

# 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

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## 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 Pictured below

SELF-GUIDED

## Butterfly Clothespin Magnets

Start Date: 9/1/2020

Make a set of 3 butterfly magnets for yourself or to give as gifts

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## 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!

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## 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: 9/1/2020

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

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## 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 Pictured below

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## 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!

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## 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



Pumpkin Craft



Book Page Pumpkin



Farmhouse Style Rag Wreath



No - Sew Infinity Scarf

ONLINE-YOUTUBE

### Card Making Kit

Start Date: 9/17/2020

Create your own birthday cards that family and friends will love to receive from you!

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ONLINE-YOUTUBE

### Card Making Kit

Start Date: 9/24/2020

Create your own Halloween inspired cards

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ONLINE-YOUTUBE

### 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!

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ONLINE-YOUTUBE

### Grizzlies

30 mins

Start Date: 9/30/2020

Learn about the biggest bear in North America

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ONLINE-YOUTUBE

### iPhone How To Series: Get acquainted with the 3 states your iPhone & iPad can be in

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.

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ONLINE-YOUTUBE

### iPhone How To Series: How to Safely & Effectively Clean your cell phone

Start Date: 9/16/2020

Learn how to safely & effectively clean your cellphone during this pandemic.

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ONLINE-YOUTUBE

### iPhone How To Series: How to use your iPhone as a flashlight

Start Date: 9/23/2020

Need a little extra light? Find out how to use your iPhone a flashlight.

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ONLINE-YOUTUBE

### 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

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ONLINE-YOUTUBE

### Wolves of Yellowstone

30 mins

Start Date: 9/16/2020

Learn everything there is to know about the Wolves in Yellowstone

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ONLINE-YOUTUBE

### Drums Alive

60 mins

Start Date: 9/1/2020

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

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ONLINE-YOUTUBE

### Tai Chi Video

40 mins

Start Date: 9/4/2020

Yang Style Old Fashioned Long-Form Tai Chi

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ONLINE-YOUTUBE

### 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.

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ONLINE-LIVE

### Book Club

#### 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

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ONLINE-LIVE

### Book Club-

#### 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

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ONLINE-LIVE

### Staying Active & Healthy while quarantined

T 11:00 AM 60 mins

Start Date: 9/18/2020

Tips for staying healthy. Drinking more water & exercising

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ONLINE-LIVE

### Vital Aging

Th 12:00 PM

Start Date: 9/10/2020

Anxiety and Isolation

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ONLINE-LIVE

### 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.

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ONLINE-LIVE

### 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.

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ONLINE-LIVE

### 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 patters to help prevent falls. This class includes resistance training, flexibility and other movement patters that specifically address fall prevention.

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ONLINE-LIVE

### 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 patters to help prevent falls. This class includes resistance training, flexibility and other movement patters that specifically address fall prevention.

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ONLINE-LIVE

### 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.

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ONLINE-LIVE

### 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.

ONLINE-LIVE

**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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**Mobility and Flexibility for Older Adults M/W**

M & W 10:30 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*

ONLINE-LIVE

**Mobility and Flexibility for Older Adults T/Th**

T & Th 11:00 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*

ONLINE-LIVE

**Fitness 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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**Resistance Training for Health M/F**

M & F 1:30 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*

ONLINE-LIVE

**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*

ONLINE-LIVE

**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.*

ONLINE-LIVE

**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*

ONLINE-LIVE

**Stretch & Strengthen T/Th**

T & Th 12:00 PM 90 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*

ONLINE-LIVE

**Tai Chi Live Class**

T 9:00 AM 60 mins

Start Date: 9/8/2020

*Yang Style Old Fashioned Long-Form Tai Chi*

## Virtual Senior Center Online Scheduler

We have a new web page to help you view and schedule your own classes at your convenience!

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!

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **Living Well with Diabetes**

T 120 mins

Start Date: 10/6/2020

*A 6 week self-management class to learn*

ONLINE-LIVE

### **Memory Matters**

F 11:00 AM 60 mins

Start Date: 10/23/2020

*Learn practical, everyday tricks and tips to aid*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **Beginning Line Dance**

W 2:00 PM 60 mins

Start Date: 9/9/2020

*Learn easy dance steps to some of your favorites songs*

ONLINE-LIVE

### **Clogging Class**

F 8:00 AM 60 mins

Start Date: 9/4/2020

*Feeling the need to dance? Give clogging a try!*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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?*

ONLINE-LIVE

### **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*

ONLINE-LIVE

### **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