 10/20/2020

Learn how to manage stress and stay mentally healthy!

What's on Your Bucket List? *

F 11 AM 60 min

Start Date: 10/2/2020

Get inspired to set some goals and reach your aspirations.

Information & Services

"Medicare and Me" Reviewing or Enrolling in Medicare to Maximize My Healthcare Dollar

T 10:30 AM 60 min

Start Date: 10/13/2020

It's Medicare Open Enrollment. Find out if you can find lower premiums, receive extra benefits, or a plan that better fits your health needs.

Election Security

T 2 PM 60 min

Start Date: 10/13/2020

Learn about what the FBI is doing to assure security for the 2020 election.

Estate Planning Basics

T 2 PM 60 min

Start Date: 10/20/2020

Educate yourself on Estate Planning Basics, including powers of attorney, health care directives, and more.

Online Resources at the Library

TH 12 PM 60 min

Start Date: 10/8/2020

Registration Deadline: 10/6/2020

Learn all about what the library has to offer online. Tools, Tips and Tricks!

Protecting Yourself from Financial Exploitation and Scams

T 2 PM 60 min

Start Date: 10/13/2020

Learn ways to protect yourself from financial exploitation and scams.

Safety in the Home

TH 10 AM 60 min

Start Date: 10/15/2020

Learn ways to keep your home safe!

Social & Recreation

Men's Shed/Social Hour for Men

W 1 PM 60 min

Start Date: 10/14/2020

10/14: Learn about other men in the group and share a little about yourself!

10/28: Virtual Scattergories: a creative thinking party game.

She Shed/Social Hour for Women

W 1 PM 60 min

Start Date: 10/7/2020

10/7: Learn about other women in the group and share a little about yourself!

10/21: Come and share your favorite Fall recipes, traditions, and what you're looking forward to this autumn season.

Senior Chat - Halloween is Coming

T 9 AM 60 min

Start Date: 10/13/2020

Have or need Halloween ideas? Let's share Spooktacular ideas!

Senior Chat - Are We Having Fun Yet?

T 9 AM 60 min

Start Date: 10/6/2020

What are you doing these days of quarantine?

Senior Chat - Fall is in Full Swing

T 9 AM 60 min

Start Date: 10/27/2020

Check in to chat about how the changing seasons affect you.

Senior Chat - Flashback Tuesday

T 9 AM 60 min

Start Date: 10/20/2020

Come and share your fondest childhood memory.

Clases en Español

6 Maneras para Comer Mas Saldablemente

Martes 2 PM 60 min

Fecha de Inicio: 10/27/2020

Compartiremos consejos prácticos para comer más saludablemente y ahorrar dinero.

Ejercicio para Adultos Mayores

Lunes y Miercoles 10:30 PM 60 min

Fecha de Inicio: 9/14/2020

Ejercicio para adultos mayores está diseñado para personas que desean mejorar su nivel actual de condición física.



FLU VACCINE CLINICS

<u>SENIOR CENTER</u>	<u>DATE</u>
Columbus Senior Center 2531 South 400 East	10/12/2020
Draper Senior Center 1148 E. Pioneer Road	10/5/2020
Friendly Neighborhood 1992 S 200 East	10/6/2020
Eddie P Mayne Kearns 4851 W 4715 South	10/7/2020
Liberty Senior Center 251 East 700 South	9/29/2020
Magna Senior Center 9228 West 2700 South	10/8/2020
Midvale Senior Center 7550 South Main Street	9/28/2020
Millcreek Senior Center 2266 East Evergreen Avenue	9/21/2020
Mt Olympus Senior Center 1635 E Murray-Holladay Rd.	9/22/2020
Rivers Bend Northwest 1300 West 300 North	10/14/2020
Riverton Senior Center 12914 S Redwood Rd	9/30/2020
Sandy Senior Center 9310 S 1300 East	9/23/2020
Sunday Anderson Westside 868 W 900 South	10/15/2020
Taylorsville 4743 S Plymouth View Dr.	9/25/2020
Tenth East 237 South 1000 East	10/1/2020
West Jordan 8025 S 2200 W	9/24/2020

ALL CLINICS ARE SCHEDULED 11:30AM - 1PM

BRING YOUR INSURANCE CARD

If you do not have insurance or your insurance does not cover flu shots, a limited number of no-cost vaccine will be available.

ACCEPTED MEDICARE AND MEDICARE REPLACEMENT PLANS (Primary insurance)

- AARP Medicare Complete (UHC Medicare)
- Aetna Medicare
- BCBS MedAdvantage
- Deseret Secure (Medicare Advantage)
- Evercare (UHC Medicare)
- Humana Gold Choice
- Medicare Part B
- Medicare Part B Railroad
- Molina Advantage
- Selecthealth Advantage
- Secure Horizons (UHC Medicare)
- Sterling (All Options) Medicare Advantage
- UniCare Security Choice
- UHC Medicare Solutions

MEDICAID/MEDICAID HMOS (Primary Insurance)

- Medicaid (Open)
- Health Choice Utah
- Healthy U
- Molina
- (PCN) Primary Care Network
- SelectHealth Community Care

COMMERCIAL INSURANCE (Primary Insurance)

- HIPUtah
- Molina Market Place
- PEHP Advantage
- PEHP Preferred Care
- PEHP Summit Care
- Regence Blue Cross Blue Shield
- Select Care and Select Care+
- Select Choice
- Select Federal Employee
- Select Med and Select Med+
- Select Value
- United Health Care

Upcoming Events

SENIOR LEGAL SERIES *with Attorney, Kate Nance*

Safe and Smart: Fraud and Scam Prevention OCTOBER 13 at 2:00 PM

Learn how to spot a scam and protect yourself from financial exploitation. Discuss the tactics scammers use and tips to keep your money safe.

Estate Planning Basics: Getting Started OCTOBER 20 at 2:00 PM

What is a power of attorney? Do I need a trust? Is probate really that bad? Get answers to these questions and discuss the planning that you should (and shouldn't) do as you age.

We are honored to welcome Attorney, Kate Nance from Adult Protective Services who previously specialized in elder law, including estate planning, guardianships/conservatorships, and probate matters. She has seen first-hand the devastating effects that financial exploitation and scams have on individuals and their families. She is passionate about empowering seniors on this topic.

Exercise With U of U Students

Get paired with two students from the U of U's Kinesiology Program's capstone course for Virtual personal training!

Battling the Utah Opioid Crisis

A community discussion on the Utah opioid crisis and what is being done to address it.



BOOTANICAL

AT RED BUTTE GARDEN

Something magical is brewing this October.

Special days and times for Seniors
Thurs, Oct 15 & 22 from 9-10am
Tues, Oct 6 & 27 from 3-4pm

redbuttegarden.org/bootanical