

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.