

SENIOR CENTER NEWS

August 2020

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 is pleased to announce the development of a Virtual Senior Center!

Aging & Adult Services' new Virtual Senior Center will offer programming that seniors can do from the safety of their own home! These programs will include online, video conference, telephone, or self-guided activities that require neither phone nor computer. A variety of class types will be available ranging from support groups, exercise classes, education, arts & crafts, and even self-guided tours of local areas.

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,

Aging & Adult Services' Administration

Senior Center Drive Thru Meal Program

Please call or tell your center staff the day before to make a lunch reservation for the next day.

Meals available for Seniors 60+ and must be a member. Call your local Senior Center for details.

Columbus Senior Center 2531 South 400 East, South Salt Lake	385.468.3340	Millcreek Senior Center 2266 Evergreen Avenue, Millcreek	385.468.3305
Draper Senior Center 1148 East Pioneer Road, Draper	385.468.3330	Mt Olympus Senior Center 1635 East Murray-Holladay Road, Holladay	385.468.3130
Eddie P. Mayne Kearns Senior Center 4851 West 4715 South, Kearns	385.468.3100	Riverton Senior Center 12914 South Redwood Road, Riverton	385.468.3040
Friendly Neighborhood Senior Center 1992 South 200 East, Salt Lake City	385.468.3065	Sandy Senior Center 9310 South 1300 East, Sandy	385.868.3410
Liberty Senior Center 251 East 700 South, Salt Lake City	385.468.3170	Sunday Anderson Senior Center 868 West 900 South, Salt Lake City	385.468.3155
Magna Kennecott Senior Center 9228 West 2700 South, Magna	385.468.3000	Taylorsville Senior Center 4743 Plymouth View Drive, Taylorsville	385.468.3370
Midvale Senior Center 7550 South Main Street Midvale	385.468.3350	Tenth East Senior Center 237 South 1000 East, Salt Lake City	385.468.3140

Virtual Senior Center Class Catalog

Clogging Class

Live Online

Fridays 8 AM 45 min

8/21/2020 - Ongoing

Class is for beginners and advanced cloggers.

Grief Support

Live Online

1st & 3rd Thursday 10 AM 1 hr

8/13/2020 - Ongoing

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

Mindfulness Meditation

Live Online

Thursdays 9 AM 45 min

8/27/2020 - 10/2/2020

Mindfulness Meditation Practice develops our concentration and creates awareness.

Virtual Art Class

Live Online

Friday 10:30 AM 1.5 hrs

8/3/2020 - Ongoing

Join us for our live, interactive, virtual acrylic painting class. Complete a new painting every week!

Virtual Book Club

Live Online

Thursday 11 AM 45 min

8/20/2020 - 8/20/2020

August book: *Clock Dance* by Anne Tyler. Meet on Webex Aug. 20 at 11:00am to discuss.

Virtual Book Club

Live Online

1st Tuesday of month 2 PM 1 hr

9/1/2020 - 9/1/2020

We will be discussing *One in A Million* by Lindsey Kelk. A delightful modern day *My Fair Lady*.

Zumba Gold

Live Online

Wednesdays 9 AM 45 min

8/19/2020 - Ongoing

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

Book Club!

Phone based

Last day of the month 10 AM

9/1/2020 - 9/30/2020

Join our Book Club! September's book is *Ashes on the Moor* by Sarah M. Eden.

Adult Coloring Contest

Self-guided

8/25/2020 - 9/15/2020

Do you love to color? Participate in a contest each month! Use color pencils or gel pens. Entry deadline 9/15

Card Making Kits

Self-guided

8/11/2020

Create your own cards! Receive a kit that makes 8 cards. 3 different kits available: Butterfly, Botanical or Birds.

Disposable Camera Club

Self-guided

8/6/2020 - 9/3/2020

Be part of a collaborative photo album! Use a single-use camera and have your photos added to a countywide collection.

DIY Wooden Picture Frame

Self-guided

8/5/2020

Make cute easy frames for memorable pictures.

Face Mask Project

Self-guided

8/10/2020

Create a mask for yourself, or to donate to help others! Kits with all the supplies needed included.

Neurobics

Self-guided

Thursdays

8/6/2020 - Ongoing

Aerobics for your brain! Receive 2 different brain games weekly to exercise & flex your brain muscles.

Origami Butterfly

Self-guided

8/10/2020 - 8/28/2020

Pick up instructions & supplies at your local center. Return your finished butterfly to be photographed & displayed.

Paper Chain Wall Hanging

Self-guided

8/5/2020 - Ongoing

Allow yourself to be a kid again through this creative art with a grown up twist. Create a decorative paper chain wall hanging.

Santa's Workshop

Self-guided

8/17/2020

Make simple & meaningful gifts, family will cherish!

August Project: Framed Family Heirloom

Women's Locket

Self-guided

8/11/2020

Complete kit. Very easy to assemble. Letters in the locket spell NANA

Easy Line Dancing

YouTube

8/27/2020

Line dancing is a unique form of exercise that provides heart-healthy benefits of an aerobic exercise.

Volcano Presentation

YouTube

30 min

Join Jill Smith on a virtual adventure to learn about the different types of volcanoes.

To register, call:
(385) 468 - 3015

Health Promotion & Education Update



**Health Promotion at Home is Here!
Check out our online/virtual classes:**

Walk With Ease

Enhanced Self-Directed Class:

Online Webex class starts:

Wednesdays, Aug 12th – Sept 16, 9:30 – 10:30 am

Get motivated to start a walking program! Class meets online 1x a week with supplementary emails and videos sent weekly on topics such as walking progression, stretches, motivation strategies, goal setting and tools to cope with pain. Participants are encouraged to walk on their own three times weekly during this 6-week class. Please register at <https://compass.qtacny.org/workshop-registration/13722>

Exercising with Salt Lake County

Exercise classes are now on the [Salt Lake County Aging & Adult Services YouTube Channel](#).

Enjoy videos on yoga, dancing, tai chi, and more!

Healthy at Home Email List

The Health Promotion and Education team has been sharing daily emails of fun things you can do at home while senior centers are closed. Join the email list at : <http://eepurl.com/gAs-gl>



Healthy at Home Webinars

Introducing Healthy at Home Weekly Webinars starting Tuesday Aug 18th at 2 PM.

Join our weekly health promotion 1 hour classes on a variety of subjects being taught by our Health Promotion team: Marianne Christensen, Erika Thompson, Paige Corley, and Monica Scott

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

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

Upcoming Webinar Content:

August 18th

“Posture and its overall effect on the body, brain, and emotions.” taught by Paige Corley

August 25th

Conozca sobre las estafas más populares dirigidas a personas mayores, compartiremos consejos para protegerse y qué hacer si ha sido estafado. **Esta presentación será en español.**

September 1st

Fall Prevention & Balance Improvement Month Kick Off Party with Marianne, Erika, Paige & Monica

Learn about how exercise, medication management, home safety and vision play a role in fall prevention.

The Draperville Café August 2020 Menu

Lunch served from 11:30 AM - 1:00 PM

Please call the day before to make a lunch reservation for the next day (385) 468-3330.

Meals available for Seniors 60+ and must be a member. Call to join.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Baked Chicken Parmesan Chicken Breast Garlic Bread Green Salad Cup of Fruit Pudding	Shepherd's Pie Cornbread Green Salad Fresh Fruit	Tuna Sandwich (Cold Meal) Two slices of bread w/ tomato & avocado Green Salad Cup of Fruit Sherbet	Lemon & Dill Chicken Whole Wheat Roll Couscous Sautéed Kale Sliced Pears	Roasted Pork Roasted Pork w/ Cilantro & Pineapple Jasmine Rice Fresh Fruit Gelatin
10	11	12	13	14
Lasagna Squash Applesauce Sherbet	Meatloaf Mashed Potatoes w/ Turkey Gravy Whole Wheat Roll Green Beans Fresh Fruit	Pork Chop w/Tomato Caper Sauce Pork Chop w/ Sauce Couscous Steamed Broccoli Cup of Fruit Gelatin	Tuna Noodle Casserole Green Salad Green Peas Cup of Fruit	Baked Sausage Ziti Green Salad Zucchini Fresh Fruit Pudding
17	18	19	20	21
Bruschetta Chicken Chicken Breast Jasmine Rice Corn & Green Beans Fresh Fruit Gelatin	Alfredo Turkey Lasagna Turkey Lasagna Noodles topped w/ Alfredo Sauce Zucchini Cup of Fruit	Cheeseburger Cheeseburger on a Whole Wheat Bun Tater Tots Fresh Fruit Pudding	Pork Chop Whole Wheat Roll Sweet Potato Green Beans Applesauce	BBQ Chicken Breast Quinoa w/ a side of Salsa Cup of Fruit Sherbet
24	25	26	27	28
Salisbury Steak Mashed Potatoes & Gravy Whole Wheat Roll Peas & Carrots Cup of Fruit Pudding	Garlic Ginger Chicken Thigh Boneless Chicken Thigh w/ Garlic Ginger sauce Asian Pasta Salad Whole Wheat Roll Fresh Fruit	Tacos Ground Beef in a Flour Tortilla Spanish Rice & Black Beans Cup of Fruit Cupcake	Beef Broccoli Beef & Steamed Broccoli with a side of Brown Rice Cup of Fruit	One-Pot Cheesy Taco Pasta Ground Beef with Rotini Pasta, Cheese & Tomatoes Green Salad Fresh Fruit Gelatin
31	Suggested Donation: \$4.00 Donations can be made online at https://slco.org/aging-adult-services/donation/			
Roasted Chicken Thigh Mashed Potatoes Whole Wheat Roll Broccoli Fresh Fruit Sherbet				

