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
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Thank you,
Aging & Adult Services’ Administration

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Health Promotion & Education

Healthy at Home Webinars:

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September 29th –Could my medications lead to a fall? Learn more from a guest pharmacist.

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

Register for weekly webinars activeaging@slco.org or call 385-468-3295

VOLUNTEER with Meals on Wheels

- One hour a week can change a life.
- Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.
- 45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.

Delivering more than just a meal

Contact:
Shauna Brock
(385)468-3196  |  skbrock@slco.org

Lindsay Garrahan
(385)468-3216  |  lgarrahan@slco.org

SL
SALT LAKE COUNTY
AGING & ADULT SERVICES
Senior Center September 2020 Menu

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

Please call your center 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>
| Beef Tips w/ Gravy (Birthday Meal)  
Whipped Potatoes  
Stewed Tomatoes  
Green Beans  
Stewed Tomatoes  
Seasonal Fruit  
Frosted Birthday Cupcake | BBQ Pork Sandwich  
Ranch Beans  
Green Salad  
Sliced Apples | Meatball w/ Country Gravy  
Whipped Potatoes  
Mixed Vegetables  
Seasonal Fruit | Bacon Cheeseburger (Special Meal)  
Diced Potatoes w/Peppers & Onions  
Baked Beans  
Coleslaw  
Seasonal Fruit |
| Labor Day Center Closed | Chicken Parmesan w/Spaghetti Noodles  
Broccoli  
Pears  
Apple Cobbler | Breaded Fish  
Confetti Rice  
Green Salad  
Mixed Vegetables | Meatball Sandwich  
Hoagie Bun  
Glazed Carrots  
Citrus Fruit Cup | BBQ Pork Patty  
Green Salad  
O’Brian Potatoes  
Mixed Vegetables  
Seasonal Fruit |
| 7      | 8       | 9         | 10       | 11     |
| Turkey a la King  
Biscuit  
Whole Kernel Corn  
Seasonal Fruit  
Chocolate Chip Cookie | Spaghetti & Meatballs  
Whole Grain Roll  
Mixed Vegetables  
Mandarin Oranges | Chicken Burrito  
Brown Rice  
Tortilla  
Black Beans w/ Red Peppers  
Chuckwagon Corn | Breaded Fish  
O’Brian Potatoes  
Glazed Carrots  
Seasonal Fruit | Zesty Baja Chicken Salad (Cold Meal)  
Mixed Fruit Cup  
Citrus Gelatin  
Whole Wheat Crackers |
| 14     | 15      | 16        | 17       | 18     |
| Honey Mustard Chicken  
Roasted Red Potatoes  
Green Beans  
Seasonal Fruit  
Sugar Cookie | Egg Salad Sandwich (Cold Meal)  
Multigrain Bread  
Lettuce & Tomato  
Three Bean Salad  
Pineapple | Salisbury Steak  
Whipped Potatoes w/ Brown Gravy  
Mixed Vegetables  
Seasonal Fruit | Italian Chicken Salad (Cold Meal)  
Dinner Roll  
Seasonal Fruit  
Vanilla Pudding | Cheeseburger  
Whole Wheat Bun  
Lettuce & Tomato  
Baked Beans  
Mixed Vegetables |
| 22     | 23      | 24        | 25       | 26     |
| Lemon Pepper Chicken  
Parsleyed Rice  
Club Spinach  
Seasonal Fruit | Spaghetti & Meatballs  
Whole Grain Roll  
Green Beans  
Hot Spiced Pears | Turkey Breast Sandwich (Cold Meal)  
Whole Wheat Bread  
Lettuce & Tomato  
Green Pea Salad  
Oatmeal Raisin Cookie |         |         |
| 28     | 29      | 30        |          |         |

Suggested Donation: $3.00

Donations can be made online at https://slco.org/aging-adult-services/donation/

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments
Promoting Independence Through
Advocacy, Engagement and Access to Resources

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Senior Center Drive Thru Meal Program

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<table>
<thead>
<tr>
<th>Senior Center</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Columbus Senior Center</td>
<td>385.468.3340</td>
<td>Millcreek Senior Center</td>
<td>385.468.3305</td>
</tr>
<tr>
<td>2531 South 400 East, South Salt Lake</td>
<td></td>
<td>Mt Olympus Senior Center</td>
<td>385.468.3130</td>
</tr>
<tr>
<td>Draper Senior Center</td>
<td>385.468.3330</td>
<td>1635 East Murray-Holladay Road, Holladay</td>
<td>385.468.3040</td>
</tr>
<tr>
<td>1148 East Pioneer Road, Draper</td>
<td></td>
<td>Riverton Senior Center</td>
<td>385.468.3040</td>
</tr>
<tr>
<td>Eddie P. Mayne Kearns Senior Center</td>
<td>385.468.3100</td>
<td>12914 South Redwood Road, Riverton</td>
<td>385.468.3040</td>
</tr>
<tr>
<td>4851 West 4715 South, Kearns</td>
<td></td>
<td>Sandy Senior Center</td>
<td>385.868.3410</td>
</tr>
<tr>
<td>Friendly Neighborhood Senior Center</td>
<td>385.468.3065</td>
<td>9310 South 1300 East, Sandy</td>
<td>385.868.3410</td>
</tr>
<tr>
<td>1992 South 200 East, Salt Lake City</td>
<td></td>
<td>Sunday Anderson Senior Center</td>
<td>385.468.3155</td>
</tr>
<tr>
<td>Liberty Senior Center</td>
<td>385.468.3170</td>
<td>868 West 900 South, Salt Lake City</td>
<td>385.468.3155</td>
</tr>
<tr>
<td>251 East 700 South, Salt Lake City</td>
<td></td>
<td>Taylorville Senior Center</td>
<td>385.468.3370</td>
</tr>
<tr>
<td>Magna Kennecott Senior Center</td>
<td>385.468.3000</td>
<td>4743 Plymouth View Drive, Taylorsville</td>
<td>385.468.3370</td>
</tr>
<tr>
<td>9228 West 2700 South, Magna</td>
<td></td>
<td>Tenth East Senior Center</td>
<td>385.468.3140</td>
</tr>
<tr>
<td>Midvale Senior Center</td>
<td>385.468.3350</td>
<td>237 South 1000 East, Salt Lake City</td>
<td>385.468.3140</td>
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Online/Virtual Classes:

**The Aging Mastery Program**  
Wednesdays, Sept 9—Nov 18  
2—3:30 pm  
Learn how to navigate living longer in this 10 week class. Guest experts will teach you about sleep, exercise, healthy eating, relationships, finances, falls prevention, medication management & community engagement.  
Taught by: Pat Wilson

**The Arthritis Foundation Exercise Program**  
Tuesdays & Fridays, Sept 15—Nov 6  
10—11 am  
A low-impact recreational group exercise program meant for anyone wanting to increase muscular strength, mobility, coordination, and self-confidence while decreasing stiffness, pain, and fatigue.  
Taught by: Jackie Longmore

**Mindfulness 101**  
Tuesdays, Sept 29—Nov 3  
9:30—10:15 am  
Learn the basics of mindfulness meditation in this 6 week class. You will learn & practice awareness of breath, gentle chair yoga, mindful walking, body scan & loving kindness meditation.  
Teacher: Anna Smyth

Join our email list at: http://eepurl.com/gAs-g1

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