

# THE SENIOR SCOOP

September 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 launched the Virtual Senior Center in August!

August saw 21 classes offered to over 350 participants, and September looks even more successful!

In September the Virtual Senior Center is offering over 70 classes that seniors can do from the safety of their own home! These programs include online, video conference, telephone, or self-guided activities that require neither phone nor computer. A variety of class types are available ranging from support groups, exercise classes, education, and arts & crafts

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,

*The Aging & Adult Services' Team*

## THE CENSUS IS CRITICAL TO OUR FUTURE

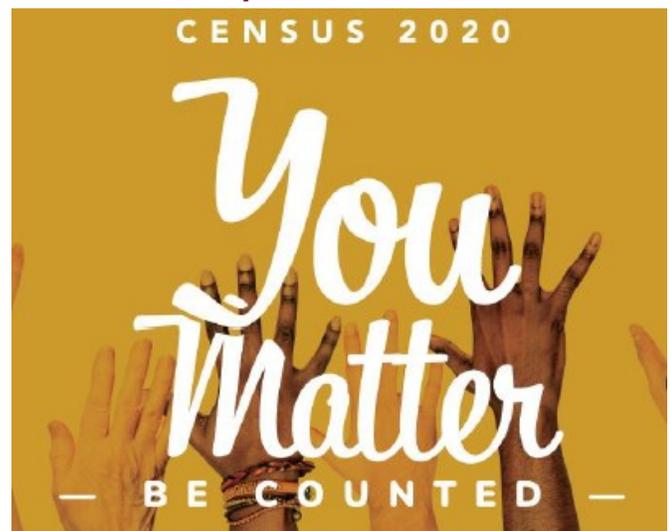
*Ensuring that every person is counted helps our community secure critical funding and information needed for emergency planning for events such as natural disasters and pandemics like COVID-19.*

### COMPLETE YOUR CENSUS TODAY BY PHONE, MAIL, OR ONLINE

- **PHONE:** 844-330-2020
- **MAIL:** Homes that do not initially respond online or by phone will receive a paper questionnaire.
- **ONLINE:** [my2020census.gov](https://my2020census.gov)
- You can complete the census over the phone and online in: English, Spanish, Chinese (Simplified), Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese.

***During the 2020 Census, the Census Bureau will never ask for:***

- ***Your Social Security number.***
- ***Your bank account or credit card numbers.***
- ***Money or donations.***
- ***Mother's maiden name.***
- ***Nor will they contact you on behalf of a political party.***



**SL** SALT LAKE  
COUNTY  
AGING & ADULT SERVICES

*Promoting Independence  
Through Advocacy,  
Engagement and Access  
to Resources*



# Health Promotion & Education

## Healthy at Home Webinars:

September is Fall Prevention Awareness Month!

The focus of our Tuesdays webinars this month will be about Fall Prevention. 2—3 PM

September 1st—Learn the basics of Fall Prevention and Balance Improvement  
Taught by the Health Promotion team

September 8th—Are you at a high risk of falling? Take the assessment to find out and learn about resources to prevent falls.  
Taught by Marianne Christensen

September 15th - What exercises can you do to improve your balance?  
Taught by Paige Corley

September 22nd—Overview of Fall Prevention  
Taught in Spanish by Erika Thompson\*\*

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

**\*\*Please note:** The 4<sup>th</sup> Tuesday of every month will be taught in Spanish.

**Register for weekly webinars**  
[activeaging@slco.org](mailto: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](mailto:skbrock@slco.org)

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**SL** SALT LAKE COUNTY  
AGING & ADULT SERVICES



# 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

SELF-GUIDED

## 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

SELF-GUIDED

## 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!

SELF-GUIDED

## 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

SELF-GUIDED

## 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

SELF-GUIDED

## 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!

SELF-GUIDED

## 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

# IT PAYS TO COMPARE PLANS.



**It's Medicare Open Enrollment-it's time to see if you can find:**  
Lower premiums, extra benefits or a plan that better fits your health 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.

## **MEDICARE OPEN ENROLLMENT**

*Oct. 15 - Dec. 7*

**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.

# Upcoming Events

## Flu Vaccine

We want to make it easy for you to get protected from the flu. Beginning next month, Salt Lake County Health Department will offer an influenza vaccine (“flu shots”) at select Senior Centers in the county. This vaccine will be available at no cost to you. We will take care of billing your insurance or Medicare.

Watch for additional information soon, including specific dates, times, and locations.

## 2020 Candidate Days

Information will be available in the October edition of the Senior Scoop. Find more details in the Virtual Senior Center Catalog.



## Senior Center Drive-Thru Meal Program

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 E Murray-Holladay Rd, Holladay	385.468.3130
Eddie P. Mayne Kearns Senior Center 4851 West 4715 South, Kearns	385.468.3100	Riverton Senior Center 12914 South Redwood Rd, 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	385.468.3410
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 Dr, 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